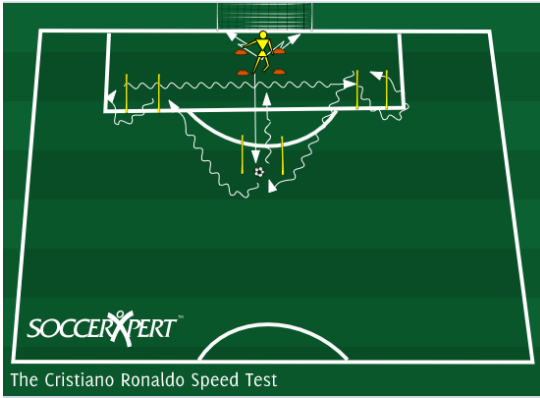




Drill Quick Glance

Age: 9+	Field: 30X40
Players: 1+	Time: 10 MINS.
Difficulty: MEDIUM	Focus: SPEED
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks | Full-Size Goal

The Cristiano Ronaldo Speed Test

Objective:
The Cristiano Ronaldo Speed Test is an individual assessment of ones ability to dribble the ball at pace while maintaining control.

Setup

1. Create a 4x4 yard grid 6 yards from the goal line. This grid will be your starting point.
2. Create a gate about 6 yards from the goal box directly in line with your starting grid.
3. Create a 4-yard gate on each of the top corners of the goal box approximately 3 yards from the corner.
4. The player will start in the starting grid without a ball.
5. The ball will be placed in the gate directly above the goalbox.
6. The coach needs a stopwatch to record the time it takes for players to complete this activity.

Instructions

1. One player will start at the starting point without a ball.
2. This player will sprint to the grid containing the ball and dribbles through the gate.
3. He then dribbles to the gate on one of the corners of the grid, does a figure-8 through the gate, and sprints to the gate on the opposite corner of the goal box.
4. The dribbler performs a figure-8 through this gate and moves back through the gate at the top of the goal box.
5. The dribbler then dribbles the ball back into the starting grid where he has a shot on goal within the 4x4 starting grid.
6. The stopwatch stops when the ball hits the back of the net.

Coaching Points

- Dribbling with speed.
- Quick tight turns around the cones when doing the figure-8's.
- Ball close when dribbling tight corners, push out a bit when dribbling across the face of the penalty area.
- Precise shot on goal aiming for the corners of the goal.

Variations

- None