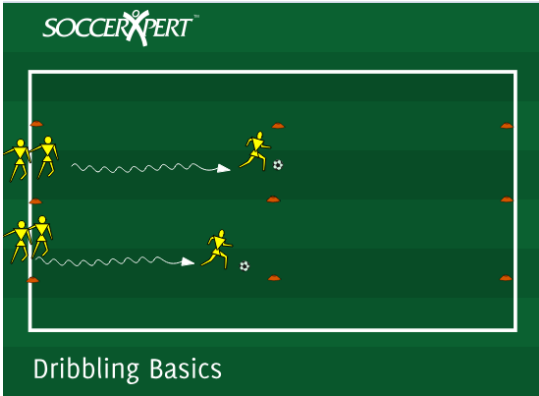




Drill Quick Glance

Age: 4-8	Field: 10x20
Players: 2+	Time: 10 min.
Difficulty: Easy	Focus: Dribbling
Keeper: No	Type: Individual
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Soccer Dribbling Basics

Objective:
This soccer dribbling drill is fundamental to young player's development, laying the foundation for more advanced dribbling skills. Keeping the environment fun and encouraging is important, allowing players to build confidence in their ball-handling abilities. This drill introduces and improves basic dribbling skills and helps develop coordination and control of the ball with both feet.

- Setup**
1. Set up several parallel lines of cones, about 10 yards long, spaced wide enough apart for a player to dribble between them. Multiple lines will keep players from standing in lines.
 2. Each player has a soccer ball at the starting line of their cone lane.

- Instructions**
1. Players begin at the start of their line with their soccer ball.
 2. On the coach's signal, they start dribbling to the other end.
 3. Encourage players to use both feet and different parts of the foot (inside, outside, and sole).
 4. Once they reach the end, they can turn around and dribble back to the start.
 5. Repeat for several rounds.

- Coaching Points**
- Encourage players to keep the ball close to their feet for better control.
 - Teach them to look up occasionally while dribbling, not just at the ball.
 - Instruct on using different parts of the foot for control and maneuverability.
 - Focus on steady, controlled touches rather than speed initially.

- Variations**
- **Speed Challenge:** Have players dribble as fast as they can while maintaining control.
 - **Foot-Specific Dribbling:** Assign certain rounds where players can only use their left or right foot.
 - **Obstacle Course:** Add a hurdle, training sticks, or more cones within the lane for players to weave around, increasing difficulty.