

# Warm Up Drill



## DRIBBLING MOVES

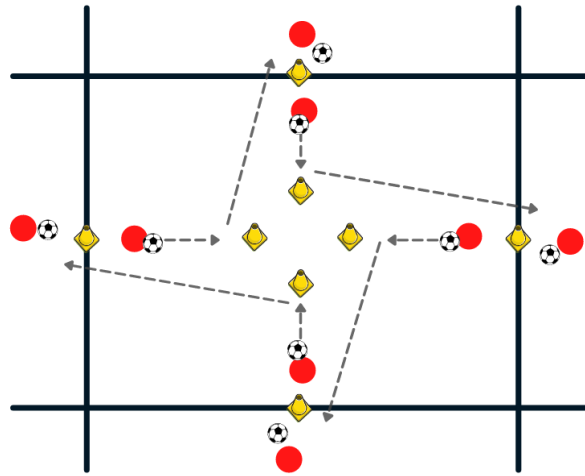


**Age:** 6-8/9-11 Years

**Players:** 8-12

**Topic:** Dribbling,  
Executing skill  
moves

**Duration:**  
15 Mins



**Set Up The Drill :** Using 8 Tall cones, place 4 cones in the center in a small diamond shape roughly 1x1x1 yards in size. Place each of the 4 outer cones 10 yards from the center so each of the outer cones faces one of the cones in the middle. Line the players up so there are 2-3 players on each outer cone, with every player having one ball.

**Instructions:** Upon hearing the coaches whistle, the first player in each line should dribble to the central cone in front of them, execute an inside cut with their right foot and then accelerate to the left to the next outer cone. Once they reach the cone, the player then dribbles around it using small touches and aligns themselves for the next run to a central cone. The next player in each line should wait until the person in front of them has reached the central cone and executed an inside cut before following the same sequence. Have the players work for two minutes working their way around the circuit and then have them repeat using the left foot in the opposite direction.

**Coaching Points:** Demonstrate the skills/moves before each circuit. Check out our essential skills guides for tips. Throughout the drill, encourage players to:

- accelerate after using a cut
- keep their heads up
- take a touch, take a look
- push the ball, don't kick
- keep balance forward to maintain control of the ball