



JAM-PACKED SOCCER DRIBBLING DRILL

Emphasis:

This game will give players confidence while dribbling & turning in congested areas on the soccer field.

Game Info:

This is for ages U8-U14. It is best run with at least 6 players but no more than 20 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

To begin this game, create a circle with disc cones that is approximately 20 yards in circumference. Make sure each player has a ball, and instruct them to line up around the outside of the circle.

Instructions:

Have the players begin the game by dribbling around the outside of the circle all in the same direction. The coach should inform the players to listen for certain queues and perform those actions once the coach shouts the command.

These commands are:

- JOG - players should dribble at a comfortable speed
- FULL SPEED - players should dribble at their top speed
- CUT - players should cut the ball in the other direction and travel in the other direction around the circle
- CROSS - all players should cut across the grid avoiding contact with other players or other player's soccer balls.

Progression:

- Other commands to add to the game.
- Add alternate jerseys and create 2-3 teams

Coaching Points:

- Since all players should be entering the center area at the same time make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.
- Have players start playing with their arms up and out for balance and shielding
- Instruct players to dribble with both feet and all parts of the foot.