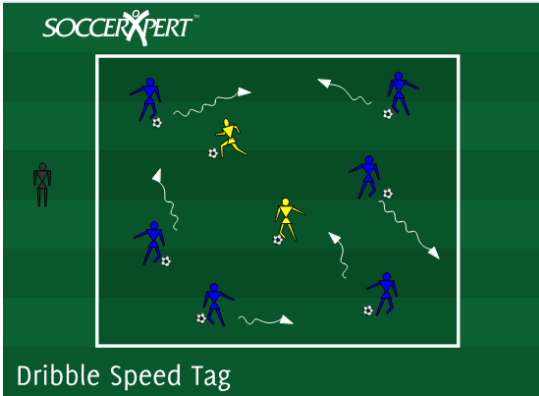




Drill Quick Glance

Age: 4-9	Field: 15X15
Players: 6+	Time: 15 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Dribble Speed Tag

Objective:
This drill enhances dribbling under pressure, quick changes of direction, and spatial awareness. Players learn to protect the ball while navigating through a crowded area at speed.

Setup

1. Field Size: 15x15 yards
2. Players: All players have a ball
3. Taggers: Two players in alternate color (yellow) designated as taggers
4. Time Limit: 45-second rounds controlled by the coach

Instructions

1. All players dribble inside the grid while the two taggers attempt to tag as many dribblers as possible within 45 seconds.
2. A tag counts as one point for the taggers.
3. If a dribbler dribbles out of bounds, the taggers earn a point.
4. If a tagger dribbles out of bounds, their score resets to zero.
5. After 45 seconds, switch taggers, ensuring every player gets a turn as a tagger.
6. The taggers with the highest score at the end of all rounds win the game.

Coaching Points

This drill keeps players engaged while reinforcing dribbling under pressure, ball protection, and agility in a competitive, fun environment.

- Encourage Controlled Dribbling: Players should keep the ball close while changing direction.
- Quick Direction Changes: Use body feints and sharp cuts to avoid taggers.
- Awareness & Scanning: Players should constantly check for space and avoid crowded areas.
- Taggers Should Work Together: Encourage taggers to use teamwork to trap dribblers.
- Balance Risk & Speed: Dribblers must know when to accelerate and when to slow down to maintain control.

Variations

- Weaker Foot Challenge: Require players to dribble using only their weaker foot.
- Smaller Grid: Reduce the space to increase difficulty and force quicker reactions.
- More Taggers: Increase the number of taggers to raise pressure on dribblers.
- Ball Control Variation: Dribblers must perform a move (scissors, step-over, drag-back) before escaping a tag.
- Defensive Transition: If a dribbler is tagged, they switch roles with the tagger instead of waiting for the next round.