



Dribble square

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

Dribble square

Warm up

Organization 20 x 20 square

Each player has a ball.

Inside the area, players dribble the ball, practicing turns, dribbles and other ball mastery skills (toe taps etc.)

Coaches can give various instructions e.g.

1. Players must dribble around the cone/ attack the line - then turn back.
2. Left foot only/right foot only.
3. Two small touches - then explode past a defender.

Add Dynamic stretches

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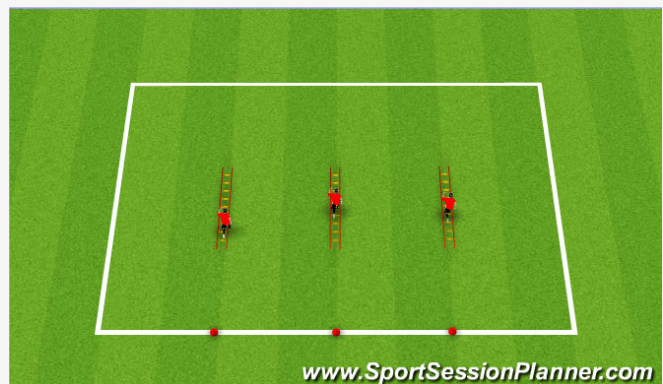
High Knees, Heel Flicks, Kick through



SAQ

SAQ

1. 1 Step
2. Single leg Shuffle
3. Side straddle hop
4. Side step



Technical

Organization 20 x 20 square

In each corner set up two additional cones so that there is a line of cones - first cone is 4 yards away second cone is 4 yards away from first cone.

Split the group into pairs or if necessary groups of 3.

Each player has a ball.

Players take two small touches, then use the middle cones as a defender, perform a skill and then dribble around the top cone and back in a straight line to their group.

Coaching Points

1. Can players take two small touches, then perform a skill and then explode towards the 3rd cone?
2. Can players get their head up after the skill to see where they are going? are they exploding into the space behind the defender?
3. Can the players be on the balls of their feet? - knees bent?
4. Can the touch be diagonal so we can take advantage of the space?



1. Matthews Dribble and Reverse

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