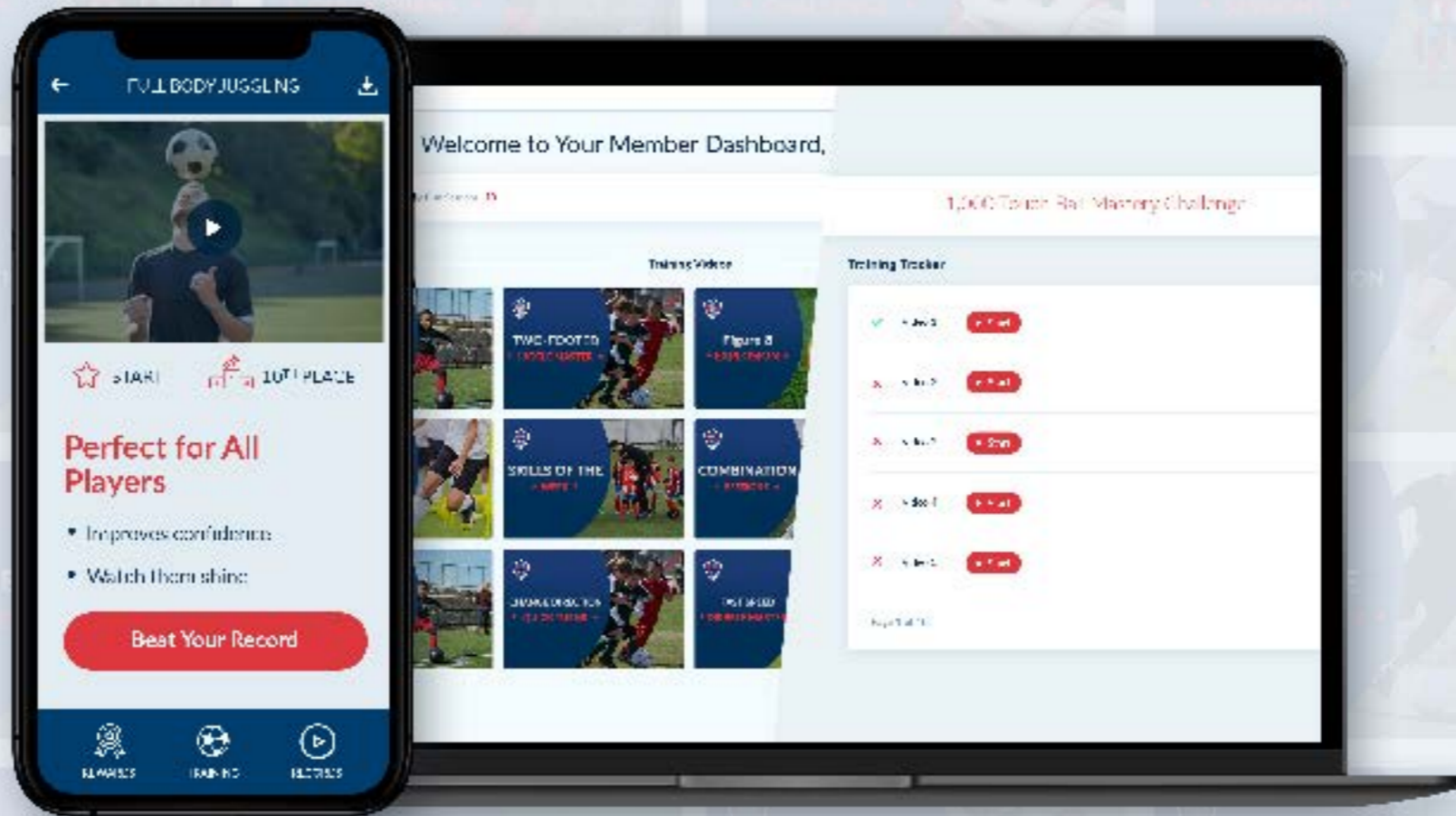




Anytime Soccer Training
Serious about Soccer | Serious about Fun

THE MOST IMPORTANT SKILL IN YOUTH SOCCER.

This tip will change your child's game forever.



www.anytime-soccer.com



INTRODUCTION

Is your child super serious about soccer? As a parent or trainer, are you looking for ways to help them improve? If the answer to those two questions is yes - then keep reading because this eBook is for you. My name is Neil Crawford and I am a soccer dad, coach and founder of Anytime Soccer Training. What you are about to read is the most important skill in youth soccer. It's based on the players I work with (including my sons) and my observations of youth soccer across America. Sharing this knowledge with your player will literally change their entire game forever.

Every Step Dribbling The Most Important Skill In Youth Soccer

The ability to dribble with every step is the most important skill in youth soccer. I know that's a bold statement, but it's true. It's the most important skill because all successful offensive moves are rooted in a player's ability to dribble with every step. Ironically, most coaches never teach this vital skill to players.

Having watched countless soccer practices and games I am convinced that 99.9% of players have not learned how to dribble with every step. This results in players needlessly losing possession while dribbling. This nuanced skill is not taught often because most coaches have not learned it themselves. Also teaching dribbling with every step requires extra time, patience, attention to detail and a lot of repetitions - none of which are readily available in the typical soccer practice.



TOTAL FOOTBALLER

It's essential for parents and trainers, to help players master the skill of dribbling with every step outside of regular practice. I cannot emphasize this enough, players who master this skill at the youth level, are seen consistently dribbling past multiple defenders during games and practice.





THE MAIN IDEA

My Ah Ha Moment - While watching Real Madrid destroy my favorite team Manchester United in a 2017 international friendly, it dawned on me that skilled soccer players intentionally dribble the ball with every step the vast majority of the time. The only time they did not control the ball with every step was when no defenders were near.

Soccer and Basketball Analogy - In many ways, soccer dribbling is like basketball dribbling. The main difference, of course, is that one sport uses the feet while the other uses the hands. Another important difference is that the rules of basketball require the player to dribble the ball with each step. Therefore, coaches do not have to teach this technique to young players.

Analogy Continued (Dealing With Defenders) - As mentioned, in basketball, it is illegal to dribble the ball one-time and chase it. Therefore, when confronted by defenders, young players are forced to dribble the ball lower to the ground and closer to their bodies. If this rule was not in place, I am 100% sure young basketball players would try to dribble one-time and unsuccessfully chase the ball as youth players do in soccer.



WHAT COACHES MISS

Missing Link - At some point, all coaches instruct players to keep the ball close. The problem, however, is that each player's interpretation of keeping the ball close is different. Every step dribbling prevents any misunderstanding about what is required. The skill of every step dribbling can be incorporated into every soccer drill.

Measurable and Objective Instructions - At every youth soccer practice coaches run some variation of the proverbial traffic light dribbling game. In this game, players stop, go and changed direction based on the traffic light color the coach shouts out.

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In game situations, rarely should the ball be more than one step away from the dribbling player.

Dribbling the ball with every step is a crucial skill that allows the player to maintain possession when defenders are near.

The purpose is to teach the players to keep the ball close so that they can make sudden stops and changes in direction. But what is close? Sufficiently close in one situation may be too far away in another. This same drill can be improved by instructing the players to dribble the ball with every step while obeying the traffic light commands. Dribbling the ball with every step is a measurable outcome that ensures the player maintains control and has the ability to change direction in an instant.



A POWERFUL DEMONSTRATION

If your children are like mine, getting buy-in to something is not easy. Try this experiment and watch the results.

During Your Next Training Session - Instruct the player to rest his/her hand on your shoulder and close their eyes. With their hand on your shoulder, instruct them to follow you while you walk in random directions. **They should have no problem following you.**

Still No Problem - This time, ask them to repeatedly tap your shoulder as quickly as they can while keeping their eyes closed. Ask the player to follow you while you slowly walk in random directions. **They still should have no problem following you.**

Eureka - Why We Dribble With Every Step! - Finally, ask them to tap your shoulder every few seconds while keeping their eyes closed. Again, ask them to follow you while you slowly walk in random directions. **They will discover that it is impossible to follow you.**

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The inability to dribble with every step is the #1 reason that youth players lose possession of the ball. Require your players to dribble with every step during technical training sessions.

Your shoulder represents the soccer ball. The player's hand represents their feet. By touching the ball with every step, they are increasing the frequency of touches which makes it easier to control the ball. This, in turn, allows them to keep their head and eyes up more often while dribbling.



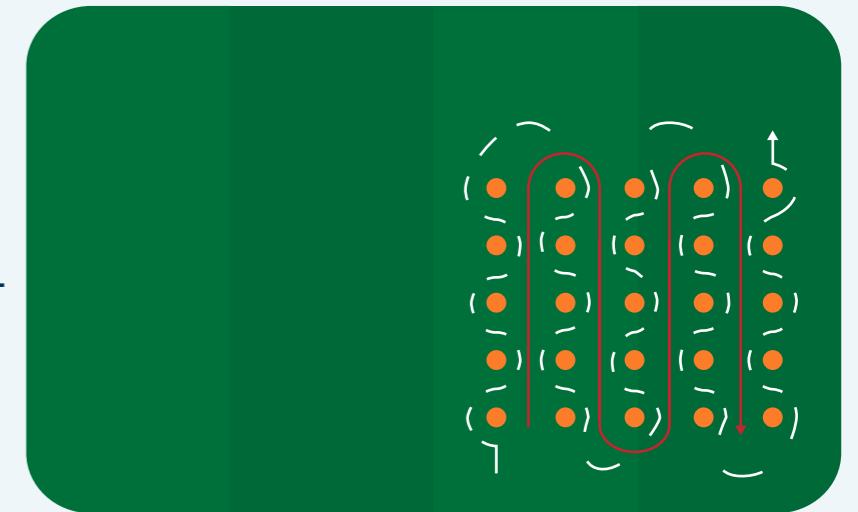
EVERY STEP DRIBBLING WARM-UP

Use the following cone drills, as a warmup, to help players practice every step dribbling. These drills can be used with players of all ages - U6 to professional. All you need is a soccer ball, a patch of grass and 25 cones.

Set Up - Place cones in a 5x5 grid. Place three feet between cones for beginners and two feet between cones for more experienced players. Players should use the outside and inside of their feet.

To move faster, players should move their feet faster (striking the ball lighter) - not kick the ball further away and chase it. Force the player to dribble with every step. Most players will try to slip-by without dribbling with every step. Pay close attention and force them to dribble with every step.

Time Trials - Once the player becomes comfortable with the routine, have them do the second rep under a certain time. If they don't achieve that time, add five seconds and repeat the repetition. For example, if they don't complete the first repetition in 30 seconds - they would have 35 seconds to finish the same drill again.





DRIBBLING WITH PACE

Every Step Dribbling With Pace - In open space, the player can still move with significant pace and dribble with every step. This requires the right combination of longer strides and light touches. Drills instructing players to travel as quickly in open space while dribbling with every step are effective at training the player to keep the ball close while moving with speed.

Recommended Video - This video is taken from our library of over 1,000 training videos. The Five Star Dribbling Series focuses on dribbling with pace and changing direction quickly. It's important that the player can perform this drill while dribbling with every single step. The skills practiced here, are essential and directly related to the game. Even when players have some open space to dribble, it won't be long before defenders close down and force them to turn and change direction. Skilled players are able to dribble with significant pace and maintain possession by making quick stops, instant cuts and shielding the ball. These moves are impossible to execute when the ball is more than a step away. Watch this video and practice the skill of dribbling with every step no less than twice per week.



Kick and Chasing the Ball; A Great Move - Skilled players will kick and chase the ball as a move to exploit open space. This technique is best utilized in the open fields when the player can use sheer speed to blow by a defender. So yes, there is a time to kick and chase the ball, but a skilled player uses this technique as an offensive move; not because they don't know how to dribble with every step.



COMMON MISCONCEPTIONS

My player is too young - I successfully teach this technique to U5 players. Younger players grasp it quickly because they have not internalized bad habits. Start with asking the players to walk while touching the ball with every step. As they improve, increase speed and introduce changes in direction.

My player is too experienced - Most players are never taught to dribble with every step. I teach this technique to semi-professionals and witness their ball control improve. Not only is it an important skill, but it's a way of thinking when it comes to possession and ball control.

Dribbling with every step is the same as dribbling - No, dribbling with every step falls within the broader skill of dribbling. In language, students master basic grammar before moving onto essays. Said plainly, if your player can't maneuver through cones while touching the ball with every step - the other dribbling (and passing) techniques will be less effective.

Dribbling with every step involves decision making - The ability to dribble with every step is purely a technical skill which should become second nature. It has nothing to do with the player's decision to dribble or pass.

COMMON MISCONCEPTIONS

My player has great ball control but never learned to dribble with every step -

Some people become great speakers while never mastering basic grammar. This is because there are many factors that determine great speaking. They will not reach their full potential if they never master basic grammar. The same is true in soccer. The nature of team sports can mask the player's technical deficiencies.

Dribbling with every step slows the player down -

Dribbling with every step is not always required and does not prevent other options. It's like suggesting that learning how to walk in a straight line prevents sprinting or skipping.



Dribbling with every step is not necessary for passing -

A reader shared this video with me to argue that vision and passing were more important than dribbling. The reader confuses "dribbling" with the ability to dribble with every step. Watch the video and notice the players controlling the ball with every step (when defenders are near) before passing. Passing and vision would be useless if these players were unable to control the ball with every touch. Why? Because they would lose the ball before being able to execute the next move.

6 Reasons Why #Anytime-Soccer

The only training app with 101 fun soccer games and over 1,000 training sessions - 100% follow along.



Players Love It

Because it's fun! They earn points, win prizes and climb leaderboards.



Just Hit Play

Step-by-step follow-along videos with slow-motion demonstrations and clear verbal instructions.



Parents Love It

It's a stress-free solution to in-home training.



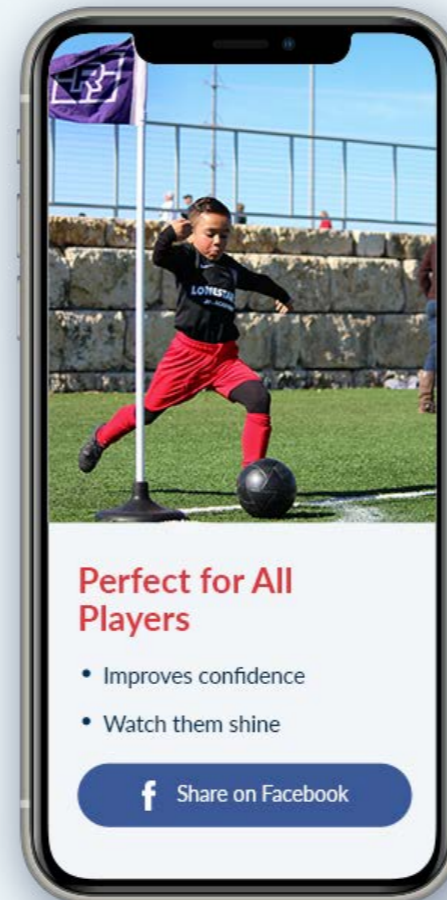
Coaches Love It

It motivates kids to practice at home.



Perfect for All Ages

The videos cover the basics for beginners while challenging experienced players with new moves.



We Save Time

Action-packed five to 10-minute videos allow players to seamlessly get thousands of extra touches.

Join for Free