

# Best Dribbling Drills

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## Get away from the tagger soccer dribbling drill

### Set up:

- 15x20 yard area split in half
- soccer ball per player.

### Instructions:

This is a great game as a warm up activity it gets players loads of touches on the ball in a short period of time.

Players are also constantly moving and are having to be aware of what's going around them at all times.

Divide you players equally in the 2 sections which each player having a soccer ball and select a player to be a tagger in each area.

The taggers do not need a soccer ball and must stay in their own area, the taggers must try and tag the players in their own area.

Once a player has been tagged they must move to the other half of the area.

The winner will be determined by tagger that has the least amount of players in their square.

### Coaching Points:

- Small touches to keep the soccer ball close
- Use a change of direction and pace to get away from the defenders
- dribble with your head up

### Questions to ask that can lead to coaching points:

- What can we do to make it easier to change direction with the ball?
- When I am being chased what can I do to get away from the tagger?
- How do I know what is going on around me?



## Soccer Dribbling and shooting drill

### Set up:

- Set up a 15x20 yard area divided into thirds vertically
- 4 goals
- soccer ball per player

### Instructions:

Divide your area up into thirds and place 2 goals either end of the areas.

Ask your players to score as many goals as they can however they must perform a skill and a change of direction when they get to a line.

You can vary and change the skills you would like them to perform or let them choose

They can only score in final third, this is to prevent players shooting from anywhere.

### Coaching points:

- Keep your head up
- Perform the skill quickly
- After you have performed the skill your next touch should be a big one into the space take a big touch

### Questions to ask that can lead to coaching points:

- What can we do so we know the space and the goals are?
- Will my skill be better if it's performed slower or faster? why?
- Where should my next touch take after my skill?

### Progression:

As a progression you can introduce 2 defenders into the middle with 2 goals placed opposite each other in the middle section.

The players are still trying to score as many goals as they can however they must dribble the area with the defenders.

The players do not have to perform a skill at each line.

If the defenders win the ball they can score in the goals in the middle section.



## Soccer 1v1 Dribbling drill

### Set up:

- Create a 15x20 yard area
- 1 soccer ball per pair

### Instructions:

Get the pairs to stand opposite each other on the 20 yard lines, one of the players will be the defender and the other the attacker.

The defender starts with the ball and will pass the ball to the attacker.

The defender will then pressure the attacker as quick as they can however they are just going to shadow defend and jockey backwards following the movement of the attacker.

The attacker is going to try difference skills and changes of direction to move the defender side to side while still dribbling forward.

The attacker and defender will swap round once the attacker gets to the line the defender started on.

### Coaching points:

- Take small quick touches
- The skills and changes of direction should be quick
- Be confident and try different skills

### Questions to ask that can lead to coaching points:

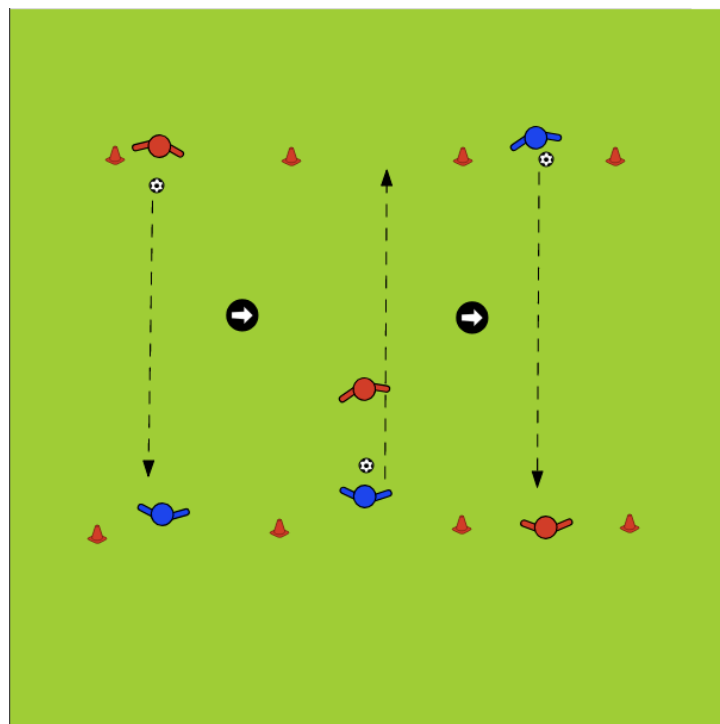
- Do you want to take big or little touches?
- What can we do to move the defender side to side?

### Progressions:

To make this more game realistic the defender will now be able to win the ball back.

If the attacker is able to dribble past the line the defender started on then they get 3 points.

If the defender manages to win the ball back and dribble past the line that the attacker started on then they will get 1 point.



## **Dribbling through the square**

### **Set up:**

- Create a 20x20 yard area
- Create a 4x4 yard area in the middle
- 4 goals

### **Instructions:**

Set up your 4 goals opposite each other on each of the side lines and divide your players up into 4 groups standing next to each of the goals.

The players at the front of the group will go at the same time and perform a skill in the square and shooting in the goal opposite them.

They will collect their soccer ball and join the group next to the goal that they just had a shot at.

The next person in the line can go when the person in front of them has taken their shot.

### **Coaching points:**

- Small quick touches up to the square
- Quick skill and change of direction
- Big touch out the square

### **Questions to ask that can lead to coaching points:**

- What kind of touches do I want to take? Why?
- What speed should I perform my skill?
- How can I get away after I have performed my skill?

### **Progressions:**

As a progression you can introduce a defender or 2 into the square so now players must avoid the defenders.

If a defender wins the ball they can score in any goal  
You may need to make the square in the middle a little bit bigger.

