



Drill Quick Glance

Age: 4+	Field: 30X30
Players: 4+	Time: 10 MINS.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Indoor Dribbling and Passing Drill

Objective:
This indoor soccer drill is great for warm-up to your indoor soccer practice. This focuses on dribbling and passing warm-up indoors.

Setup

1. Split the team into groups of 3 with one ball per group.
2. Since this is an indoor soccer drill, we will be using the walls.
3. To set up the field, set one cone a yard or two from one of the sidewalls and set another cone just past midway towards the opposite wall.
4. All of the players in the group should start at the cone closest to the wall.

Instructions

1. Have the first player in the line dribble across the field towards the opposite side of the field.
2. When the player reaches the cone, they should play the ball off the wall.
3. They should then collect the rebound from the wall and dribble back across the field to the starting line.
4. Once the player gets 5 yards from the front of the line, the working player should pass to the next person who repeats this pattern.

Coaching Points

- Since this is an indoor warm-up drill, focus on good dribbling and passing during this warm-up.

Variations

- N/A