

Speed Dribbling

Emphasis: Dribbling



Set-up:

30 x 30 yard grid. Cones are placed to create corner areas of approximately 5 x 5 yards. 4-5 players in each corner. 1 ball per player.

Objective:

On coaches command “Switch” players must dribble at speed to a new corner area. To encourage speed dribbling, the first group to successfully arrive in a new corner wins the game.

Progressions:

Players must juggle 5 times in the new corner before the game can end. Add defenders (2-3) in centre of grid to try to steal balls from players.

Coaching Points:

- Push ball out in front while moving at speed.
- Keep head and eyes up to avoid collisions.
- Use feints, deception to elude defenders.