

**Drill Number**

11

**Min Age Group:**

U7

**Min # of Players**

4

**Drill Name**

Dribble & Turn

**Min Time Required**

10

**Description**

Setup:

Mark a small square about 7 x 7 yards with cones. Mark four starting points around the small square and about 20 yards from it. Divide players into four groups and line up at each starting point. One ball per group.

Description:

Instruct players to dribble to square and then reverse direction once inside of the square. Dribble back to your line and give ball to next player in line. Work on different ways to reverse direction: inside of foot, outside foot, using sole and spin, etc.. After practicing a few different turns have races to see which team can go through each player twice first.

**Coaching Points**

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

