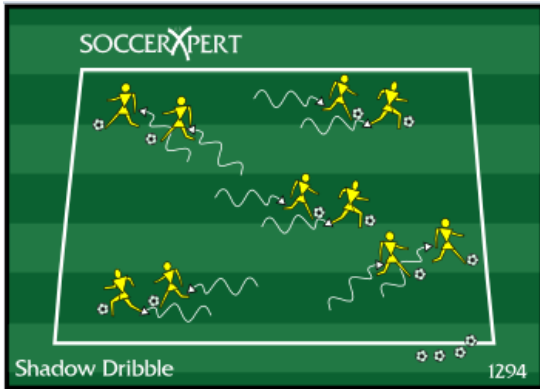




Drill Quick Glance

Age: 4-8	Field: 20X20
Players: 6+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Shadow Dribbling

Objective:

This shadow soccer dribbling drill uses partners who do not attempt to gain possession of the ball but adds extra pressure as they follow the dribbler around and tries to imitate the lead dribblers every move.

Setup

1. Create a small grid approximately 20X20 yards.
2. Instruct players to pair up each player with a soccer ball.

Instructions

1. The lead dribbler dribbles around inside the grid while the shadow dribbler attempts to mimic the lead dribbler's every move by keeping a good close distance.
2. Change leaders after a minute.

Coaching Points

- lift head, eyes up
- close control
- control of body movements
- use all parts of their feet while dribbling (inside, outside, top, bottom).
- change of direction
- change of pace
- find space
- dribble with speed
- encourage players to be creative

Variations

- n/a