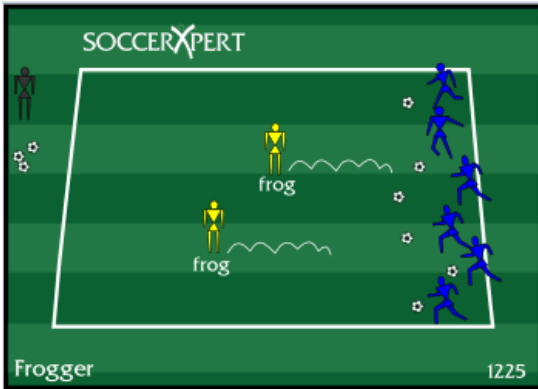




Drill Quick Glance

Age: 4-8	Field: 20X30
Players: 5+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Frogger - Youth Dribbling Drill

Objective:
This youth dribbling drill, "Frogger," is perfect for U6 and U8 soccer players, focusing on building confidence and improving dribbling skills under minimal pressure. This fun and engaging activity helps young players develop control and technique in a supportive environment.

Setup

1. Build a grid 20X30 (may adjust if too large or small).
2. Every player in the grid with a ball except for 2 players.
3. These 2 players are the FROGS.

Instructions

1. All of the players start on one side of the grid and try to make it to the other side.
2. The two FROGS must hop and try to tag the other players as they try to get to the other side.
3. When a player is tagged, they both become a frog.
4. Play continues until only 2 players are left, who become the frogs for the next game.

Coaching Points

- Start getting the players dribbling to get their heads up to avoid the frogs.
- Keep the ball close and in control.

Variations

N/A