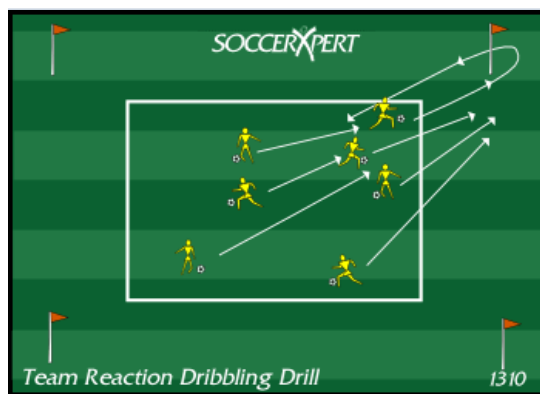




### Drill Quick Glance

|                       |                  |
|-----------------------|------------------|
| Age: 4-12             | Field: 30X30     |
| Players: 4+           | Time: 10 mins.   |
| Difficulty: MEDIUM    | Focus: DRIBBLING |
| Keeper: NO            | Type: INDIVIDUAL |
| Author: Chris Johnson |                  |

### Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks

## Team Reaction Dribbling Drill

### Objective:

The team reaction dribbling drill is a fun soccer dribbling drill that focuses on dribbling and reacting to teammates.

### Setup

1. Create a small grid approximately 20X20 yards.
2. From each of the four corners, place a training stick or flag about 7-10 yards from the corner cone.
3. Players start inside the grid with a ball each.

### Instructions

1. Instruct the players to free-dribble inside the grid using the entire space.
2. When the coach calls out a player's name, that player picks one of the four flags to dribble around and quickly dribbles around that flag.
3. The entire team must also dribble with speed around the same flag as quickly as possible.
4. The last player back into the grid must do push-ups or sit-ups.

### Coaching Points

- Lift head, eyes up
- Close control
- Good 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

### Variations

- Assign the player's numbers and call out the player's number rather than their name.
- Call out a player's name or their number, and the leader should pick a flag to run around. The rest of the group should run around the diagonally opposite flag.