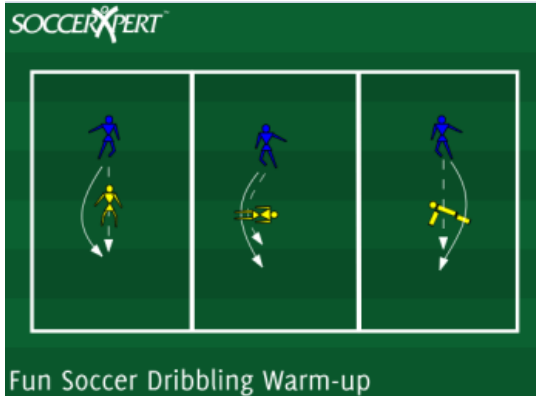




Drill Quick Glance

Age: 4-12	Field: 20X20
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Fun Soccer Dribbling Warm-up

Objective:

This is a fun soccer dribbling warm-up game that is an excellent ice-breaker at the beginning of the season or the beginning of a camp to get the kids warmed up with a light, fun dribbling game. These exercises might be a bit advanced for the beginner soccer player.

Setup

1. Create a grid that is approximately 20X20 yards.
2. Organize the team into groups of two.
3. Each group of two players needs one ball.

Instructions

One player will work while the other player rests. Roll through each of these three exercises.

1. While inside the grid, the player without the ball should stand with their legs spread apart. On the coach's command, the other player with the ball should dribble and play their ball through the legs of any of the players with their legs spread and run around the standing player and receive the ball on the other side. Each time the player successfully plays the ball between a set of legs that player gets the point. Have each player compare their score to their partner's score.
2. Next, have the player without the ball lay on their side. Now the player must dribble up to the player laying on their side, stop the ball, and flick the ball OVER the player laying on their side and jump over that player's legs. To avoid injury, instruct the players to ONLY approach the player from the backside. Again have the players count each time they successfully flick the ball over the human wall and compare their scores to their partner's score.
3. Finally, instruct the players without the ball to stretch their calf muscle by crossing their legs and leaning forward touching their hands to the ground. Their position should almost be a pushup position with their hands and feet on the ground like a bridge. Now, have the players with the ball pass the ball underneath the player making the bridge (between their feet and hands), and jump over the feet part of the bridge. Again, have the players count the number of times they successfully knock the ball under the bridge and jump over their feet. Have them compare their scores to their partner.

Coaching Points

- Keep the players moving
- Head up and aware of what's going on around them
- Keeping the ball close
- Using all parts of the foot to perform the exercises.
- Have fun!

Variations

- NONE