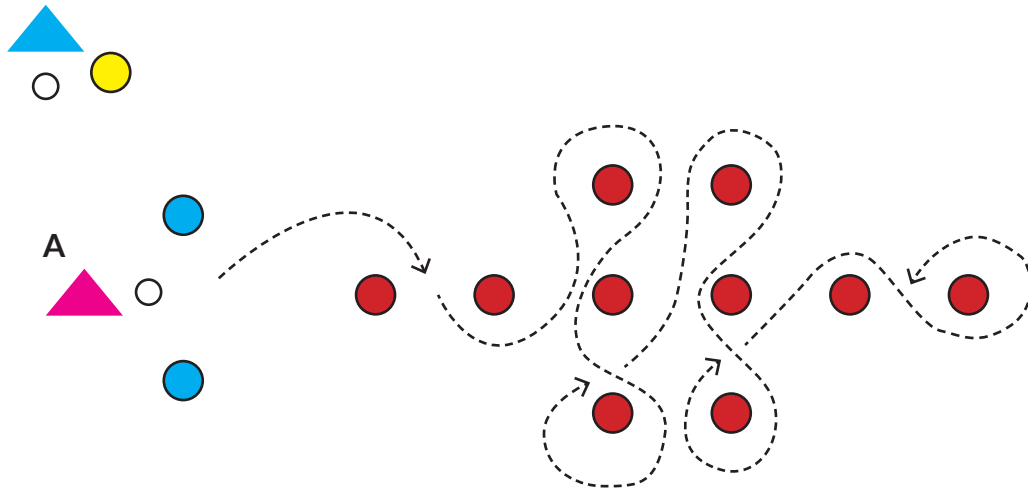


Dribbling



Drill

- + Set up two runs so that the players work in pairs
- + A dribbles through each of the cones as described
- + Once A passes through the blue gate on their return, B goes
- + (P₁) Just using the sole of the foot
- + (P₂) Just using your non-dominant foot
- + (P₃) Relay Race

Coaching Points

- + Try to use all parts of the foot to suit different movements
- + Focus on lots of small technical movements to keep the ball really close