



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

## St. Albert Soccer Association

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## Learn to Train (U10/U12)

### Dribbling Diamond

Time – ~ 15 Minutes

#### Playing Area

Set up as seen in picture (see below)

**Number of Players** – All players

**Equipment** – balls, pinnies, mini nets (or cones)

YouTube Link: <https://youtu.be/rLDS8pP7ias>



#### Objective

- This activity focuses on developing a players dribbling skills and moving towards the open space.

#### Organization

- Set up a diamond with the cones or pylons. Total distance between cones is about 10 yards

#### The Activity

- Divide the players into 4 lines with the first player in line having a ball.

- The first player in line will dribble to the cone on their right. When they reach the cone they will give the ball to the next player in line.

- Have the players go through using a variety of dribbling techniques (left foot, right foot, inside feet, outside feet, zig zag dribbles).

#### Progression

- Have the players merge into two lines and stand across from each other.

- Progression 1 - Dribble to the cone, do a 1v1 move (scissor, v-cut, in-in-out, etc) then pass the ball.

- Progression 2 - Dribble to cone then pass the ball, then do a give and go.

\*\* See video for visual description of the activity \*\*