

Dribbling Drill

BRITISH BULLDOG

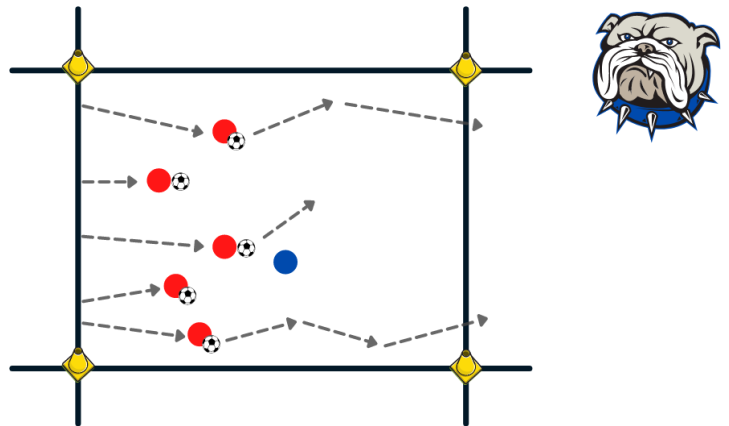


Age: 6-8/9-11 Years

Players: 8-12

Topic: Dribbling /
Using Moves

Duration: 15 Mins



Set Up The Drill : Set up a 20×25 yard grid using cones. Prepare a supply of balls so there is enough for one for each player. Have all players stand at one end of the grid without their soccer balls. Now the drill can begin.

Instructions: Players should spread out so that they are all facing the inside of the grid but in their own space. Choose one player to come out in the center of the grid and face the rest of the players. This player is the 'British Bulldog.' Upon the coaches whistle all the players have to run across the grid whilst trying to avoid being tagged by the bulldog. Any player that gets tagged becomes another bulldog. Once all the players have been tagged or reached the other side, repeat the game going in the opposite direction. The last person to get caught is the winner.

Progression: After playing one time, play again but this time provide each player with a soccer ball. Players should dribble their ball across the grid and avoid being tackled by the bulldog. The bulldog should try and kick the players ball out of the grid. Any player who gets tackled by the bulldog, then becomes another bulldog. The last player to get caught by the bulldogs is the winner.

Coaching Points:

- Keep heads up at all times.
- Dribble away from pressure.
- Use cuts and other dribbling moves to beat opponents.
- Keep balance forward and weight on your toes.