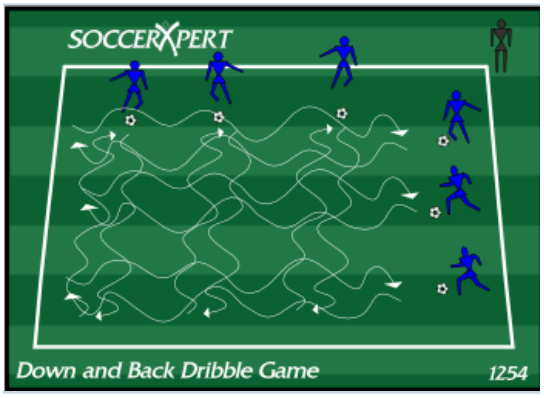

Drill Quick Glance

Age: 4-10	**Field:** 20X20
Players: 6+	**Time:** 10 mins.
Difficulty: EASY	**Focus:** DRIBBLING
Keeper: NO	**Type:** INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Down and Back Dribbling Game

Objective:
This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic, high-pressure situations while staying in control. It's a great warm-up to focus on controlling the ball with all parts of the foot.

Setup

1. Create a grid approximately 20X20 yards.
2. Split the team into two groups.
3. Each player should have a ball.
4. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the area (half of the group on one side, the other half on the side next to the other group).

Instructions

1. On the coaches command, instruct the players to dribble to the other side of the group and back to the starting position (down and back).
2. The first player back in each group gets a point.
3. The first player to 5 wins that set.
4. Play 3-4 sets.

Coaching Points

- Focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- Make sure players keep the ball at a close/safe distance.
- If the ball is too far in front of them they will most often hit another player or lose their ball.

Variations

- Restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed