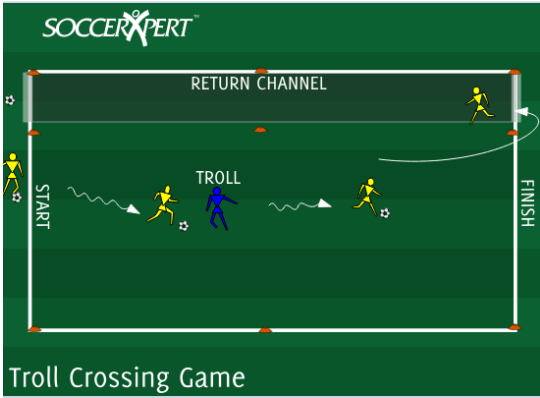




Drill Quick Glance

Age: 4-9	Field: 18X25
Players: 6+	Time: 15 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Troll Crossing Game

Objective:
Develops dribbling under pressure, decision-making in 1v1 situations, and ball protection. Players learn to change direction and use feints to evade defenders.

Setup

1. Mark a 15x25-yard grid using cones.
2. Create a 3-yard-wide channel alongside the grid for returning players, making the total space 18x25 yards.
3. Designate one player as the Troll (defender) in the middle of the grid.
4. All other players start with a ball at one end of the grid.
5. Objective: Players must dribble past the troll to the opposite end without losing possession.

Instructions

1. Players start at one end of the bridge (grid) with a ball.
2. On the coach's signal, players attempt to dribble past the Troll to the other side.
3. If a player successfully reaches the other side, they move into the channel and dribble back to the start.
4. Each successful crossing = 1 point. The first player to 5 points wins.
5. If the Troll steals the ball, they must kick it back toward the starting line. The player must run to the end of the grid and use the channel to reset before attempting again.
6. The game continues until a player reaches 5 points or time expires.

Coaching Points

- Encourage quick direction changes and deception to evade the defender (Troll).
- Players should keep the ball close and use small touches under pressure.
- Teach shielding techniques to protect the ball if challenged.
- Reinforce acceleration after a move to beat the defender (Troll).
- Defenders (Troll) should focus on pressuring the dribbler without overly committing.

Variations

- Multiple Trolls – Add a second Troll to increase difficulty.
- Limited touches – Players must complete the crossing in a set number of touches.
- Different point system – Award more points for creative moves (e.g., 2 points for a nutmeg).
- Time challenge – Players must reach 5 points within a set time limit.
- Reverse roles – Once players reach 5 points, they become a Troll.