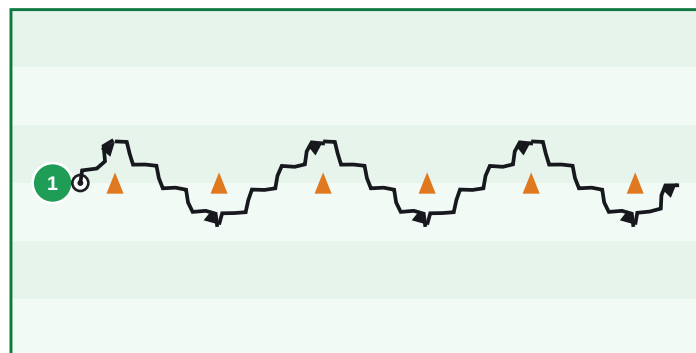


Drills to build close control and the courage to take players on.

Dribbling wins games and, just as importantly, builds the confidence young players need to express themselves. These drills develop close control with both feet and all surfaces, a change of pace to beat a defender, and the courage to take players on in a 1v1. Encourage mistakes - a player who never loses the ball is not trying to beat anyone.

● Attackers / players ● Defenders ▲ Cone ○ Ball --> Pass → Run ~ Dribble

Dribble maze (slalom)



Weave through using both feet.

Set-up: A line of 6 cones about 1.5 m apart. One player and one ball per line.

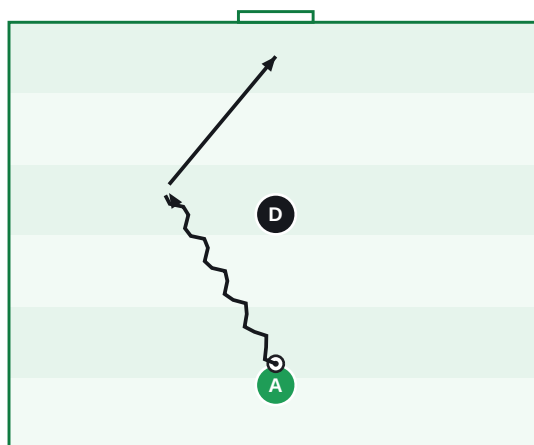
How it works: Weave through every cone using both feet, small touches, keeping the ball close. Time each run and try to beat your best clean time.

Coaching points

- Small, frequent touches keep the ball under control at speed.
- Use inside and outside of both feet, not just your strong foot.
- Head up between touches - see the next cone (and, later, a defender).

Progression: Add a defender at the end for an immediate 1v1 once through the maze.

1v1 to the end line



Beat your player and drive over the line.

Set-up: A 12x8 m channel with a small goal or line to attack. Attacker on the ball, defender facing.

How it works: The attacker tries to beat the defender and dribble over the end line (or score). Defender resets after each go. Swap roles.

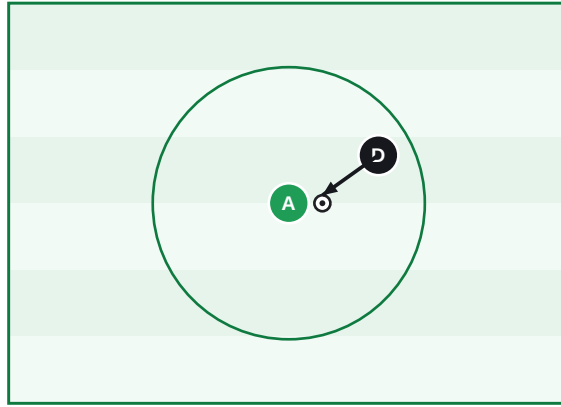
Coaching points

- Attack the defender at pace, then change direction to unbalance them.
- Sell a feint with your body before the touch.

- Explode into the space the moment the defender is beaten.

Progression: Give the attacker two mini-gates to choose from, forcing the defender to react.

Shielding circle



Protect the ball and turn away from pressure.

Set-up: A 6 m circle. One attacker with a ball inside, one defender applying light pressure.

How it works: The attacker keeps the ball inside the circle for 20-30 seconds, shielding and turning away from pressure. Then swap.

Coaching points

- Get your body between the defender and the ball.
- Use the foot furthest from the defender; feel where they are.
- Roll away and change direction - do not get pinned.

Progression: Two defenders, or add a target player to pass to once you have turned.