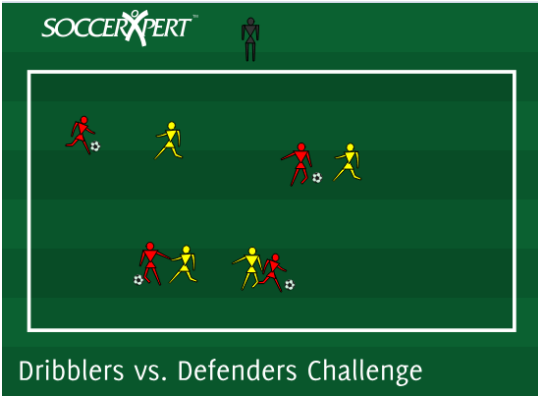




Drill Quick Glance

Age: 4-8	Field: 20X15
Players: 6+	Time: 15 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Dribblers vs. Defenders Challenge

Objective:
This drill develops dribbling under pressure, defensive tackling skills, and quick decision-making. Dribblers learn to protect the ball while defenders work on pressing and winning possession.

Setup

- 1. Field Size: 20x15 yards
- 2. Players: 8 total (4 dribblers, 4 defenders)
- 3. Ball Supply: 4 soccer balls
- 4. Roles:
Dribblers (4 players): Start with a ball and attempt to keep possession.
Defenders (4 players): Try to steal a ball from a dribbler.

Instructions

- 1. Dribblers move around the grid, keeping the ball away from defenders.
- 2. Defenders attempt to steal a ball from any dribbler.
- 3. If a dribbler loses possession, they become a defender and must steal from another dribbler.
- 4. The round lasts 1 minute, and players in possession of a ball at the end earn 1 point.
- 5. Repeat rounds until a player reaches 5 points to win the game.

Coaching Points

This drill sharpens individual dribbling and defending skills while reinforcing quick transitions and competitive intensity in a fun, game-like environment.

- Dribblers: Use body positioning, shielding, and quick changes of direction to keep possession.
- Defenders: Apply pressure quickly and look for opportunities to poke or tackle cleanly.
- Scanning & Awareness: Dribblers must recognize space and anticipate defender movement.
- Controlled Touches: Encourage dribblers to keep the ball close for better control.
- Transition Speed: Players must quickly adjust from dribbler to defender when losing possession.

Variations

- Smaller Grid: Reduce space to increase pressure on dribblers.
- Weak Foot Challenge: Dribblers must use their weaker foot to maintain possession.
- Time Restriction: Defenders must win the ball within 10 seconds of engaging a dribbler.
- Double Points: Award an extra point if a dribbler uses a skill move before the round ends.
- Extra Defender: Start with 5 defenders and 3 dribblers to increase defensive pressure.