



Drill Quick Glance

Age: 4-12	Field: 10X10
Players: 2+	Time: 10 MINS.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
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Equipment

Disc Cones/Markers | Soccer Balls

Catch Me If You Can

Objective:

The soccer dribbling drill is a fun and competitive exercise that focuses on dribbling with speed.

Setup

1. Create a 10 X 10-yard grid.
2. Start a player on two diagonal corners of the grid.
3. Each of the two players has a ball.

Instructions

1. As the coach yells, "GO," players must dribble around the outside of the grid in an attempt to catch their partner.
2. As the coach yells, "STOP," the players must stop the ball.
3. As the coach yells, "TURN," the players must switch the direction around the grid.

Coaching Points

- Close Control
- Speed with the ball
- Keep the ball close
- Sharp touches

Variations

Add commands such as:

- "LEFT" to use the left foot only
- "RIGHT" to use the right foot only
- "BOTTOM" to use the bottom of the foot only