



Providing a full range of quality soccer programs in St. Albert!

St. Albert Soccer Association

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Dribbling Diagonals

How to Set It Up

Skill Developed – Dribbling

Time – 10 - 15 Minutes

Playing Area – 7 X 7-yard grid inside a 20 X 20 yard grid

Number of Players – All players

Equipment – 1 ball per player

This activity works on developing the proper dribbling / running with the ball (RWTB) techniques.

How to Play

- Players will dribble from the corner of the big grid towards the corner of the small grid and then back to the starting point.

- Focus on developing these skills
 - Right foot only
 - Forward soles of the feet
 - Inside-Outside (Zig-Zags) Right foot
 - Left foot only
 - Backwards soles of the feet
 - Inside-Outside (Zig-Zags) Left foot

Progression

- To make this activity more challenging, dribble to the inside cone, perform the move, then accelerate diagonally to the outside cone on the player's right.

- Focus on developing these skills
 - In-In-Out (inside right foot – inside left foot – outside right foot)
 - V-Cut (ball starts away from the players body, player pulls the ball into the body, then pushes the ball away making the letter V)
 - Scissor Move
 - Step Over Move

