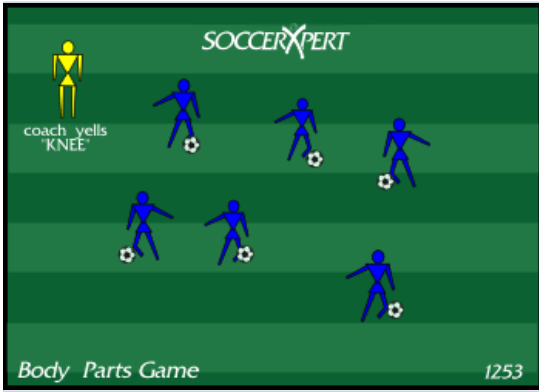




Drill Quick Glance

Age: 4-8	Field: 15X15
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: FUN
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Body Parts Warm-up Game

Objective:
This fun soccer dribbling drill focuses on the younger player's dribbling skills, and the ability to listen to directions and think quick on their feet while holding the ball close. This drill is an excellent dribbling warm-up exercise for Under 4, Under 5, and Under 6 soccer players.

Setup

1. Create a grid about 15X15 yards.
2. All the players should be inside the grid with a ball of their own.

Instructions

1. The coach shouts a part of the body. For example, right foot, left foot, knee, head, belly, back, leg, ear, bum, etc.
2. The players must quickly stop the ball and place that part of their body on the ball.

Coaching Points

- Encourage players to constantly move and zig-zag while dribbling.
- Keep Close possession.
- Head up to avoid collisions.

Variations

- Call out combinations such as back, belly, back. Or Knee, head, belly.
- Make the players stop the ball with the body part you should. For example, right foot, left foot, the bottom of the foot, the outside of the foot, or the inside of the foot.