

Drill Number

22

Min Age Group:

U8

Min # of Players

2

Drill Name

Me & My Shadow

Min Time Required

5

Description

Setup:
Players pair up for this drill. Each pair has one ball.

Description:
This drill is intended to work on defensive footwork and teach patience. The player without the ball approaches the offensive player in a side-on position. The player with the ball then starts dribbling down in the field in a wide zig zag pattern working on a variety of turns (pull a vee, outside of the foot, cross over, cutback, etc)

Though defensively we don't want to allow the cutback, the defenders allow it in the warm-up to practice moving backwards in a side-on stance (one foot is forward) and switching lead feet on the cutback. No tackling allowed and the attacker does not go full speed at first (change of pace is definitely recommended, however). We often run this touchline to touchline, but a 25 to 30 yard distance is probably more appropriate.

Coaching Points

Lead foot of the defender must be OUTSIDE of attacker's foot, in order to force the attacker in one direction. Dribblers are taught to go at a defender's lead foot and try to make them turn.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

