

Space invader dribbling drill



How it works

Set up your area with your 5 x 5-yard boxes spread out evenly inside the area.

Place 1 defender in each box and the other players will each have a soccer ball in the 15 x 20-yard area.

If the players with the soccer ball are able to dribble through the square exiting the side that they entered they will get 3 points.

If they are able to exit the side they entered or exit the sides to the left or right they will get 1 point.

Coaching points

- Skills and turns should be performed quickly
- If you see a space accelerate through the square
- Turn out that if you cannot get through the square

Purpose

The purpose of this drill is to encourage players to balance risk and reward when deciding to beat a player.

Set up

- Create a 15 x 20-yard area
- 3 5 x 5-yard boxes
- 1 soccer ball per player
- 3 defenders

Beginner

Questions

- What pace should our skills and turns be performed at? Why?
- Do you always need to use a skill to get through the square?
- Do you always have to go forward? what else could we do?