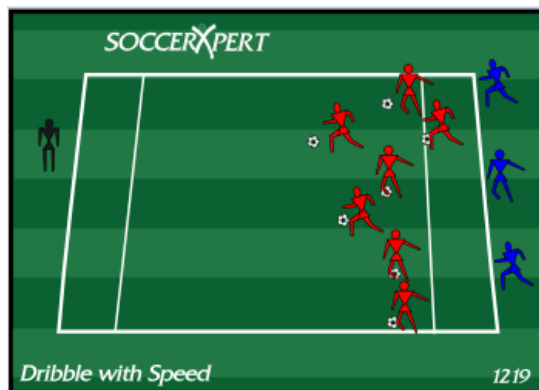




Drill Quick Glance

Age: 8+	Field: 20X40
Players: 5+	Time: 10 mins.
Difficulty: EASY	Focus: FITNESS
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Dribbling with Speed

Objective:

This dribbling exercise that works on speed dribbling and getting the ball under control while dribbling with speed.

Setup

1. Start with a 40-yard field with a 5-yard “buffer zone” on each end.
2. Three players without balls begin at the back of the buffer zone.
3. The remaining players start at the beginning of the buffer zone with a soccer ball each.

Instructions

1. On the coaches command, the players with the balls dribble at full speed to the other buffer zone and get three touches on the ball in the far buffer zone.
2. The 3 players without soccer balls attempt to stop the dribblers by stealing their ball or knocking the ball over the end line.
3. If the dribbling players can control the ball in the opposite buffer zone with three touches on the ball, they get to go again in the next round.
4. If the players with the ball lose the ball, they join the defenders in the next round.
5. The last player with a ball wins.
6. With 15 players you can play this game 5 times to have each player have a chance starting as a defensive player and each player has 4 chances starting as an attacking player.

Coaching Points

Not only doesn't this activity work on speed dribbling but also it's great for:

- Shielding
- Turns
- Change of pace
- Change of direction
- And an Excellent fitness workout

Variations

- NONE