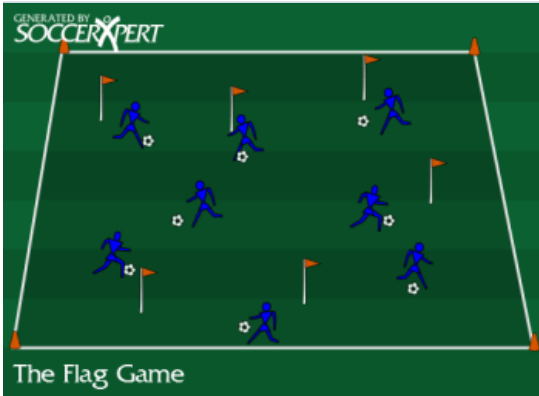




The Flag Game - Dribbling in Tight Spaces

Objective:
This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This dribbling drill will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling.

Setup

1. Create a grid that is approximately 10X25 yards.
2. Randomly scatter flags within the grid.
3. To begin the drill, add two fewer flags than the number of players you have.
4. Each player should begin inside the grid with a ball.

Instructions

1. Instruct the players to dribble around freely inside the grid avoiding other players and flags.
2. The congestion of the players and flags will cause the player to look up to check their surroundings continually.
3. When the coach yells "STOP," each of the players must race to a free flag as quickly as possible.
4. The first player to reach the flag five consecutive times wins the game.

Coaching Points

- Make sure the player is regularly lifting their head and checking their surroundings; this will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas; this will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Variations

- Reduce the number of flags.
- Instead of keeping score, make the players do some *minor* form of punishment like push-ups, star-jumps, sit-ups. Make sure the action is age appropriate.
- Restrict the players to only use a certain part of the foot or dribbling technique.

Drill Quick Glance

Age: 4-8	Field: 10X25
Players: 6+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
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Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks