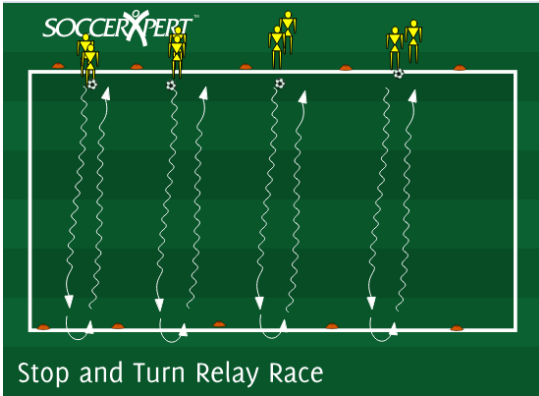




Stop and Turn Dribbling Relay Race

Objective:
Introduce a competitive element with the Stop and Turn Soccer Dribbling Relay Race, emphasizing stopping, turning, and directional changes. This drill reinforces quick transitions and sharpens players' ability to control the ball during directional shifts. The objective is to improve precision and speed in executing turns under pressure.

Setup

1. Organize players into groups of 2-3 players with one ball between the players.
2. Set up a channel for each group about 5 yards wide and 7-10 yards long.
3. Players will start at one end of the channel between the cones.

Instructions

1. At the coach's command, the first player will dribble the ball to the end of the channel, stop it, turn, and return it to the next player in line.
2. The next player will continue this sequence until all players have performed the down and back movement five times.
3. The team to finish first is declared the winning group.
4. Play five sequences focusing on stopping the ball, turning, and changing direction.

Coaching Points

- Close control to stop the ball quickly.
- Turn to avoid danger and return the ball in control.
- Start talking about pull-backs, turning with the inside and outside of the foot.

Variations

- Limit the turn to a specific turn such as pull-back or turn with the inside or outside of the foot.

Drill Quick Glance

Age: 4-8	Field: 10x30
Players: 10+	Time: 10 min.
Difficulty: Easy	Focus: Dribble/Turn
Keeper: No	Type: Team
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Equipment

Disc Cones/Markers | Soccer Balls