

Dribbling Drill

END ZONE SOCCER

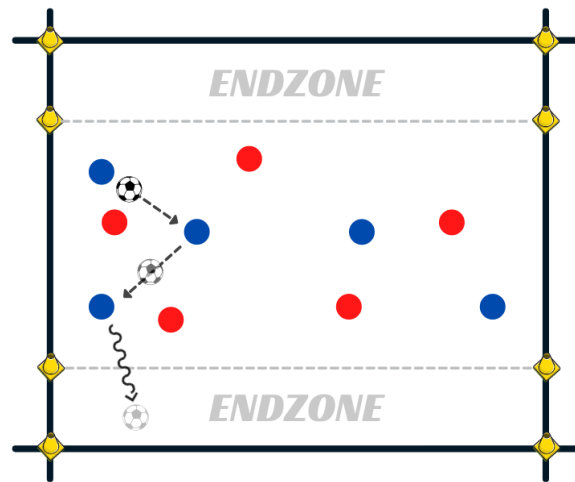


Age: 6-8/9-11

Players: 8-12

Topic: Dribbling

Duration: 20 Mins



Set Up The Drill:

Set up a 25×25 yard field with a 5-yard end zone on either side of the field. So, the full dimension is 25×35 yards. Divide players up into 2 teams and prepare one soccer ball.

Instructions: This is a directional game in which teams compete for possession of the ball. To score a point players must dribble into their opponent's end zone and place the sole of their foot on the ball. Defending players cannot enter their own end zone and must try and stop opposing players by winning the ball off them. If the ball goes out of bounds at any point, play is restarted with a kick-in by the opposing team.

Progression: If a team scores a point, they retain possession of the ball and can immediately attack the opposite end zone. The defending team must reshape and adjust accordingly to defend their new end zone.

Coaching Points: Teams should utilize the whole space and spread out as much as possible.

In addition to this, encourage players to;

- create positive angles of support for teammates when they are on the ball.
- Be confident and try to create and exploit 1v1 situations.
- Keep their heads up at all times.
- Use of Inside and Outside Cuts to go around players.
- Dribble as fast as they can whilst maintaining control of the ball.