



25

SOCCER DRIBBLING DRILLS

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1v1 End Line Targets

How the Drill Works:

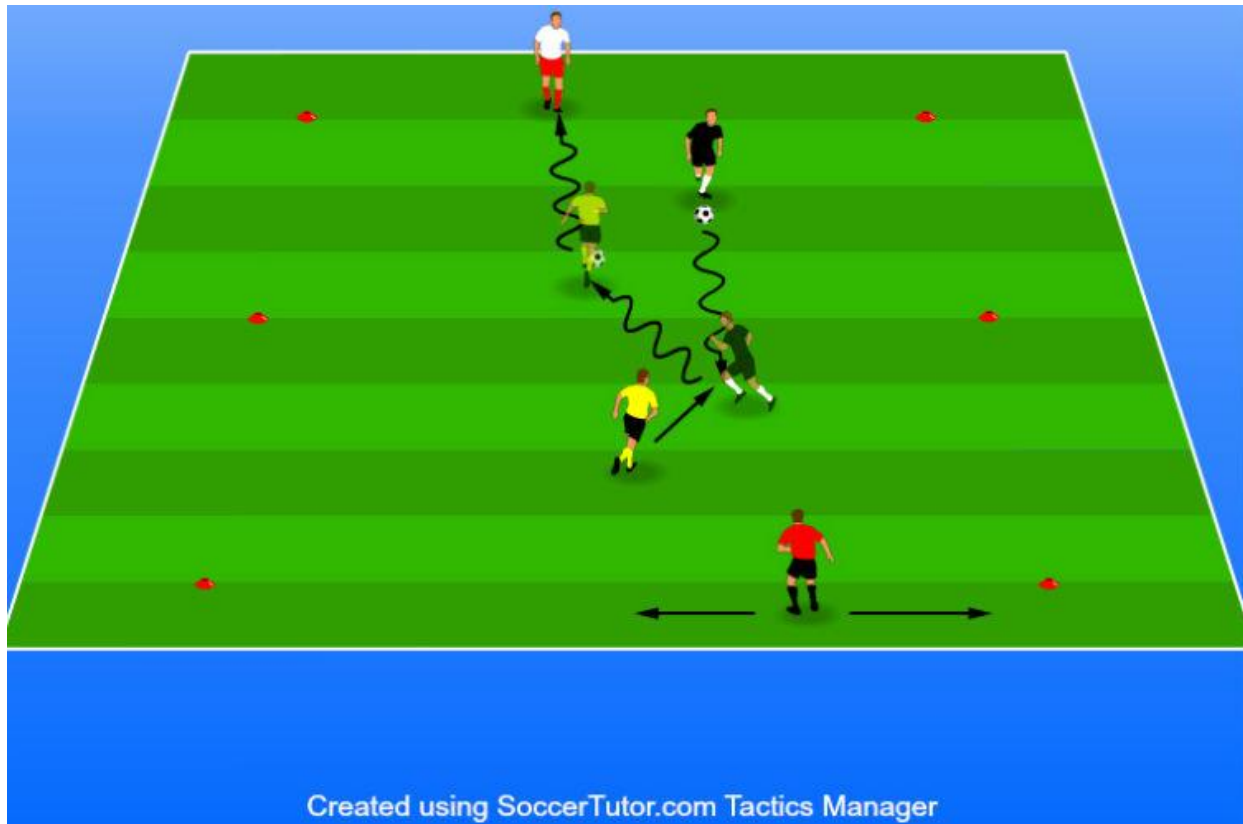
Two players play 1v1 and attempt to dribble the soccer ball past their opponent's end line and into the target player moving behind the line.

Purpose:

Develops players' 1-on-1 abilities. Players increase their dribbling, defending, body control, and vision in this activity. Good for all player ages.

Diagram:



**Setup:**

- For every four players, set up a 20x15-yard field.
- Two players start inside the field with the other two players on each end line. One player inside the field starts with a ball. Keep extra soccer balls close.
- Play three, four-minute games. Rest and make coaching points between games. Rotate players as needed.

Instructions:

1. The two players inside the grid play 1v1 and attempt to dribble the ball to the target player behind their opponent.
2. When a target player receives a ball, they then switch places with the player that dribbled the ball to them. The target player enters the field and attempts to dribble to the opposite end line target player.
3. Target players can move along their end line.
4. Players earn one point for every time they dribble the ball to their respective target player.

5. If the ball is knocked out-of-bounds, the player who did not last touch it restarts with the ball.
6. Play three, four-minute games. Rest and rotate players as needed between rounds.

Variations:

Rotation – Instead of rotating players on a change of possession, have players rotate every 90 seconds. Target players stay on the end lines for the duration of the round.

No target players – If player numbers are low, play this activity without target players on each end line. Players score by dribbling across their opponent's end line.

Coaching Points:

- Encourage the players to be creative! Players should use 1v1 moves and changes of direction and speed to dribble past their opponents.
- Teach the players to keep the ball close to change directions and protect the ball quickly when needed.
- Educate the players the proper defensive body shape, balance and footwork. Players should not reach for the ball, but rather time their tackles to increase their chances of winning the ball.

1v1 End Zone Transition

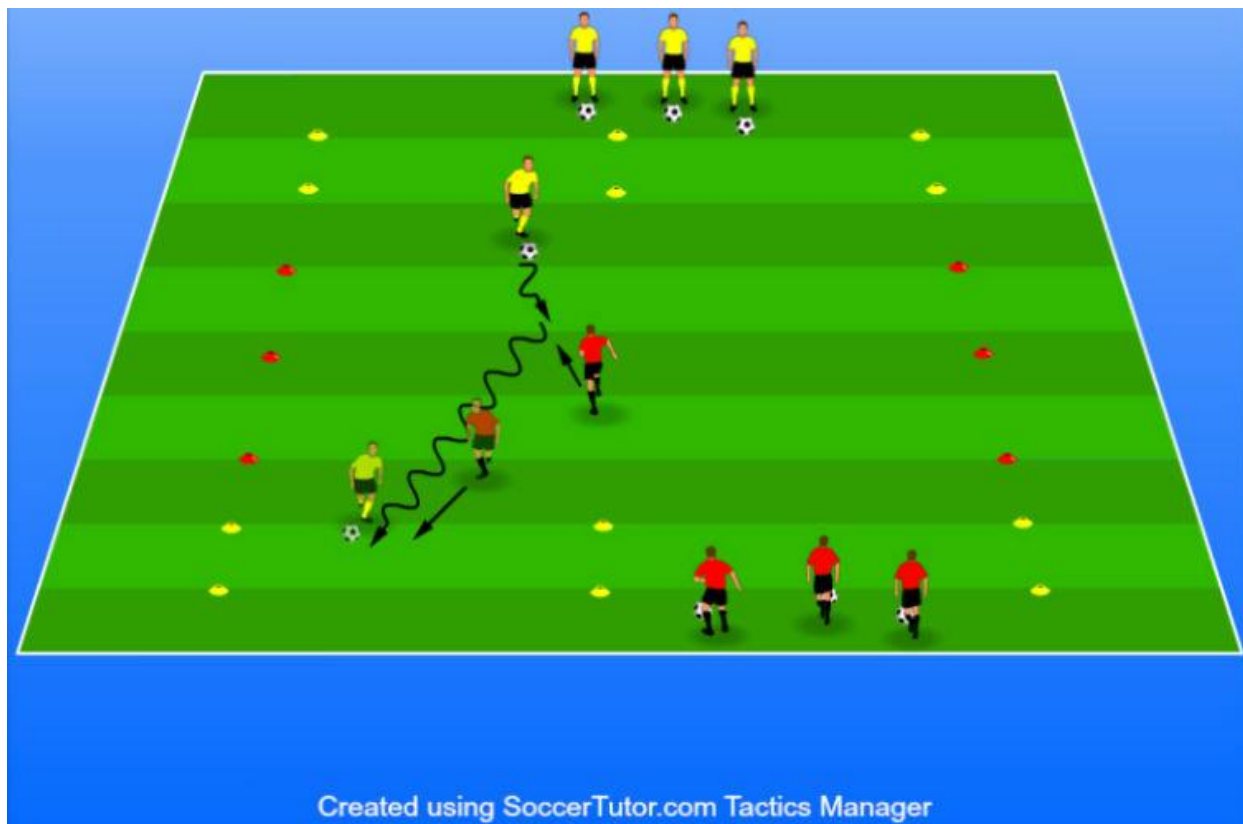
How the Drill Works:

Players play 1v1 to their opponent's end zone.

Purpose:

Develops 1v1 dribbling and defending abilities. Players improve their ability to get past defenders more consistently.

Diagram:



**Setup:**

- Set up a 25x20-yard field for every 10 players.
- Set up four-yard end zones on each field end line.
- Divide the players into two teams per field.
- Divide the soccer balls between the two teams on each field.
- One player from each team steps into their end zone with one player starting with the ball.
- The extra players on each team rest behind the end zone in some organized manner.
- Play three, five-minute games. Rest and reset the soccer balls between each game. Make coaching points during breaks.

Instructions:

1. Players play 1v1 attempting to dribble into their opponent's end line for a point.

2. When a player dribbles, under control, into their opponent's end zone, they leave the ball and the next player from their opponent's team starts dribbling the same ball out of the end zone. The player who was scored on, rotates to the back of their team line.
3. If the ball goes out-of-bounds at any point, the two players inside the grid go to the back of their team lines, and a new ball is started from two new players.
4. Play three, five-minute games. Keep track of scores to see who wins each game! Rest and rotate players between games as needed.

Variations:

Tournament – If there are more than two teams, make it a tournament. Team with the best record at the end wins!

Coaching Points:

- Encourage the players to moves and changes of direction to unsettle the defender and get past them.
- Educate the players to use changes of speed to dribble past the defenders when there is an opportunity.
- Remind the players to bend their knees and move their feet when defending to set up their tackle. Players should not dive in!

1v1 End Lines

How the Drill Works:

Players compete 1v1 to their opponent's end line.

Purpose:

Develops players' 1v1 abilities. Players increase the defensive timing and footwork as well as their attacking moves.

Diagram:



**Setup:**

- Set up a 25x20-yard field for every eight players.
- Divide the players in to two groups of four for every field. Pennies are not required.
- Have the two groups on each field start behind opposite end lines.
- Only one group starts with the soccer balls on their end line.
- The first player in each line will start the activity.
- Play three, five-minute games. Rest and rotate players as needed between games.

Instructions:

1. The first player, in the line with the soccer balls, completes a pass across the field to the first player in the opposite line.
2. As soon as the pass is made, the 1v1 game goes live.
3. Players play 1v1 attempting to dribble across their opponent's end line.

4. If the ball goes out-of-bounds or either player scores, the round is over and players go to the back of the opposite line they started at.
5. Players get one point each time they successfully dribble across their opponent's end line.
6. The next two players can begin their turn as soon as the field is clear.
7. Play three, five-minute games. Rest and rotate players as needed. Make coaching points at breaks. See which player had the most points!

Variations:

Dribble entry – Instead of passing across the field, the activity starts with the player dribbling into the box. Best for young players who can not pass quite yet.

Coaching Points:

- Encourage the players to find one or two 1v1 moves that work for them and have them perfect them!
- Remind the players to keep the ball close unless they are pushing the ball past the defender.
- Teach the players attack the defender's front foot and see if they can turn the defender.
- Educate the players on the proper defending technique. Knees bent. On balance. Arms up. Body 45-degree angle.

1v1v1**How the Drill Works:**

Players play 1v1v1 to three goals.

Purpose:

Develops 1v1 skills in a different setting. Players improve their abilities to beat two defenders and decide which goal to score on.

Diagram:

Setup:

- Set up three, four-yard wide gates, using sticks or cones, in a triangle shape. The gates should be 15-20 yards away from each other.
- Divide the players into three teams of three to five players. Set up another field if there are more than five players per team. Assign a jersey color to each team.
- Have each team form a line a few yards behind their team goal.
- Gather all the soccer balls outside of the playing area with the coach.
- Play three, five-minute games. Rest and reset the soccer balls between games. Make coaching points and rotate players as needed.

Instructions:

1. The coach starts the game with a pass to the middle of the triangle.
2. The first player from each team runs into the field and plays 1v1v1 attempting to dribble or pass into either of their opponent's goals.
3. Once a goal is scored, the players return to the back of their team lines, and the coach starts a new ball for the next three players.
4. If one turn is taking more than 90 seconds, call time and start a new ball for the next three players.
5. There is no real out-of-bounds. Let the players play unless the ball goes too far away from the field.
6. Teams keep track of the number of goals they have scored.
7. Play three, five-minute games.

Variations:

Dribble to score – Players must dribble through either of their opponent's goal to score.

Coaching Points:

- Make sure there is enough space on the field for the players to work on their 1v1 moves.
- Instruct the players to use change of direction and speed to get past defenders.

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- Remind the players to use their bodies to protect the ball from the two defenders!
- Challenge the players to look up and find where the space is on the field for them to attack in to.

2v1 Dribbling End Zones

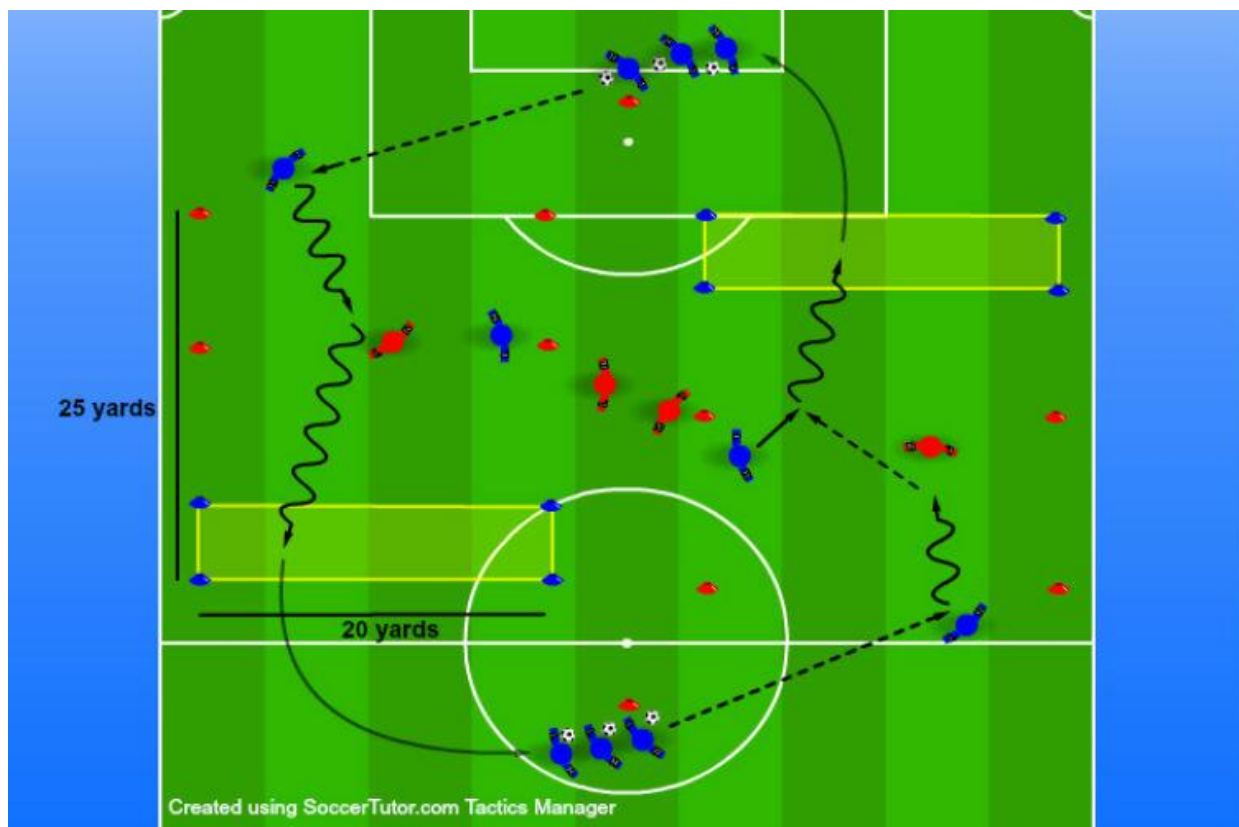
How the Drill Works:

Two attackers play against one defender to end zones. A point is scored if the attackers dribble into the end zone, or if the defender wins the ball and dribbles out-of-bounds under control. No points are awarded if the ball is kicked out-of-bounds.

Purpose:

Develop players' abilities to take advantage of 2v1 situations. Players improve their 1v1 moves, decision-making and passing skills.

Diagram:



Setup:

- Set up two field 20x25-yard fields. Mark out a five-yard end zone on one end line of each field. See diagram for clarification.
- Place one cone on each end of the two fields for players to form lines on. See diagram.
- Assign two defenders for each field with matching jerseys. One defender starts inside each field with the other defender resting just outside the field.
- Two attackers start on each field. One attacker starts inside the field while the other attacker starts on the end line opposite of the end zone.
- The remaining players form even lines, with soccer balls behind each extra cone on each side of the fields.
- Play four-minute games before resting and rotating defenders. Play for at least 20 minutes.

Instructions:

1. The first player in each line, passes their ball to the attacker on the end line of each field.
2. The attacker receives the pass and then dribbles into the field.
3. The attacker plays 2v1 against the defender and attempts to score by dribbling into the end zone.
4. If the defender wins the ball, they score by dribbling out-of-bounds for a point.
5. The repetition is over when any player scores, or the ball goes out-of-bounds for any reason.
6. Defenders rotate after each repetition with the other defender on their field.
7. The attacker that scores or is closest to the end zone when the repetition is over, takes the ball to the back of the attacking line behind the end zone. The passer becomes the new attacker on the end line and the attacker from the last repetition starts inside the field.
8. The next repetition begins as soon as the new defender is set.
9. Play for four-minutes before assigning new defenders. Play for at least 20 minutes.

Variations:

Competition – Have the players keep track of their points! Player with the most points at the end of each four-minute round is the winner!

3v1 – If the attackers are struggling to consistently beat the defender, add another attacker to play 3v1.

Width – Decrease the width to make it more difficult on the attackers. Go to 12-15 yards wide.

Coaching Points:

- Teach the attackers to commit the defender before passing the ball to their teammate. If the defender cuts off the pass, the attacker will need use a change of speed, or direction move to get past the defender.
- Encourage the attackers to provide good passing angles for each other.
- Challenge the defenders to win the ball and transition out-of-bounds for a point!

2v1+1 Dribbling to Goal

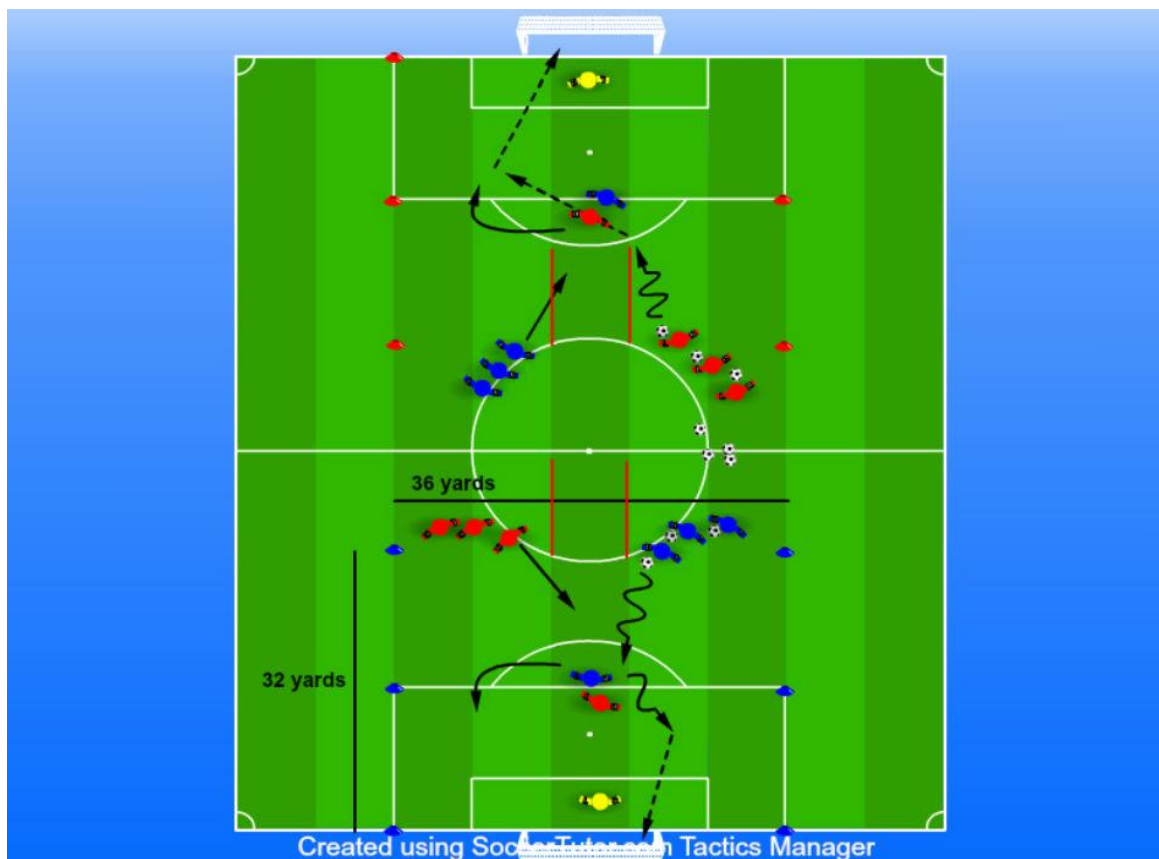
How the Drill Works:

Two attackers play against one defender with another defender running in late. The two attackers must quickly take advantage of the 2v1 situation by dribbling or passing to create a scoring chance on goal.

Purpose:

Develop players' abilities to take advantage of 2v1 situations. Players improve dribbling with their back to goal and getting turned to score or pass.

Diagram:



Setup:

- Set up two field 36x32-yard fields.
- Position one full-size goal on an end line of each field. Assign one goalkeeper to each goal. If there are extra goalkeepers, have them rotate every four to six repetitions.
- Set up one, five-yard wide gate on the end line opposite of each goal. Use poles, or cones, to mark the gates.
- Divide the players into two teams and assign jerseys. Half of each team should be on each field.
- Have the two teams on each field form a line of each side of the gate at the top of the field. See diagram.
- Decide which team will start as the attackers and which will start as the defenders.
- The team that starts as the attackers will start with all of the soccer balls.
- One player from each team steps inside the field and starts on the edge of the penalty box. The defender should be just behind the attacker. See diagram.
- Play eight-minute games before resting and rotating defenders. Play for at least 20 minutes.

Instructions:

1. The first attacker in each line starts with a ball at their feet. As soon as the attacker takes their touch forward, the two defenders are live.
2. The attacker attempts to dribble quickly towards goal and play 2v1 before the trailing defender can run back and help defend.
3. Attackers are free to move, pass and dribble to create a scoring opportunity.
4. If the defenders win the ball, they attempt to dribble, or pass, the ball through the gate at the top of the field.
5. The turn is over when either team scores, or the ball goes out-of-bounds for any reason.
6. Once the turn is over, the attacker that started on the edge of the box retrieves the soccer ball and goes to the back of the attacking line. The attacker that started the turn by dribbling into the box then becomes the attacker that starts on the edge of the box. The defending players make the same rotation.
7. The next repetition begins as soon as the players starting inside the field are set.

8. Play eight-minute games before switching players and roles. Play for at least 20 minutes.

Variations:

Competition – Have the teams count their collective team points. See if the attackers or defenders win each game!

2v1 – If the attackers are not finding success, get rid of the trailing defender and play 2v1.

Width – Decrease the width to make it more difficult on the attackers. Go to 20-yards wide.

Coaching Points:

- Push the attackers to dribble towards goal at speed! Attackers want to take advantage of the 2v1 situation before the trailing defender can make it a 2v2 game.
- Teach the attacker, without the ball, to spin out of the way from the incoming attacker to create a passing angle and a more difficult defending situation.
- Challenge the first defender to slow the play down for the second defender to arrive and help win the ball!
- Remind the goalkeepers to talk to their defenders and constantly give them directions.

2v2 End Zones

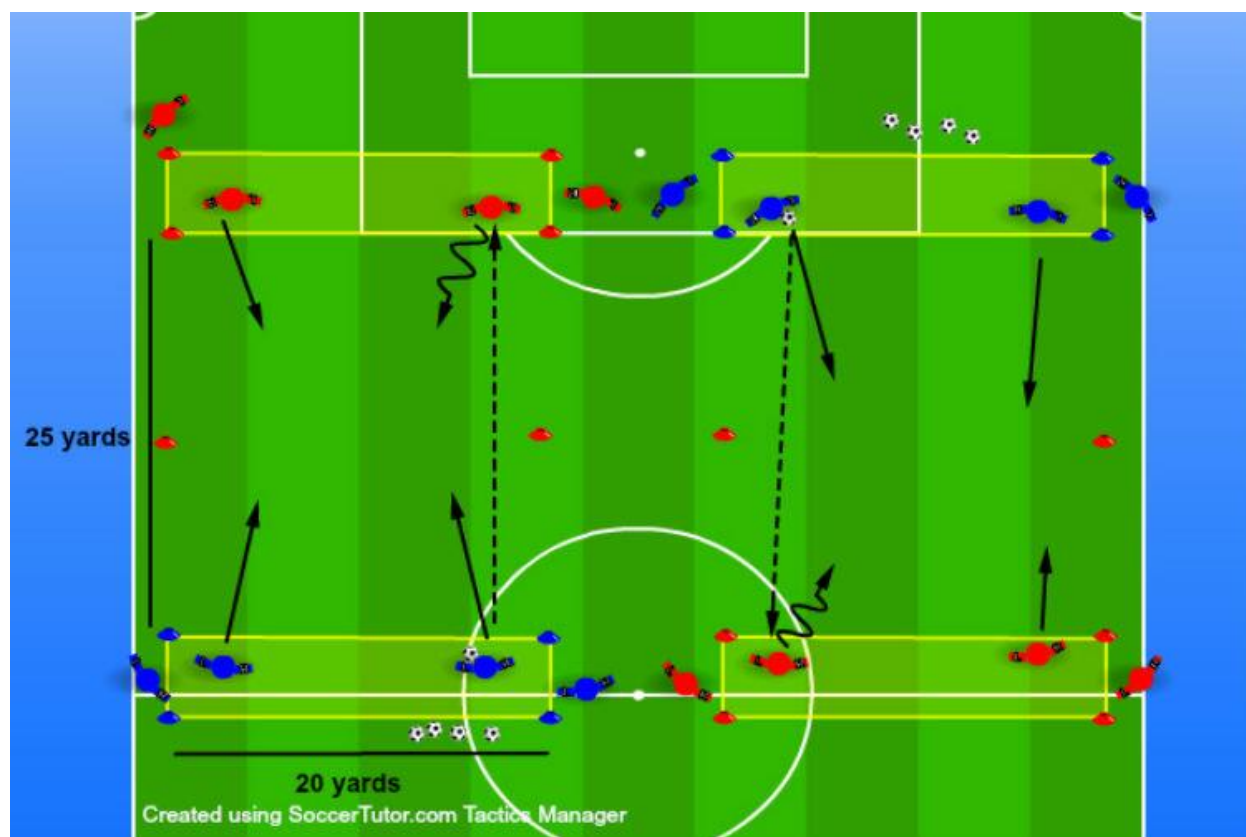
How the Drill Works:

Two attackers play against two defenders and attempt to score by dribbling into their opponent's end zone.

Purpose:

Develop players' abilities to take advantage of 2v2 situations. Players improve their ability to dribble past defenders and advance the ball forward on the dribble or pass.

Diagram:



Setup:

- Set up two field 20x25-yard fields. Mark out a five-yard end zone on each end line of each field. See diagram for clarification.
- Divide the players evenly amongst the four end zones. Assign matching jerseys to each end zone group.
- Two players from each team start inside the end zone while the other players rest to the side of the end zone. Players rotate after every repetition.
- One end zone on each field starts with the soccer balls. This end zone will always start the repetition by passing the ball across the field to the players in the opposite end zone.
- Play three, six-minute rounds. Make coaching points and rotate players after each round.

Instructions:

1. One player from the end zone passes the ball across the field, to the players in the opposite end zone.
2. One of the players in the opposite end zone, receives the pass and then dribbles into the field. At the same time, the players from the end zone that passed the ball, run across the field to defend their opponents.
3. The two teams play 2v2 and attempt to dribble into each other's end zone for a point.
4. If either team scores, or the ball goes out-of-bounds for any reason, the turn is over and four new players start a new ball from the same end zone as the previous four players.
5. Play for six-minutes before resting and making coaching points. Rotate players and teams as needed. Play three rounds.

Variations:

Competition – Have the teams keep track of their points! Team with the most points at the end of each six-minute round is the winner!

Width – Decrease the width to make it more difficult on the attackers. Increase the width to make it more difficult on the defenders.

Coaching Points:

- Teach the defenders to close down the attackers quickly. Get the attackers' heads down!
- Share with the attackers some change of direction and speed tips to get past the defenders!
- Challenge the defenders to win the ball and transition to their opponent's end zone for a point!

Chase the Coach

How the Drill Works:

Players dribble after the coach and attempt to pass their ball into the coach's feet for a point.

Purpose:

Fun activity for young players to develop their dribbling and passing skills. This activity is good for keeping the players' attention while getting them lots of different touches and changes of direction on the ball. Players also begin to increase their ability to look up while dribbling.

Diagram:



Setup:

- No exact boundaries are needed for this activity. Create a large playing square if needed to give the players a better visual.
- Each player needs a ball.
- The coach does not need a ball.
- Play five, three-minute rounds.

Instructions:

1. On the coach's signal, players attempt to dribble after the coach and pass the ball into their legs.
2. The coach slowly moves around, changing direction and speed depending on the players' skill level.
3. A player gets one point for each time their soccer ball hits the coach's legs.
4. At the end of each round, players freeze, and are congratulated for their efforts! Players rest for one minute before starting the next round.
5. Play for five, three-minute rounds.

Variations:

Multiple coaches – If there is more than one coach available, add another coach to give the players more opportunities to score points.

Tag – If players are too young to pass the ball into the coach's legs, have them just tag the coach with their hand for a point!

Coaching Points:

- Have fun! Start easy for the players and allow them to score points. Increase the difficulty as the players get better. Make a funny noise, or congratulate the players each time they score!
- Encourage the players to look up when dribbling so that they can find the coach and avoid running into other players.
- Instruct the players to keep the ball close to them when dribbling. Players should not kick and run after the ball when dribbling. Small, soft touches are best for keeping close control of the soccer ball.

Chased by a Defender

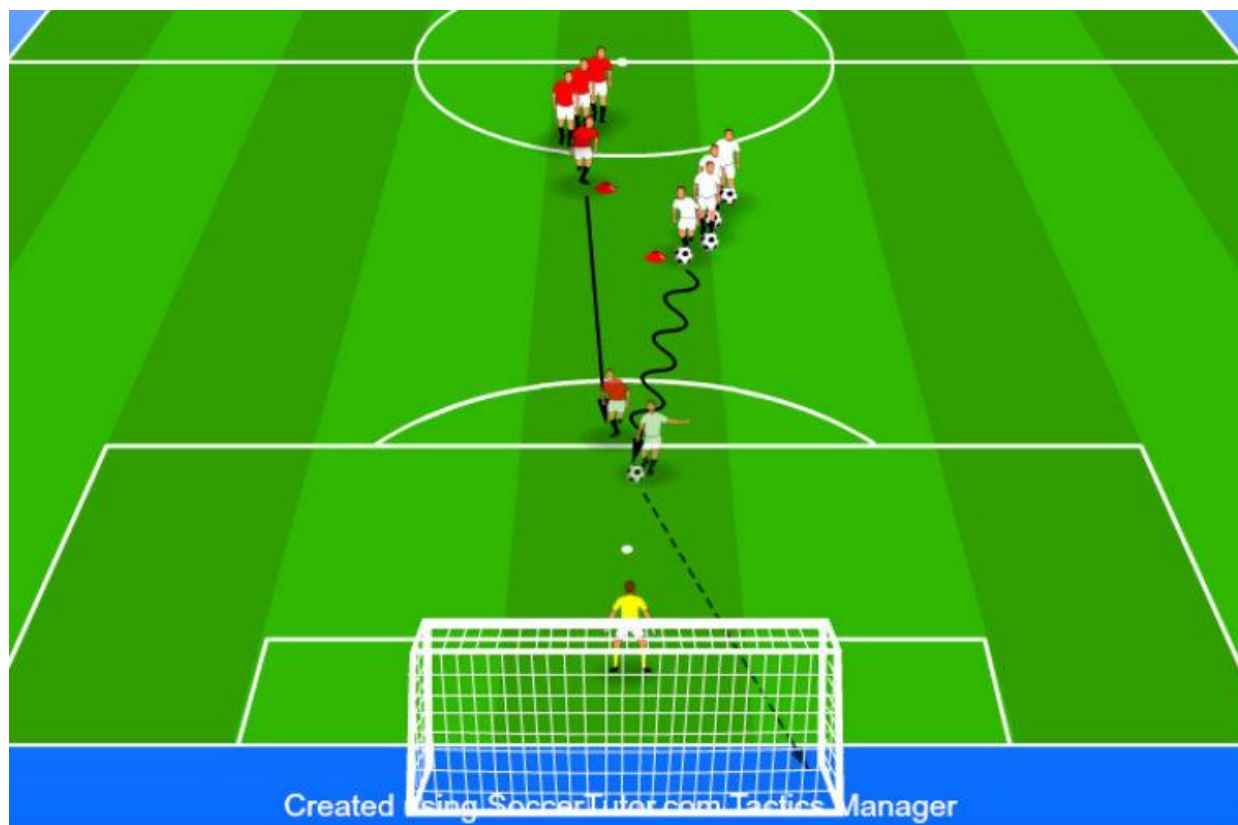
How the Drill Works:

One player attempts to dribble as quickly as they can to goal and score while one defender chases them down from behind, trying to prevent them from scoring.

Purpose:

Develop players' ability to dribble at speed under pressure. Players improve their top speed ball control, finishing, and defending in this activity.

Diagram:



Setup:

- One full-sized goal is needed.
- Position one goalkeeper in goal. If there are extra goalkeepers, have them stand to the side of the goal and rotate in every 2-3 repetitions.
- Position one cone 20-30 yards away from goal. The cone can be placed in the center of the field, or to one of the sides. This will be the attacking cone.
- Position one cone 5-10 yards behind the first cone. This will be the defending cone.
- Have the players form a line behind each cone.
- All the soccer balls start with the players behind the attacking cone.
- Play for 15 minutes.

Instructions:

1. The first player in the attacking line starts their turn by taking a touch forwards and dribbling towards the goal.
2. The first player in the defending line immediately starts sprinting after the attacking player as soon as the attacker takes their first touch.
3. The attacker attempts to dribble as fast as they can to goal and score.
4. The defender tries to prevent the attacker from scoring by winning the ball, or blocking the attacker's shot.
5. The attacker can not shoot until they get inside the penalty area.
6. The turn is over when a goal is scored, the shot is blocked, or the ball goes out-of-bounds for any reason.
7. The next two players immediately begin their turn after the players in front of them have completed their turn.
8. Players retrieve their ball after each turn and then switch lines. Players should rotate opponents and compete against different players.
9. Play for 15 minutes. Rest, making coaching points, and reset the soccer balls as needed.

Variations:

Left or right side – Move the starting cones to the left or right side of the field to change the attacking and scoring angle.

Mini goals or gates – If a full-size goal is not available, set up mini goals or gates for the attackers to pass the ball through. The rules stay the same.

Defending cone distance – Depending on the players' age and skill level, move the defending cone closer, or further away from the attacking cone. The focus of this activity is dribbling so give a slight advantage to the attackers. The defending cone should be close enough that defenders are challenging the attackers, but not too close that the attackers are not scoring often.

Add another defender – Add a second defender from the same starting point as the first, or from a different angle to give the attacker more pressure.

Coaching Points:

- Educate the players on the game situation this activity is replicating. The activity is set up to train players to be more comfortable and confident when they are on a breakaway behind an opponent's defense.
- Instruct the attackers to keep the ball out in front of them while dribbling so that they can maintain their running speed and stay in front of their defender. Attackers should not kick the ball way out in front of them, but rather a touch that allows them to take 3-5 strides before having to touch the ball again.
- Remind the players to use their bodies to shield the ball from approaching defenders. Proper body positioning from attackers can prevent even the fastest defenders from winning the ball.
- Teach the attackers to know their surroundings. The attackers should know where the defender is as well as the goalkeeper to protect the ball and then to put their shot past the goalkeeper.
- Challenge the defenders to explode out of their cone in their first few steps and track down the attacker. The defenders should try to prevent the attackers from scoring an easy goal.

Dribble Knockout

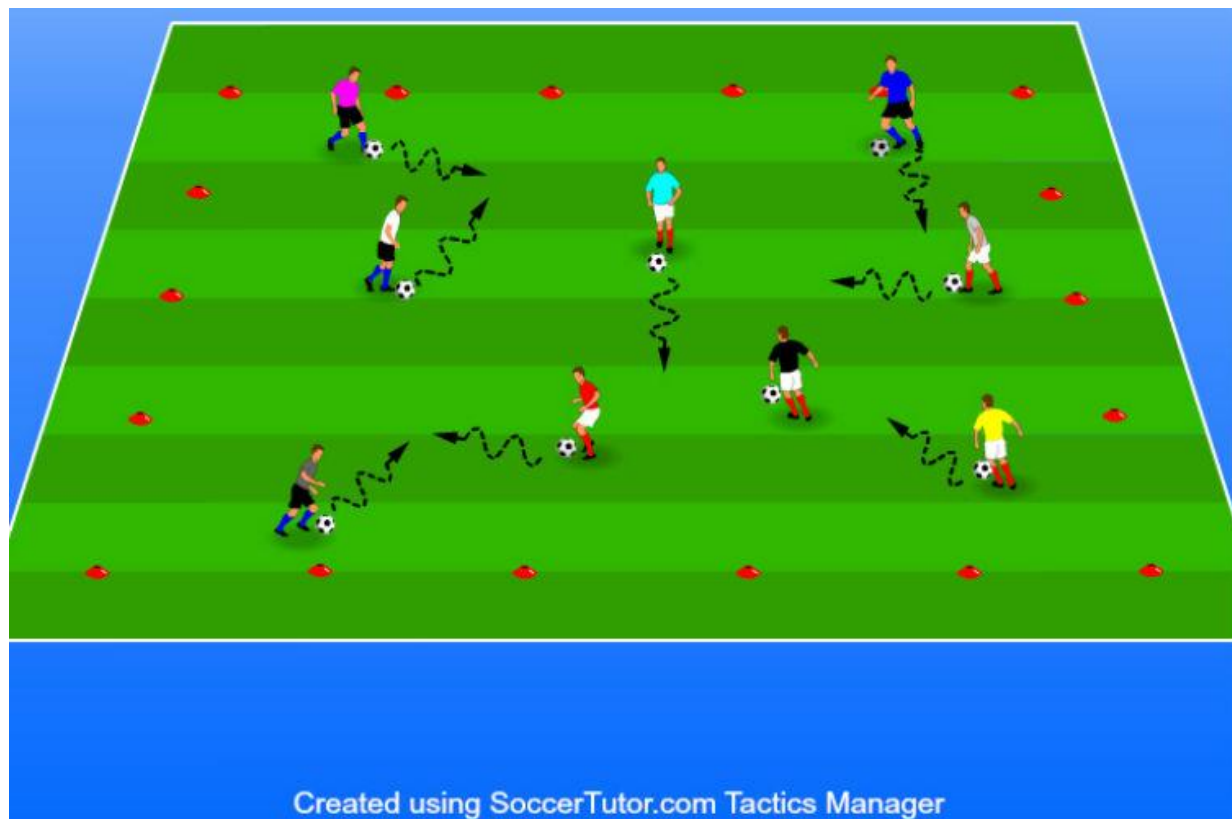
How the Drill Works:

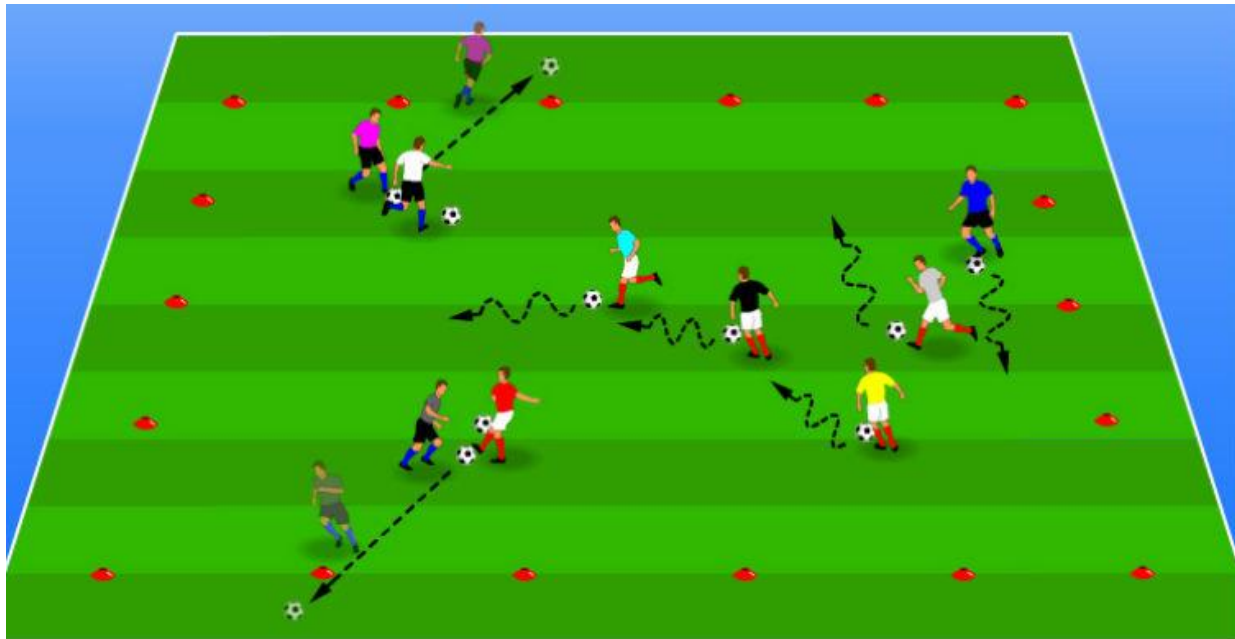
Every player has a soccer ball that they dribble inside the playing area while attempting to knock other players' soccer balls out-of-bounds. Once a player has their soccer ball kicked out-of-bounds, then that player dribbles around the on the outside of the playing area until the next round. The last player inside the grid wins.

Purpose:

Develop dribbling, ball control, and awareness in an enjoyable activity. Players compete against one another while also improving their ability to protect their ball from defenders. Use this drill as a warmup activity for older players, or as a fun way to get young players moving and excited about the game.

Diagram:





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Created using SoccerTutor.com Tactics Manager

Setup:

- Use several cones to mark a playing area. The shape of the area is not important. A circle, rectangle, or square shaped playing grid is acceptable. Vary the size of the area depending on the number of players involved.
- All the players start inside the playing area with a ball.
- Play as many rounds as needed!

Instructions:

1. On the coach's signal, the players start dribbling inside the area. Players are free to move in any direction inside the box.
2. While maintaining control of their soccer ball, players attempt to kick, or tackle, the other players' soccer balls out of the playing area.
3. If a player's soccer ball goes out-of-bounds at any point, then that player retrieves their ball and dribbles around the outside of the playing area for the remainder of the round.
4. If a player dribbles their ball out-of-bounds, then they are out for the remainder of the round as well.
5. Players must keep their soccer balls close to them at all times. Players are not allowed to leave their ball and run after other players without their ball. Players who do so should be warned or disqualified for the remainder of the round.
6. The last player dribbling inside the playing area is the winner of that round. After the round is completed, all the players are back in the game and a new round is started in the same manner. Play as many rounds as needed.

Variations:

Weak foot – Have the players dribble with their weaker foot only.

Contact surface – Specify the part of the foot that the players must use to dribble.

Changing playing area – As more players are knocked out, place new cones inside the playing area that make the space smaller, creating a more difficult space for the remaining players. Do not stop, or pause, the round when doing this, rather give instructions to the players that new boundary lines are being created and that they must move into the new space immediately. This is a great way to decrease the time it takes for each round and forces players to confront each other.

Enter back in the game – Instead of dribbling around the outside of the playing area, players complete 10 toe touches and then are allowed back in the game. Have players do some soccer action or something fun to get back in to the game!

Coaching Points:

- Instruct the players to keep close control of their soccer ball when dribbling. This will increase their chances to stay inside the grid longer and compete to be the last player.
- Challenge the players to use their bodies to protect their ball! Players should use moves and cuts to avoid other players attempting to knock them out.
- Encourage the players to keep their eyes up and see the field. This will enable them to avoid defenders early and dribble into open space.
- Remind players to pick their moments to attack another player's soccer ball. Players should always be looking for a chance to knock another player's ball out-of-bounds.

Dribble Race

How the Drill Works:

Two teams compete against one another by dribbling through a series of three gates and then back to the starting point as quickly as possible. The first team to get their players all the way through wins the round.

Purpose:

Develop dribbling and ball control at high speeds. Great warmup game for older players to compete under pressure. Fun game for young players to enjoy and race against each other.

Diagram:



Setup:

- Setup two, parallel lines of six cones (three gates) with by 12 yards in between each line.
- Two different sets of colored cones are needed. Red and yellow will be used for this example. One line should be the following: red gate, yellow gate, red gate. The other line should be the opposite: yellow gate, red gate, yellow gate.
- Place two cones at the beginning of the two lines to indicate the starting point for each team.
- Divide the players into two teams and assign each team to form a line behind one of the two starting cones.
- Tell each team which colored gates they will be dribbling through. One team will only dribble through the red gates while the other team will only dribble through the yellow gates.
- The player at the front of each line needs a soccer ball.
- Play as many rounds as needed.

Instructions:

1. On the coach's signal, the first players for each team dribble through their first assigned colored gate and then cross over to the other line to dribble through their next assigned colored gate.
2. The players dribble through all three of their colored gates and then dribble down the middle of the two cone lines back to the starting line as fast as possible.
3. The players stop the ball on the starting line for the next player in their team line to start their turn and complete the same process.
4. The first team to complete the course wins the race. Teams need to complete one, two, or three rounds before winning the race depending on the coach's instructions.
5. Play as many rounds as needed.

Variations:

Weak foot – Have the players use only their weaker foot to dribble.

Various dribbling techniques – Give the players a specific foot part they must use to dribble. Inside, outside, bottom, etc.

Size – Increase the distance between gates to force players to work on dribbling over longer distances.

More gates – Add more gates to increase the distance players must dribble for each turn. Have four, five, or six gates to challenge players and work on their fitness.

Coaching Points:

- Challenge the players to dribble as fast as possible while keeping the ball under control. Players should be encouraged to test themselves and go out of their comfort zone to improve.
- Teach the players to take bigger touches in the open field, and then smaller touches when getting around the gates. Taking bigger touches allows players to cover ground faster, while smaller touches allows players to turn sharply.
- Remind the players to keep their eyes up in between touches. This will help players avoid colliding as they cross over to their other gate and help them build good awareness habits.

Dribble Relays

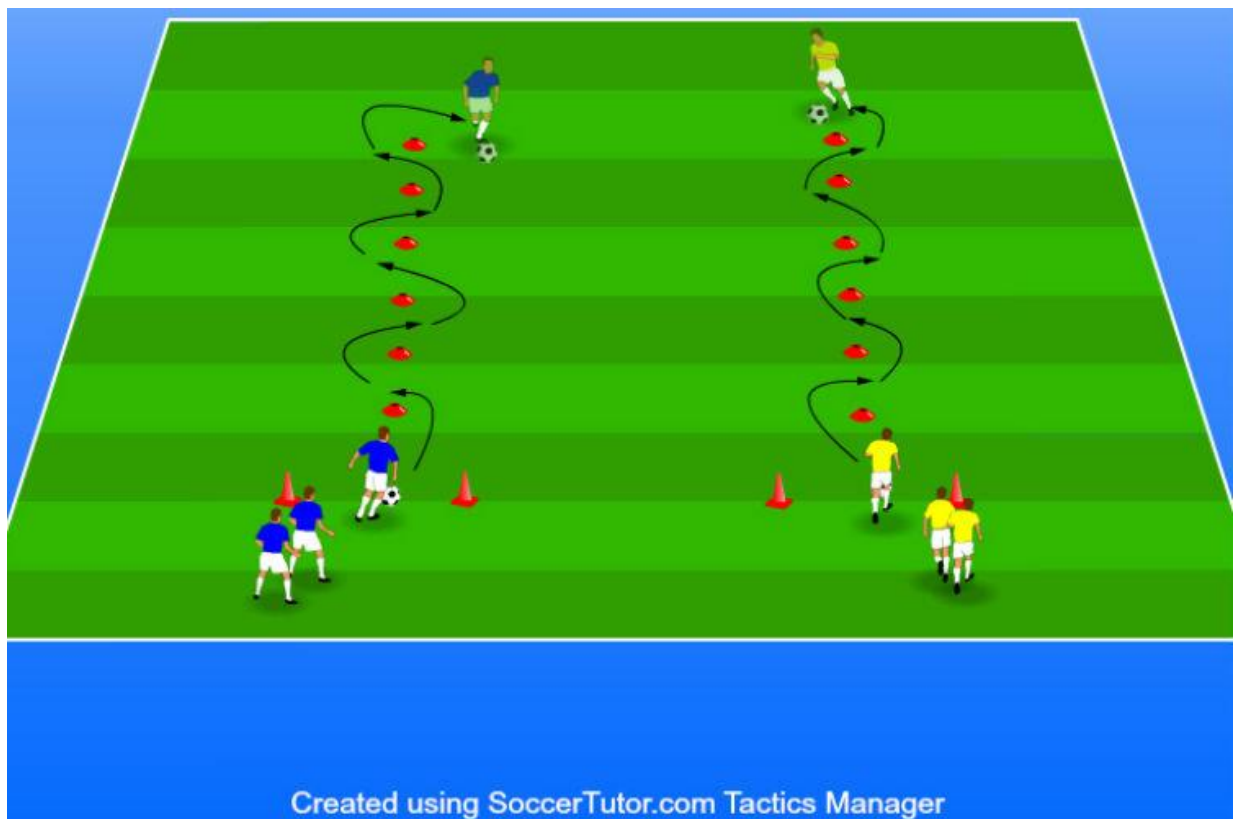
How the Drill Works:

Players race against each other by dribbling, down and back, through a series of cones laid out and then stopping the ball for the next player in line to repeat the process. The first team to have all its players complete the course, wins the relay race.

Purpose:

Develops a player's dribbling ability and technique. Use as an enjoyable team warm up activity for older, more developed players, or use as a learning activity for younger, or less experienced players.

Diagram:



**Setup:**

- Set up two parallel lines of cones. Each cone line should have at least six cones laid down with one-yard between each cone. Decrease the space between each cone depending on the players' skill level.
- Set up one starting, two-yard gate at the bottom of each cone line, three-yards away. This will be used as the start and finish line for the players.
- Split the team into two teams and have each team form a line behind their starting gate.
- First player in each line has a soccer ball. Only one soccer ball per team is needed.
- Play as many rounds as needed.

Instructions:

1. On the coach's signal, the first players in line with the soccer ball begin dribbling through their line of cones in a zig-zag pattern.
2. Once the players dribble to the end of the cone line, they turn around and dribble back through the line of cones using the same zig-zag pattern.

3. When the player dribbling gets back to the starting gate, they stop the ball on the line, and the next player in their team line begins their turn.
4. Players must dribble through each cone using a zig-zag pattern. If a player misses a cone, they must go back and complete that cone.
5. The first team to have all its players successfully complete the task and cross the finish line wins the race.
6. Play for as many rounds as needed.

Variations:

Practice time – Instead of every round being a race, give the players a time limit to practice without a competition format. Give players four to six minutes to practice before starting the competition.

Weak foot – Have the players use only their weaker foot to dribble.

Dribble patterns – Give the players different dribbling patterns that they must perform to get through the cones. Have the players use only their right foot, left foot, insides of the feet, outsides of the feet, bottoms of the feet, etc.

Distance – Depending on the player's age and skill level, move the cones closer together to increase difficulty.

Coaching Points:

- Challenge the players by making them use different surfaces of their feet when dribbling. Give them different dribbling patterns to keep them interested.
- Make a competition out of it to force players to move more quickly. Players of all ages love to race. It is a great way to make it fun! Give players a practice round first, if needed, and then start the competition.
- Teach the players to keep the ball close to build good habits of protecting the ball from their opponent.
- Encourage the players to try to keep their heads up and maintain the vision of the field while dribbling.

Dribble Tag

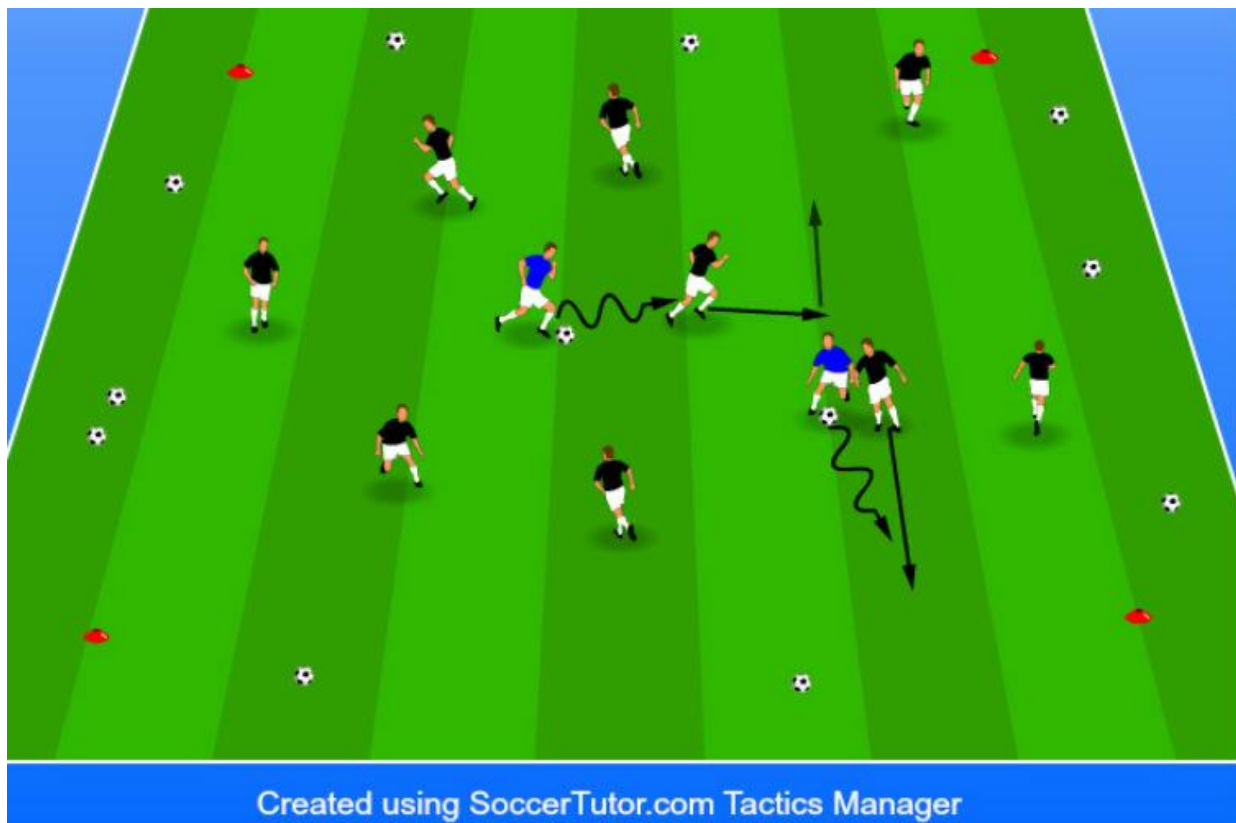
How the Drill Works:

Two players start with a ball and attempt to dribble around inside the square, tagging players with their hands. Each time a player is tagged, they get a soccer ball and become another tagger. Last player tagged is the winner of the round!

Purpose:

Simple and fun activity for players of all ages. Improves dribbling, footwork, and agility. Use as an enjoyable warmup activity for older player, or as a main activity for younger players.

Diagram:



Setup:

- Set up a 25x25-yard field. Adjust the field size as needed.
- All the players start inside the square without a soccer ball.
- Pick two players to start with a ball as the taggers.
- Place extra soccer balls around the outside of the grid for players to use once they are tagged.
- Play as many rounds as needed.

Instructions:

1. On the coach's command, the two taggers begin dribbling around inside the grid, attempting to tag other players with their hands.
2. The players without a ball run inside the playing area and try to avoid getting tagged for as long as they can.
3. When a player is tagged, they quickly find the nearest soccer ball outside the playing area and join back in the field as a tagger.
4. Taggers must keep their soccer ball close to them while attempting to tag other players. Taggers can not leave their ball and tag other players without it at their feet.
5. If a player without a soccer ball steps out-of-bounds, they become a tagger.
6. Play until all there is just one player left!
7. After each round, reset the soccer balls around the outside of the square and pick two new taggers to start the next round. Play for as many rounds as needed!

Variations:

Reverse Rules – Taggers start without a ball while all other players start with a ball. Taggers tag players by using their feet to touch the other players' soccer balls. When a players' soccer ball has been tagged, they pass their ball outside of the square and become another tagger. Last player with a soccer ball at their feet is the winner of the round. If tagging with the feet is too difficult, allow hands to be used to tag the body of the players.

Continuous – Pick 2-4 taggers, depending on the players' skill level and the number of players present. Each time a player is tagged, they become the new tagger and the old tagger becomes a free player. This keeps the game moving for a certain time with an exact number of taggers.

Last one standing – If a player is tagged, they are out and must stand outside the square for the remainder of the round. The last player standing is the winner. Decide on the number of taggers depending on the players' skill level and the number of players present.

Coaching Points:

- Teach the players to be creative to get away from taggers. Players should use fakes, changes of direction and speed to avoid getting tagged.
- Educate the players to keep the ball close to them when dribbling to react quickly to the players around them.
- Remind the players to build good game habits and look up when dribbling.
- Encourage the taggers to communicate and work together to give themselves the best chance of getting all the players!

Dribbling Commands

How the Drill Works:

Players dribble inside of the designated area following the coach's skill and movement commands.

Purpose:

Warm up activity that uses lots of touches and dribbling to raise heart rates and body temperatures. Players improve their ball control and ability to dribble through traffic.

Diagram:



Setup:

- Set up a 25x25-yard field. Adjust the field size according to the number of players.
- All players start inside the field with a soccer ball.
- Play for as long as needed. Take breaks to allow players to stretch as needed.

Instructions:

1. Players start the activity by dribbling, freely, inside the field.
2. The coach can call out various commands that players must follow while dribbling inside the grid. Various commands are listed below:
 - Freeze! (Players immediately stop where they are.)
 - Dribble faster.
 - Dribble slower.
 - Outside of the feet only.
 - Inside of the feet only.
 - Strong foot only.
 - Weak foot only.
 - Turn. (Turn 180 degrees the opposite way the players are dribbling.)
 - Specific dribble move. (Scissors, lunge, in-out, etc.)
 - Cut. (Inside, outside, or bottom of the foot cuts.)
 - Switch! (Players leave their soccer ball and quickly start dribbling someone else's soccer ball.)
 - Juggle. (Players stop dribbling and begin juggling.)
 - Be creative! Come up with more challenging commands, or funny commands to keep the players interested.
3. Take breaks during the activity to allow players to stretch. Play for as long as needed. Rest and get one last final stretch at the end of the activity.

Variations:

Grid size – Decrease the size of the field to force players to dribble with the heads up to avoid other players and field the open space.

Coaching Points:

- Pay attention to the space and increase the size if players are unsafely running into each other.

- Start slow, but make sure to increase the tempo of the activity as time progresses.
- Stress that players dribble with their eyes up to find the open space and to build good habits.
- Encourage the players to try their best with each command. Some commands might be difficult for some players, but motivate them to work on the instructions given.
- Challenge the players to keep the ball close and perform the coach's commands as quickly as possible.

Dribbling Gates

How the Drill Works:

Players attempt to dribble through as many gates as they can within the time period.

Purpose:

Develop players' ability to dribble and change directions quickly. Use as a fun warm up game or a main activity for less experienced players.

Diagram:



Setup:

- Set up a 30x30-yard field.
- Set up, at random, three-yard cone gates. Try to set up as many gates as there are players.
- Each player starts inside the field with their soccer ball.
- Play four, two-minute rounds. Add more rounds as needed.

Instructions:

1. Players dribble through as many gates as they can inside the field.
2. Players can not dribble through the same gate twice in a row.
3. Players are responsible for keeping track of the number of gates they dribble through. Each gate counts as one.
4. Players are not allowed to touch other players' soccer balls.
5. Players should keep their eyes up to avoid other players and find the open gates.
6. At the end of each round, players immediately freeze where they are and the coach asks the players to raise their hands if they dribbled through more than 5 gates, 10 gates, and so on until the player with the most points is found.
7. After each round, players take a short rest before beginning the next round. Play four, two-minute rounds. Add more rounds and time as needed.

Variations:

Weak foot – Players can only dribble using their weak foot.

Field size – Increase the field size to decrease the amount of traffic players must dribble through. Decrease the field size to challenge players with more traffic and tighter spaces.

1v1 – Players partner up with one ball and compete against each other to successfully dribble through as many gates as possible while their partner attempts to steal the ball and do the same.

Partner passing – Players partner up and attempt to move together dribbling and passing the ball to each other through the gates.

Two groups – If the available space is too small for the number of players, have the players partner up and alternate turns. One partner works while the other partner rests and counts their partner's points.

Coaching Points:

- Players should do dynamic stretching and jogging before jumping straight into this activity to avoid muscle strains.
- Encourage the players to look up when dribbling to find the open space and avoid collisions.
- Remind players to keep close control of the ball to change direction quickly.
- Challenge the players to dribble through as many gates as they possibly can within the time period! Be the player with the most points!

Five Star Dribbling Pattern

How the Drill Works:

Players form five lines in the shape of a star and dribble the ball between the lines working on different dribbling techniques.

Purpose:

Develop players' ball control, first touch, and vision.

Diagram:



Setup:

- Set up five cones in the shape of a star. There should be 12 yards of space from each cone to the center of the star.
- Have the players form lines behind each cone. If there are more than five per line, set up another star and divide the players between the two setups.
- The first player in one of the five lines starts with a ball at their feet.
- Play four, four-minute rounds. Add more rounds as needed.

Instructions:

1. The player with the ball starts the round by dribbling towards the second line to their left.
2. The first player in the next line takes the ball from and then repeats the same pattern. Players always dribble to the second line to their left.
3. Players go to the back of the line after their dribbling turn.
4. Complete four, four-minute rounds. Change rules between rounds and make coaching points.

Variations:

Second ball – Add a second ball to increase the tempo of the activity. Make sure players can complete the process with one ball first before adding another ball.

Vary the distance – Increase or decrease the size of the star to have the players work on dribbling over different distances.

Dribbling rules – Give the players different dribbling rules for each round: weak foot, strong foot, inside, outside, bottom, juggling, etc.

Coaching Points:

- Teach the players to take small, quick touches to keep close control of the soccer ball.
- Push the players to dribble faster as they improve!
- Remind the players to look up while dribbling to build good game habits and avoid running into other players when more soccer balls are added.

Follow the Leader

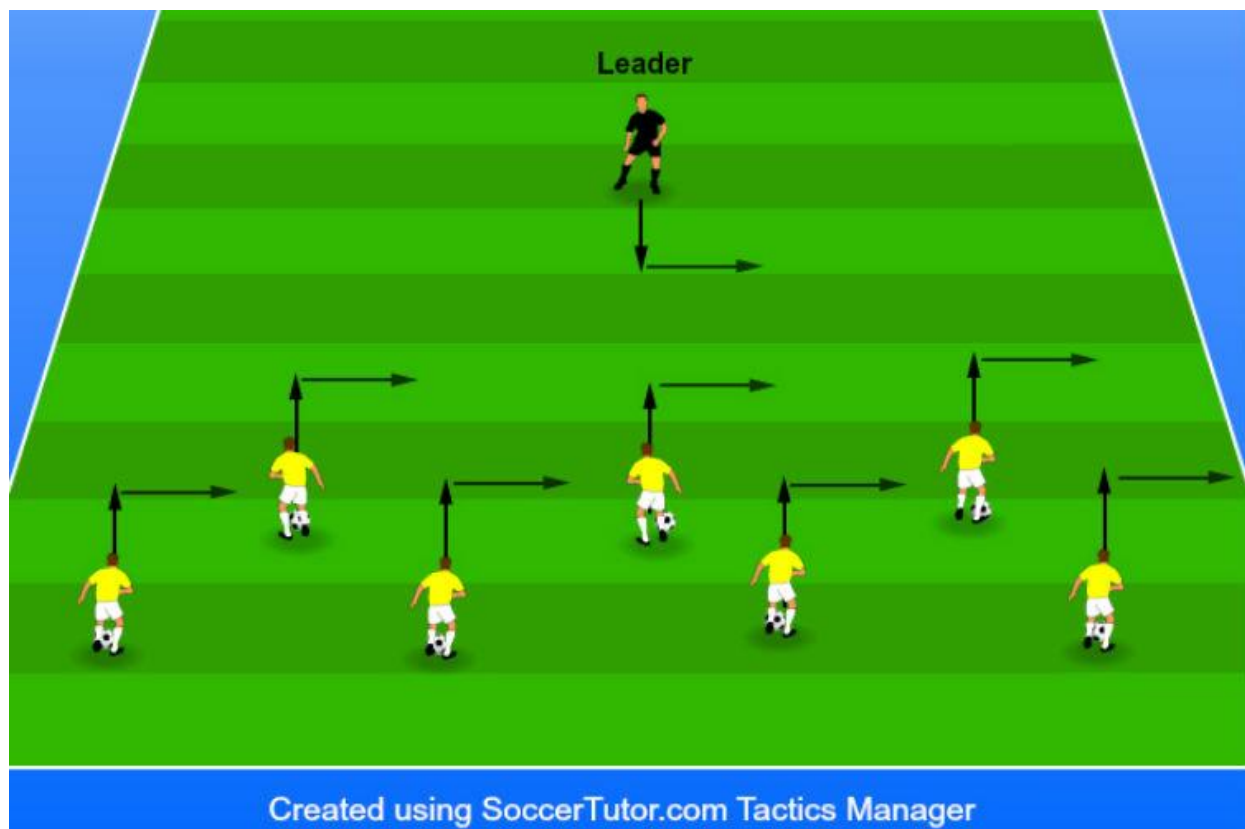
How the Drill Works:

Players attempt to mirror the coach's movements by dribbling in the same directions as the coach in front of them.

Purpose:

Fun dribbling activity for younger, less experienced players. Great for developing the ability to control the ball while looking up.

Diagram:



Setup:

- Each player starts with a ball at their feet.
- The coach stands in front of the players with, or without a ball at their feet.
- Have players spread out in front of the coach. Make sure there are a couple yards of space between each player.
- Play as many rounds as needed.

Instructions:

1. The coach starts the activity by moving in any direction – forward, backward, diagonal, left, right, etc.
2. The players mirror the coach's movements by dribbling their soccer ball.
3. Players should constantly look up to follow the coach's movements.
4. Coach should only increase the tempo as players improve.
5. Play as many rounds as needed. Take breaks and make coaching points periodically.

Variations:

Pick a player to lead – Use a player to be the leader instead of the coach. Have the coach lead the first round to set the tempo for future leaders.

Perform 1v1 moves – Add 1v1 moves for players to mirror. Scissors, lunge, Matthews, etc.

No soccer balls – Players complete the activity with no soccer ball to work on their agility. The leader performs quick cuts and changes of directions that the players must follow. Jumps, shuffles, karaoke, backpedaling, and sprints are all suggested.

Coaching Points:

- Encourage the players to look up as often as possible so they can react quickly to the leader's movements. Small, soft touches are suggested to keep control of the ball.
- Challenge the players to use all parts of their feet to dribble.
- Be creative and make it fun! Add silly movements or skills for the players to try!

Footwork Box

How the Drill Works:

Two players alternate performing footwork patterns around a cone box. Players work for 30-60 seconds before rotating with their partner. New patterns are given every two turns.

Purpose:

Simple, but effective activity for all experience levels. Players develop their ball control and become more comfortable with the ball underneath them. Players increase their footwork on and off of the ball.

Diagram:



Setup:

- Players partner up with one ball. Give each pair of players four cones.
- Have each pair of players spread out and set up a 3x3-yard box using their four cones.
- One player starts inside the box with the ball while their partner rests outside the box.
- Each player should complete at least 10, 30-60 second rounds. Add more rounds as needed. Rotate patterns every two rounds.

Instructions:

1. Players complete any of the following patterns:
 1. In-betweens inside the box.
 2. Toe-touches inside the box.
 3. In-betweens side-to-side over one of the box lines.
 4. Drag side-to-side over one of the box lines.
 5. Dribble forwards and backwards from one line to the other.
 6. Dribble side-to-side from one line to the other.
 7. One-foot side-to-side over one of the box lines.
 8. One-foot forwards and backwards from one line to the other.
 9. Dribble clockwise/counter-clockwise around the outside of the box.
 10. Dribble around two cones that are diagonal from each other.
 11. Dribble around two cones that are on the same side.
 12. Juggle inside the square.
 13. Be creative! Challenge the players with more difficult patterns as needed!
2. One partner works at a time while the other rests.
3. Players work for 30-60 seconds.
4. Each player should complete 10, 30-60 second rounds. Rotate patterns every two rounds.

Variations:

No ball – Complete agility patterns around the box without a soccer ball. Create movement patterns in and around the box to challenge the players' balance, coordination and footwork.

Partner patterns – Create patterns that involve both players at the same time. One partner does ball work along one line while the other player does agility work along the other lines, or partners pass the ball around the square depending on the pattern given.

Coaching Points:

- Challenge the players with more difficult patterns as needed. The first few patterns should be easy, but progress to become more difficult as the players go.
- Encourage the players to increase their speed as they become more comfortable with each pattern.
- Teach the players to look as they perform the pattern as they become more comfortable. Do not push the players to do this until they have shown they can perform the pattern easily looking down.
- Remind the players to help push their partners to work the whole time! Have fun with it and keep it enjoyable!

Four Corners Dribbling

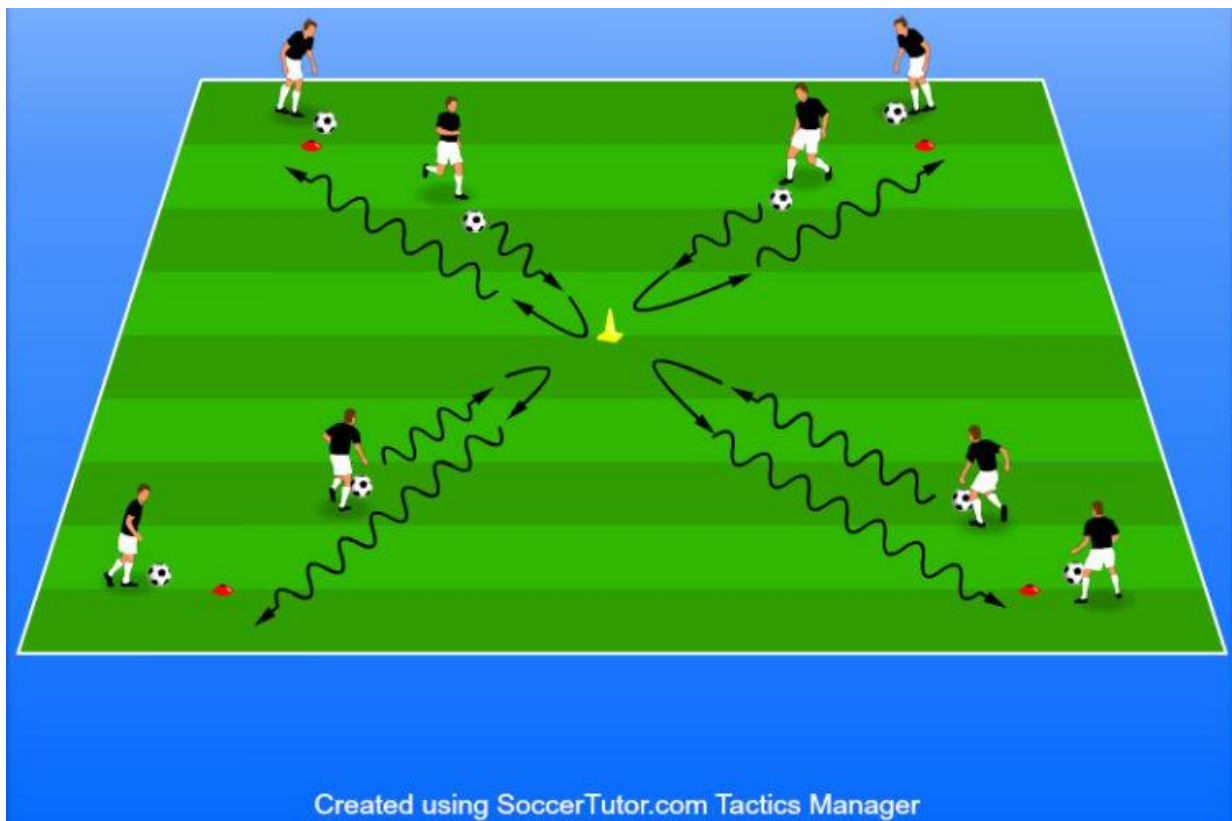
How the Drill Works:

Players start at the corners of the field, dribble to the center cone, perform a move or cut, and then dribble back to their corner.

Purpose:

Develops players' dribbling and cutting abilities. Players work on keeping the ball close and using simple ball cuts to turn with the ball.

Diagram:



Setup:

- Set up a 25x25-yard wide field with one cone in the center of the square.
- Have the players divide evenly amongst the corners of the square.
- Each player starts with a soccer ball at their feet. If there are not enough soccer balls for each player, make sure there is at least one ball per group.
- Complete five, four-minute rounds. Rotate dribbling and change of direction rules after each round.

Instructions:

1. The first player in each line starts the activity by dribbling towards the middle cone.
2. When the four players arrive to the center cone, they perform a cut or turn, and dribble back to their corner with speed.
3. The next player in each line can start their turn once their teammate has arrived back to their starting cone.
4. Complete five, four-minute rounds. Rotate dribbling and change of direction rules after each round.

Variations:

Dribble type – Have the players dribble using different foot surfaces or rules: inside, outside, left, right, bottom, etc.

Dribble moves – Specify the move that the players will perform at the cone.

Rotation – Instead of dribbling back to their corner, have the players change direction at the middle cone and dribble to the back of the line to their right, or left, depending on the instructions given.

Coaching Points:

- Remind the players to use soft, quick touches when dribble to keep close control of the ball.
- Instruct the players work on their change of direction at the center cone and their change of speed after performing the move.
- Encourage the players to look up when dribbling to build good habits and vision.

Line Dribbling

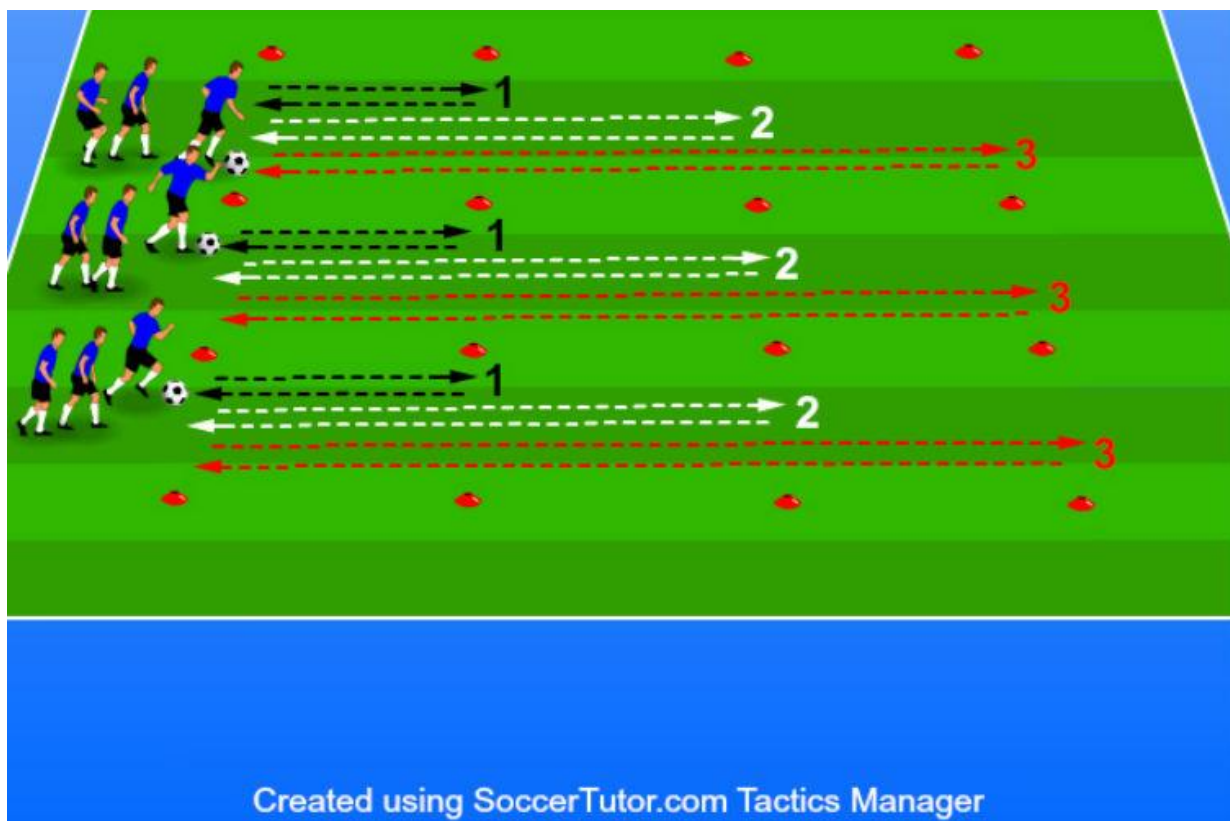
How the Drill Works:

Players complete a shuttle pattern using their soccer ball to develop their ability to change direction over varying dribbling distances.

Purpose:

Develops game-like turns and dribbling control. Players must cover ground and measure their touches to turn quickly at each line. Suitable as a warmup for older players or as a main technical activity for younger players.

Diagram:



Setup:

- Set up four, parallel cone lines with five yards of space between each line.
- Divide the players into groups of four and have each group form a line along the bottom of the first cone line.
- The player in each line should have a soccer ball.
- Each player should complete at least eight rounds. Add more rounds as needed. Rotate the dribbling and cutting rules to challenge the players.

Instructions:

1. The first player in each group dribbles to the nearest line, five yards in front of them and then completes a 180-degree turn/cut and dribbles back to the starting line before performing another 180-degree cut.
2. The first player completes the same pattern at the 10, 15 and 20-yard cone line.
3. Once a player completes their round, they give the ball to the next player in their line and then goes to the back of their group.
4. Players should be given new dribbling and turning rules as necessary to bring out specific technical skills.
5. Each player should complete eight rounds. Add more as needed.

Variations:

Competition – First team to get all their players through, one at a time, and across the finish line, wins.

Weak foot – Have the players use only their weak foot to dribble.

Various dribbling techniques - Specify the way the players must dribble – inside / outside foot, soles, etc.

Various turns and cuts – teach players different turns, or cuts, to perform at each line. Inside the foot cut, outside the foot cut, bottom of the sole turn, etc.

Fitness – This activity can be used to build players' fitness levels while also getting touches. Have players complete two or three rounds before resting and rotating with another player.

Coaching Points:

- Challenge the players dribble and turn as quickly as they can. Performing this activity at higher speeds will help prepare them for game-like speeds.
- Unless this is being used as a fitness activity, give players plenty of rest between each of their trips to ensure the focus is on dribbling and turning at high speeds instead of their tiring legs.
- Vary the space between the cone lines as needed.
- Educate the players to take larger touches to cover more ground and smaller touches when a change of direction is needed. The varied distances are important for players to find the type of touch they need between each line.
- Remind the players to look up between touches to build awareness habits.

Monster Attack

How the Drill Works:

Players try to avoid the “monster,” or coach as they dribble around inside of the field.

Purpose:

Fun activity to keep young players engaged in developing their dribbling and ball control skills. Players improve their vision as they must look to avoid the monster and other players.

Diagram:



Setup:

- Set up a 25x25-yard field.
- All of the players start with a soccer ball inside the square.
- The coach starts as the “monster” inside the square without a soccer ball.
- Tell the players the monster is coming to steal their ball! Stay away!
- Play for as long as needed. Add breaks and make coaching points periodically.

Instructions:

1. The monster begins walking after the players dribbling, pretending to attempt to steal the players' soccer balls.
2. The players attempt to dribble away from the monster while staying inside the field.
3. The monster is free to make noises, or move in any way they feel engages the players and makes the activity enjoyable.
4. Play for as long as needed. Add breaks and making coaching points as needed.

Variations:

More monsters – If more coaches are present, and the players are skillful enough, add another monster!

Coaching Points:

- Have fun! Make noises or gestures to mimic a monster! Do not actually catch the players, but rather let them just get away.
- As the players improve, increase the speed, but still no need to actually catch them.
- Instruct the players to keep the ball close with soft, quick touches so they can get away from the monster!
- Encourage the players to look up and find the monster so they can dribble away from it!

Musical Cones

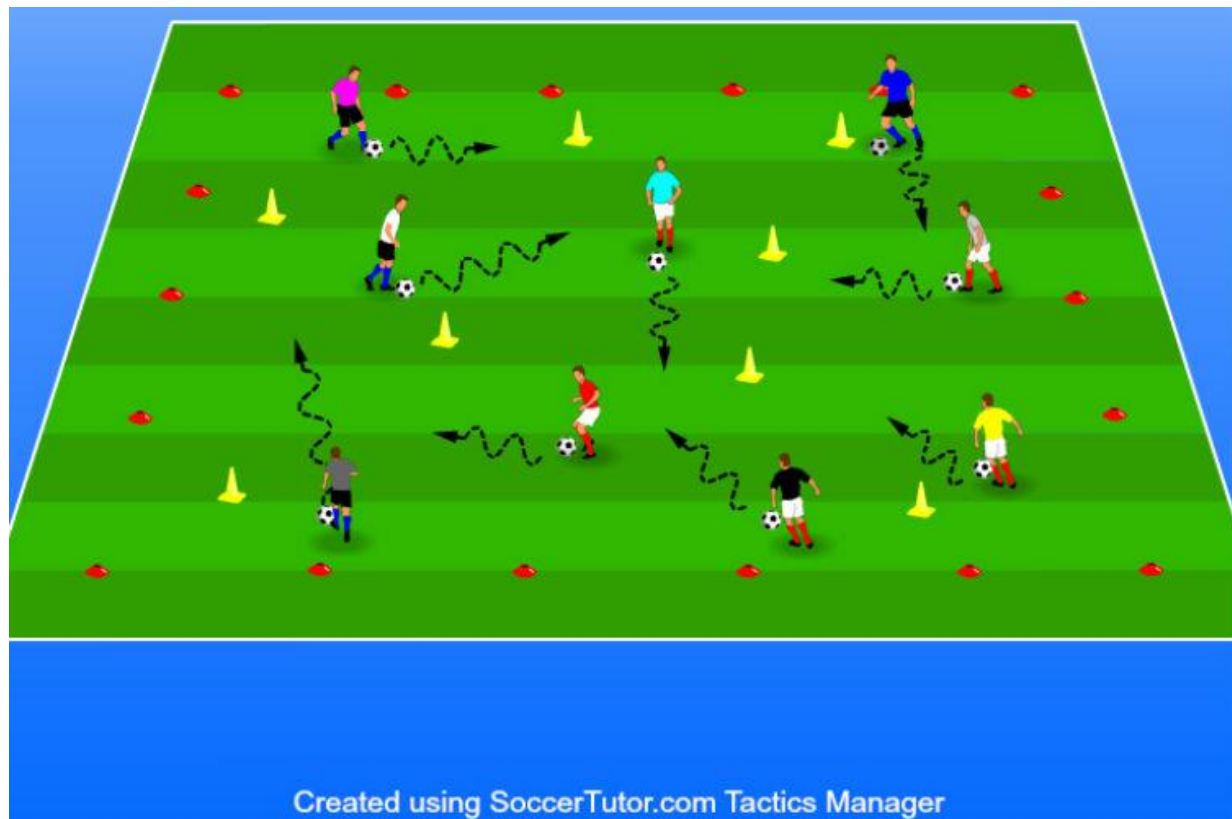
How the Drill Works:

Players dribble around the inside of the field until the coach shouts, “stop!” Players then dribble to the nearest cone and knock the cone over with their ball! The player who is unable to knock over a cone has to do something silly then!

Purpose:

Develop dribbling and ball control skills through a fun activity.

Diagram:



Setup:

- Set up a 25x25-yard field with tall cones randomly placed through the field. There should be one less cone than there are players.
- Each player starts with a soccer ball at their feet, inside the field.
- The coach instructs the players to start dribbling when the coach shouts “go” and to knock over the nearest cone when they hear “stop.”
- Play for as many rounds as needed. Add new rules to keep players engaged.

Instructions:

1. The coach shouts, “go” to begin the round. Players start dribbling inside the field.
2. When the coach shouts, “stop,” players dribble to the nearest cone and knock it over with their soccer ball.
3. The player who is unable to knock over a cone does something silly like jumping like a frog or making an animal sound! Make it fun.
4. Before starting the next round, players reset the cones and everyone prepares to play again.
5. Play for as many rounds as needed. Add new rules along the way to challenge the players.

Variations:

Weak foot – Have the players use only their weak foot to dribble.

Various dribbling techniques – Specify the way the players must dribble – inside / outside foot, soles, etc.

Coaching Points:

- Remind the players they must constantly dribble until they hear “stop!” No players should be waiting by a cone or dribbling in a circle around one either.
- Encourage the players to be aware of the nearest cone to them when dribbling. Players should look up when dribbling to avoid collisions and find the open space.
- Challenge the players to dribble with speed when they are going to knock over a cone.

Round to Score

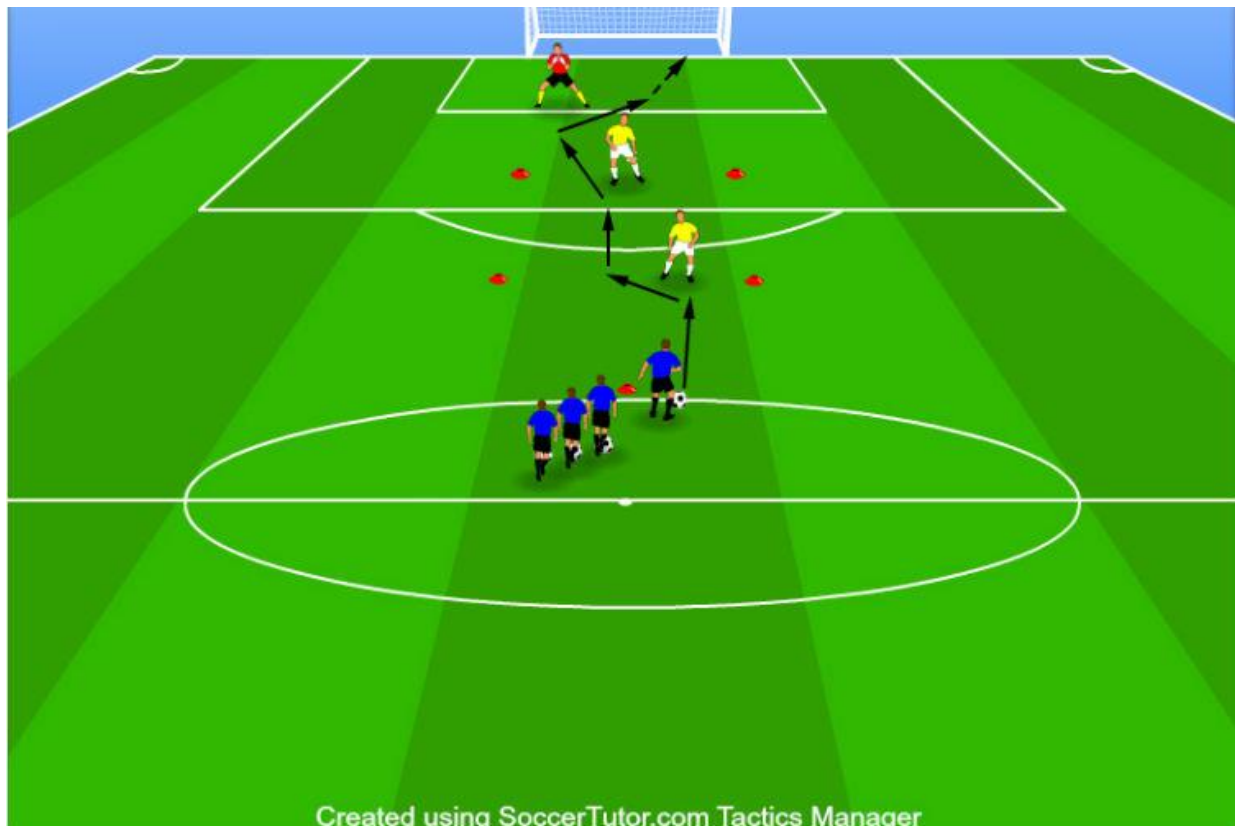
How the Drill Works:

One player attempts to dribble past two defenders before attempting to score on goal.

Purpose:

Develops players' ability to beat players on the dribble and finish on goal. Players improve their change of direction and speed on the ball.

Diagram:



Setup:

- Set up one, full-size goal.
- Position one goalkeeper in goal. If there are extras have them rest to the side and rotate in every three repetitions. The activity can be completed without a goalkeeper as well.
- Set up two, 10-yard wide gates at the edge of the penalty box. The two gates should be eight yards apart.
- Set a starting cone down 10 yards away from the gates. Have all the players form a line behind this cone with all the soccer balls.
- Select two defenders. One defender starts between each cone gate.
- Complete as many rounds as needed.

Instructions:

1. The first player behind the starting cone dribbles towards the first gate defender.
2. The player dribbling attempts to dribble past each of the two gate defenders before shooting on goal.
3. The attacker must dribble between the gates to count.
4. The defenders can only defend along their gate. Defenders can not come off their gate line but are free to move side-to-side along it.
5. The attacker's turn is over if the defenders win the ball or kick it away, or after their shot.
6. Players retrieve their shot and return to the back of the line.
7. The next player in line can begin their turn when the player in front of them has finished.
8. Complete as many rounds as needed. Switch defenders every two to three minutes.

Variations:

Token defenders – Have the defenders only move to make the attackers go around them. Defenders are not there to win the ball. Best when the focus is on finishing.

Vary the distance – Increase the distance between the defenders' gates to increase the speed at which players can dribble.

Add defenders – Add another cone gate and a defender to increase the difficulty for the attackers.

Subtract defenders – If the second defender is giving players a tough time and the goalkeeper is not getting consistent shots, have just one gate and defender.

Free moving defenders – Defenders can step off their gate line in order to increase the difficulty for the attackers. Defenders can not defend behind their line, but they are encouraged to take a few steps off their line in order to time their tackles and movement better.

Coaching Points:

- Encourage the players to be creative and to find out what moves work best for them. Each player will have a different method, or preference, that works best for them for getting around players. Help players find their best option and perfect it. Players should become great at one or two moves before trying all the moves in the book.
- Remind the players to dribble at speed to make it more difficult for the defenders.
- Challenge to players to be decisive when they take a defender on. The players should decide on a move before getting too close to the defending and losing the ball.
- Encourage the players to look up when dribbling to see the defender and read the defender's body to decide how to best get past them!

Run Up. Dribble Back.

How the Drill Works:

Players run and dribble through a series of cones to improve on their first touch and ball control.

Purpose:

Develops players' ability to receive a ball on the move and take a positive first touch out from under their feet. Could be used as a warm up activity that incorporates running, passing, and dribbling.

Diagram:



**Setup:**

- Divide the players into groups of six players.
- For each group, set up two cones, 20 yards away from each.
- On each side of the cones, add a series of four cones that players must zig-zag dribble through. See the diagram below for more information.
- Each group of players forms a line behind the cone closest to the zig-zag setups. See diagram for more information.
- Every player except the first player in each line starts with a soccer ball at their feet.
- Players should complete at least one, five-minute round in each direction.

Instructions:

1. The first player in line shuffles through the first series of zig-zag cones and then runs to the top cone.
2. The second player in line, completes a pass to the player in front of them when they reach the top cone and then begins their turn.

3. The player receiving the pass takes a positive first touch towards the second series of zig-zag cones, dribbles through the cones, and then rejoins the back of their line.
4. Complete at least one, five-minute round in each direction. Add more rounds or variations as needed.

Variations:

Patterns – Switch up the arrangement of cones for the players to run and dribble through. Add, or subtract, cones to meet the players' needs.

Coaching Points:

- Start slow and increase tempo as players get in to it.
- Encourage players to use the proper footwork while moving through the cones. Players should not cross their feet at any point.
- Remind the players to look up when dribbling to build good habits.
- Challenge the players to make firm, accurate passes to the players in front of them. The passes should be on the ground and just in front of the moving player.

Shark Attack

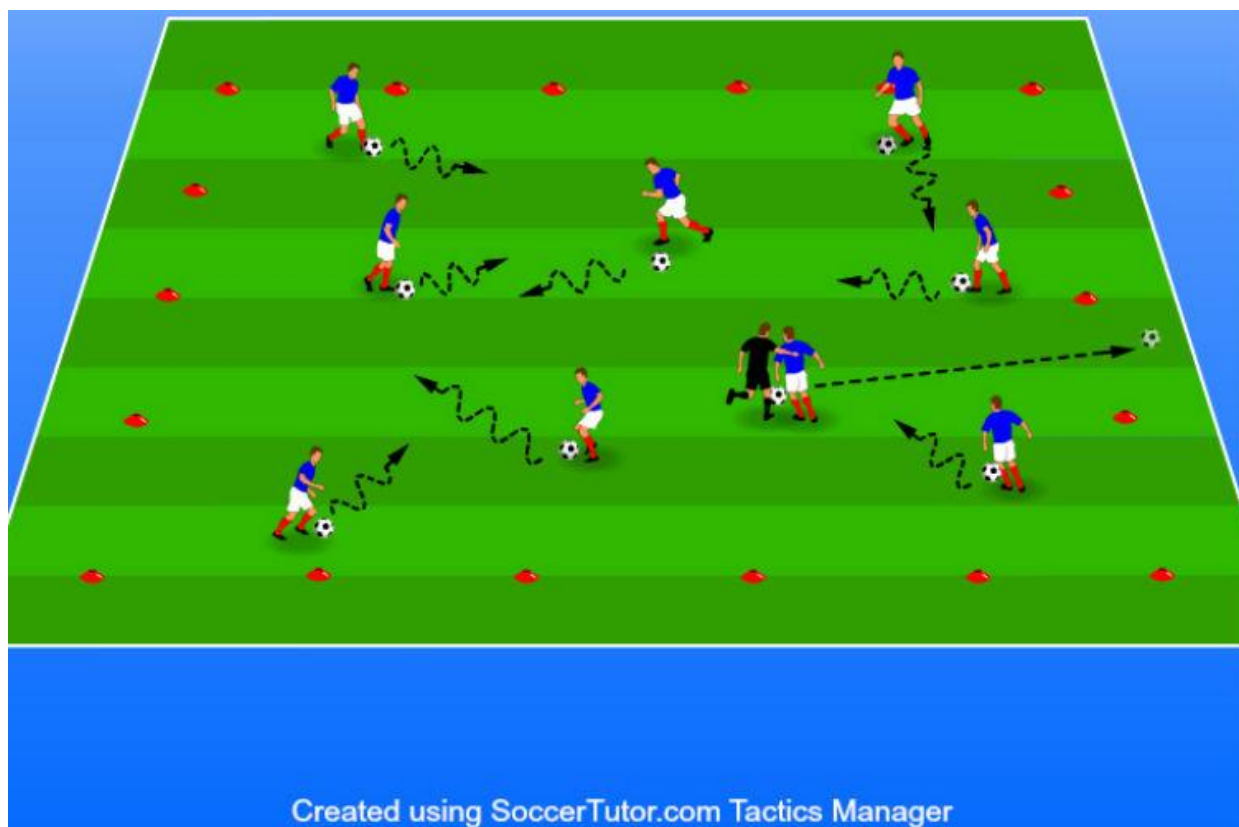
How the Drill Works:

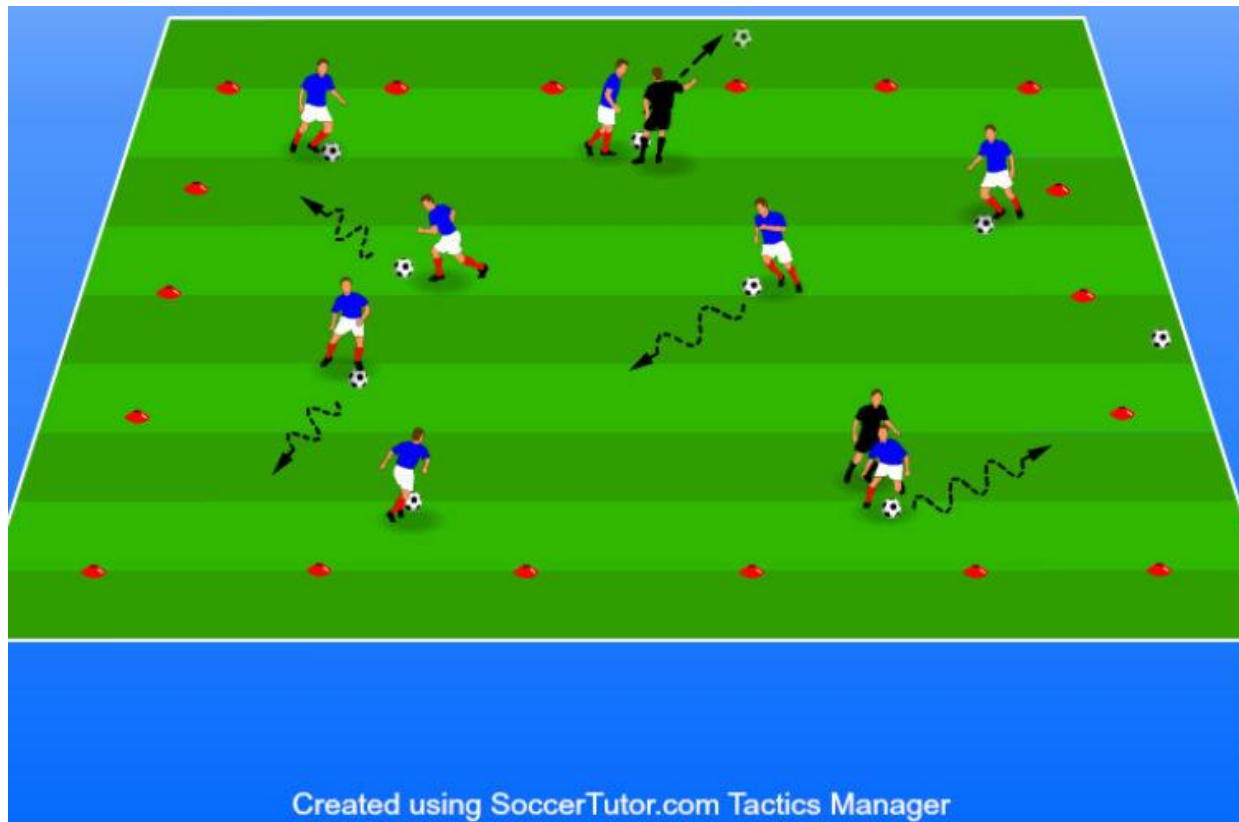
Similar to “Sharks and Minnows,” players attempt to dribble their soccer ball away from the sharks trying to kick their ball out-of-bounds and becoming shark!

Purpose:

Fun and enjoyable game for young players to develop their dribbling skills. Players will increase their ball control as well as their awareness and ability to avoid tackles.

Diagram:



**Setup:**

- Set up a 30x25-yard field.
- Every player starts with a soccer ball and inside the playing area.
- Select one player to start as the “shark” without a soccer ball.
- Play as many rounds as needed. Switch the starting shark at the beginning of every round.

Instructions:

1. Players begin dribbling inside the field, keeping their ball close.
2. After a few seconds, the coach releases the shark into the field!
3. Players attempt to dribble away from the shark and protect their ball from getting kicked out-of-bounds.
4. If a player’s soccer ball goes out-of-bounds for any reason, they become a shark!
5. The round is over when all the players are turned into sharks.

6. Play as many rounds as needed. Switch the starting shark at the beginning of each round.

Variations:

Steal & Keep the Ball – Instead of attempting to kick the soccer balls out, the sharks attempt to steal other players' soccer balls. Once a shark has stolen a soccer ball, they are no longer a shark while the player who lost their ball becomes a new shark. This means that the sharks will constantly be changing, but not multiplying. Start with 1, 2, or 3 sharks for this variation.

Coaching Points:

- Teach the players to use their bodies to protect their soccer ball from the sharks! Players should keep their body between the shark and their ball.
- Remind the players to use changes of direction and speed to get away from the sharks.
- Instruct the players to use small, quick touches to keep the ball close and react to approaching sharks.
- Encourage the players to look to see where the sharks are and to dribble into open space!