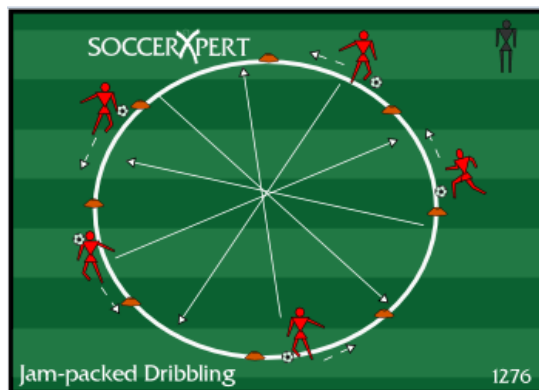




Drill Quick Glance

Age: 8-14	Field: 20X20
Players: 5+	Time: 15 mins.
Difficulty: MEDIUM	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Jam-Packed Soccer Dribbling Drill

Objective:

The Jam-Packed Soccer Dribbling Drill will give players confidence while dribbling through congested areas on the soccer field.

Setup

1. Create a circle with disc cones that is approximately 20 yards in circumference.
2. Make sure each player has a ball.
3. Instruct the players to spread out around the outside of the circle.

Instructions

1. Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction.
2. The coach should inform the players to listen for specific queues and perform those actions once the coach shouts the command.
3. These commands are:
 1. JOG - players should dribble at a comfortable speed
 2. FULL SPEED - players should dribble at their top speed
 3. CUT - players should cut the ball in the other direction and travel in the other direction around the circle
 4. CROSS - all players should cut across the grid avoiding contact with other players or other players balls.

Coaching Points

- Since all players are entering the center area at the same time, make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.
- Have players start playing with their arms up and out for balance and shielding.
- Instruct players to dribble with both feet and all parts of the foot.
- This drill is intended to be both helpful and fun, so make sure to HAVE FUN!

Variations

1. Think of other commands to add to the drill.