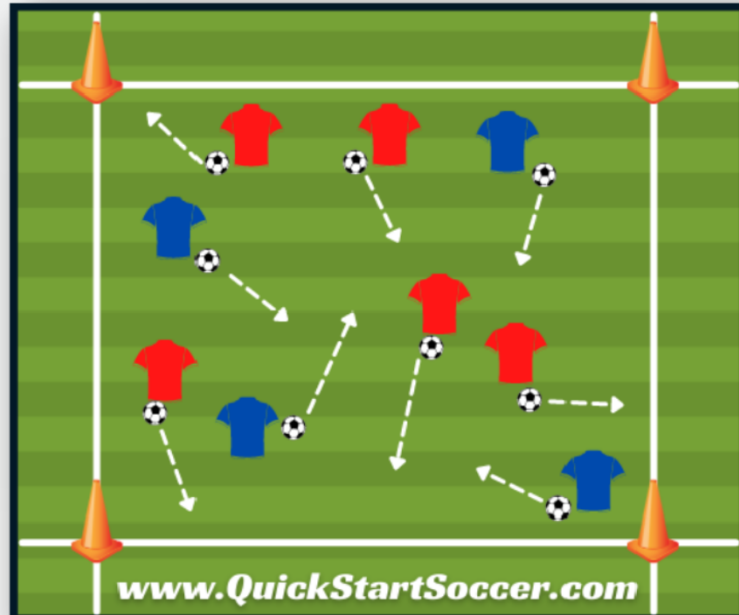


# Dribbling Drill



## TURNING WITH THE BALL



**Level:** Beginner

**Duration:** 15 Mins

**Set Up:** Set up grid size depending on player numbers and ability. (Higher ability=Smaller grid size).

**Instructions:** Players dribble around inside the grid avoiding other players.

**Progression:** Players first dribble with both feet, then left foot only, then right foot only.

**Additional Moves:** Depending on ability, introduce Drag Backs, Inside Hooks, and Outside Hooks.

