

Learn to Train



Dribbling Square

Dribbling Square

This activity is designed to players the importance of dribbling with the ball close to them, keeping their head up, and learning when to dribble fast vs slow and in a straight line vs lateral movements.

Set Up

- Grid 20 yrds X 20 yrds with a mini grid 8 yrds X 8 yrds in the middle

Equipment Needed

- 1 Ball / line
- Cones to mark out the grid

YouTube Link: <https://youtu.be/htChWc6P3zA>

Phase 1

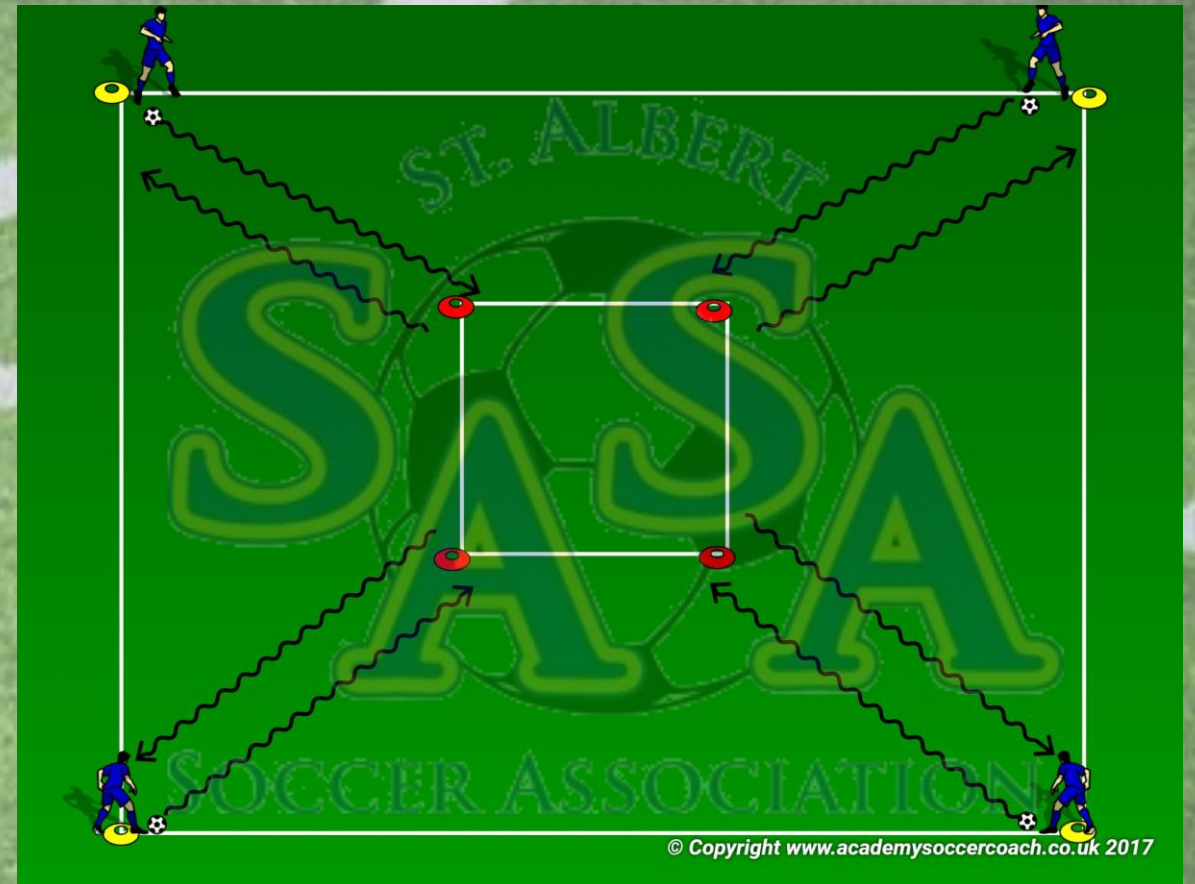
Warming Up the Feet

Activity

- Players in each line will dribble towards the red cone, then dribble back to the yellow cone.

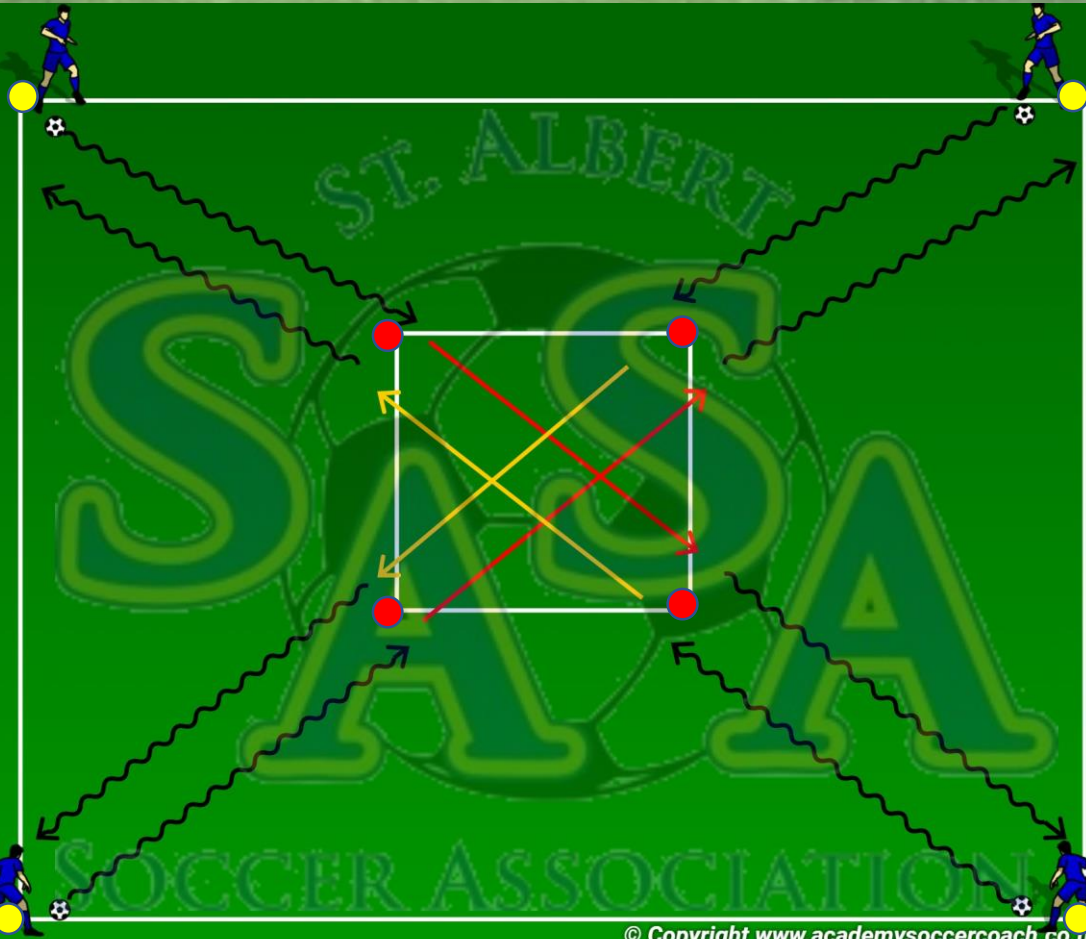
Dribbling Techniques

- Right foot only
- Left foot only
- Zig Zags (right foot)
- Zig Zags (left foot)
- Sole Rolls (bottom of foot)



Phase 2

Dribbling / Acceleration



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Activity

- Players in each line will dribble towards the red cone and stop the ball.
- Then they will sprint through the grid and pick up the ball left at the red cone diagonal from them.
- Dribble back to the yellow cone.

Coaching Focus

- Dribbling / Ball Control – keep the ball close and under control while approaching the red cone.
- Change of speed through the grid.
- Spatial Awareness – be aware of other players running through the grid.

Phase 3

Dribbling by the Defender

Activity

- Players in each line will dribble towards the cone diagonal from them while dribbling through the box.
- There will be two defenders inside the box trying to win the ball away from the 4 players dribbling through the box.
- If the defender wins the ball, they will switch out of the box with the player who got the ball taken away.

Coaching Focus

- Dribbling / Ball Control – keep the ball close and under control while approaching the red cone.
- Change of speed through the grid.
- Spatial Awareness – be aware of other players running through the grid.

