



Drill Name: 4 Corner Dribble

Set up :

Dribbling Technique - Turns 2

Area: 10 x 10

Instructions:

Players dribble to centre cone & turn with the ball & accelerate to the next corner. Progress & introduce different turns. Progressions - 1) Dribble to centre cone & play the ball with the outside of the foot to to the across the face of the cone & then run around the opposite side of the cone to meet the ball & continue to the next corner. 2) Dribble to center cone & then accelerate to any corner (1 player per corner allowed) (This could be a race).

Coaching Points:

See the ball, See the players, Change of direction, Change of speed, Skill (Moves & Turns)