

Drill Number

17

Min Age Group:

U8

Min # of Players

2

Drill Name

Dribbling Pen

Min Time Required

10

Description

Setup:

Use discs to set a 10 x 10 square with (2) 3 yard wide goals on one end. Have players form a line outside the square opposite the 2 goals.

Description:

Have the first player in line (Player A) step out and face the second player in line (Player B). Player A is now the defender, Player B is the attacker. The attacker attempts to dribble the ball through either of the goals. Long dribbles through the goal do not count. The defender attempts to steal the ball and dribble out of the square opposite the goals. Any ball going out of the square is dead and the attacker becomes the defender for the next player in line.

Coaching Points

Feed the ball to the next player in line as soon as the ball is out of play. This will teach quick transitions from offense to defense.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

