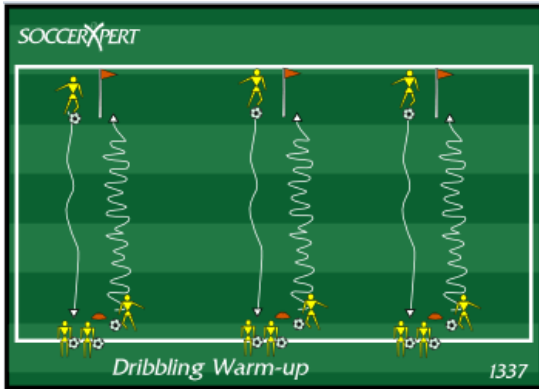




Drill Quick Glance

Age: 4+	Field: 10X20
Players: 4+	Time: 10 MINS.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Soccer Balls | Training Sticks

Dribbling Warm-up Drill

Objective:
This **soccer dribbling exercise** is an excellent dribbling warm-up drill that will get players many touches on the ball in a short time.

Setup

1. For this **dribbling warm-up drill**, the players should be in a small line with a flag or training stick about 10 yards in front of them.
2. Create enough groups where players work in groups of 3-4 players.
3. Each player needs a soccer ball in this dribbling warm-up drill.

Instructions

The first person in each line will perform a dribbling skill to the flag, dribble around the flag and dribble back to the beginning line. When the player is 1/2 way to the flag, the next player begins. This should keep all of the players in the group moving at all times.

Perform the following skills for 3-5 minutes each:

1. Foundation side-to-side while moving forward(bell touches)
2. Foundation side-to-side while moving backward
3. Foundation on top of the ball while moving forward
4. Foundation on top of the ball while moving backward
5. Roll with the bottom of the foot while facing left
6. Roll with the bottom of the foot while facing right
7. Outside-Inside dribble (outside right, inside right, outside left, inside left)
8. Outside-Outside-Inside same as above, but touch outside twice

Coaching Points

- Focus on close control
- Quality touches
- Control body movements
- Lift head while dribbling

Variations

- N/A