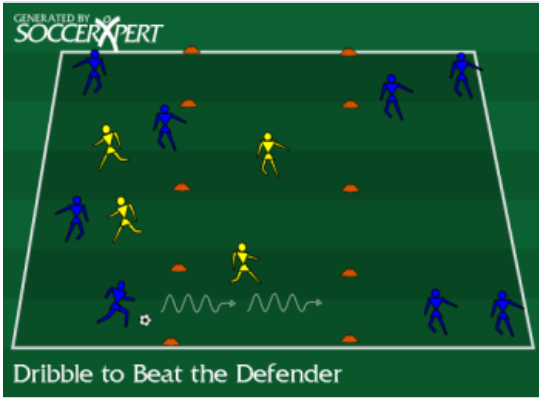




Drill Quick Glance

Age: 9+	Field: 30X45
Players: 12	Time: 20 MINS.
Difficulty: MEDIUM	Focus: DRIBBLING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Dribbling to Beat Defenders, Take on Defenders

Objective:
The Dribbling to Beat Defenders, Take on Defenders drill is a great soccer drill to teach players to dribble at and beat defenders. It also focuses on other aspects of the game such as passing, receiving, and support. Teaches players to take on defenders.

Setup

1. Create a 45X30 yard grid.
2. Split the grid into thirds.
3. Split the team into three teams of four.
4. Start with 4 attackers wearing blue in the 1st grid, 4 defenders wearing yellow in the middle grid, and 4 attackers wearing blue in the 3rd grid.

Instructions

1. The coach starts the drill by playing a ball into the 1st offensive grid.
2. Players in this grid pass and support each other in their grid while two of the four defenders enter the grid and attempt to steal the ball from the attackers.
3. When any one of the attackers has the opportunity, they should dribble across the middle defensive grid (defended by the remaining two defenders) and make their way into the other attacking 3rd where they give that grid a numerical advantage.
4. The two defenders that were formerly defending the middle third now step in and defend the 3rd attacking grid while the remaining two defenders now defend the middle grid.
5. This will cause one grid always to play 5v2 while the other grid will always play 4v2.
6. If the defender wins the ball they should play the ball back to the coach who quickly restarts the play.
7. It is essential that the attacker DRIBBLES across the grid and into the other attacking 3rd.

Coaching Points

- Make sure players are dribbling with speed and taking on defenders.
- Make sure passing, receiving, turning and shape of runs are appropriate to maintain possession.
- Good supporting runs.

Variations

- Make each team pass X number of times before they are able to cross the middle defensive grid.
- Limit the number of touches from each player.
- Add additional defenders to give more defensive pressure.