

# The Virgil Van Dijk Challenge

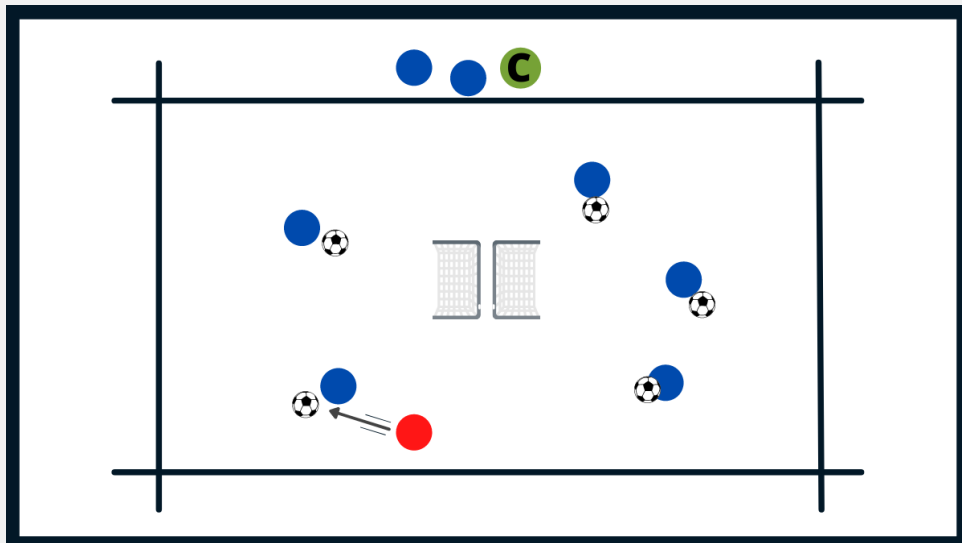


**Age:** 6-8 Years

**Players:** 8-2

**Topic:** Warm-Up,  
Dribbling

**Duration:** 15 Mins



## Set Up The Drill:

Set up a 20 x 15-yard grid using small cones. Have enough balls and bibs for one per player and set up 2 pug or pop-up goals back to back in the middle of the grid.

## Instructions:

Choose one player to be the first Virgil Van Dijk, put them in a colored bib, and have them stand outside the grid by the coach. All the other players should stand inside the grid with a ball each. Upon the coach's call, Virgil Van Dijk runs into the grid and tries to steal people's balls and score in one of the goals.

Once a player's ball is in the goal, they run to the coach, quickly put a bib on and re-enter the grid as another Virgil Van Dijk. The last player with a ball wins and starts as Virgil Van Dijk in the next game. If a player leaves the grid with their ball they are also out and become a Virgil Van Dijk.

## Variation:

Add more goals on the side of the grid to give the Virgil Van Dijks more chances to score!

## Coaching Points:

- Stay in the grid.
- Use of feints, cuts, and turn moves to avoid the defender.
- When shielding the ball, keep your knees bent and your arms out to protect it.