



Drill Quick Glance

Age: 9+	Field: 30X40
Players: 12+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: DRIBBLING
Keeper: YES	Type: Team
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

5v5 Dribbling Game

Objective:

This 5v5 soccer dribbling game is more of a realistic setting to help focus on improving dribbling skills. Because of a large number of players, players are forced to make decisions to dribble, pass, or shoot.

Setup

1. Create a grid that is 30X40 yards.
2. Divide the players into two teams of 5 field players and one goalkeeper.
3. Create a goal on each goal line, or use two Pugg Goals on each end line.

Instructions

1. Players play a 5v5 game with the restriction that the attacking player with the ball must first beat a defender before he can pass or shoot.
2. This restriction will encourage attackers to dribble and take on defenders.

Coaching Points

- Encourage players to take on defenders.
- Remind players to make a good approach, change direction and change pace.
- Players must make decisions to dribble, pass or shoot.

Variations

- Remove all of the restrictions and play a standard 5v5 game.