



Diamond Dribble (15 mins)

Set Up

Make 2, 2 yard gates 5 yards apart with a 2 cones 25 yards apart to make a diamond

Instructions

Players dribble between the gate and have an angled touch with the inside of their right or outside of their left to continue dribbling to the next player for a takeover. First progression is all dribbling, no passing. We want to focus on a good first touch using the inside of their foot. They continue to go in a counter clockwise motion for a few minutes then change direction so their touch has to be inside of the left or outside of the right.

Coaching Points

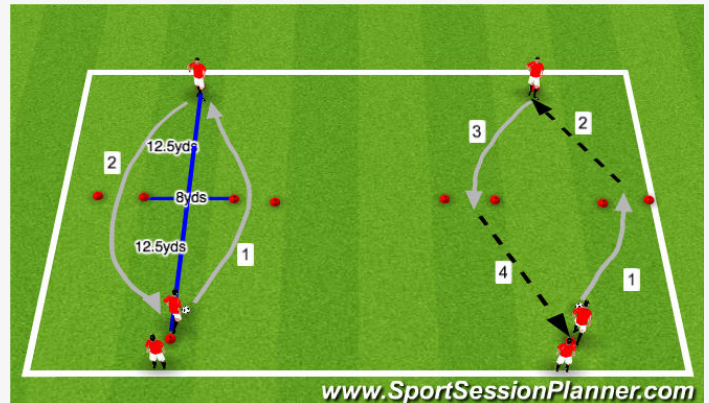
1. First touch technique using the inside of our foot to touch the ball in the direction we want to go.
2. Dribbling technique using our laces when we are at speed and inside/outside when we want to move the ball side to side
3. The takeover with our teammate should be with our inside foot (left foot when going counter clockwise)

Progression

1. Players now dribble to the gate and pass to their teammate from the gate- switch directions after 7-8 minutes

Coaching Points

1. First touch technique touching the ball out of our feet with the inside of our foot at an angle towards the next gate.
2. Good passing technique an accuracy
3. Keep the ball moving the whole time



Diamond Dribbling Cont'd (15 mins)

Set Up

Same as before

Instructions

Players dribble to the gate and then pass to the next player. The next player then plays a longer pass to the next player at the starting cone. The receiving player now has the choice to go left or right with their first touch.

Coaching Points

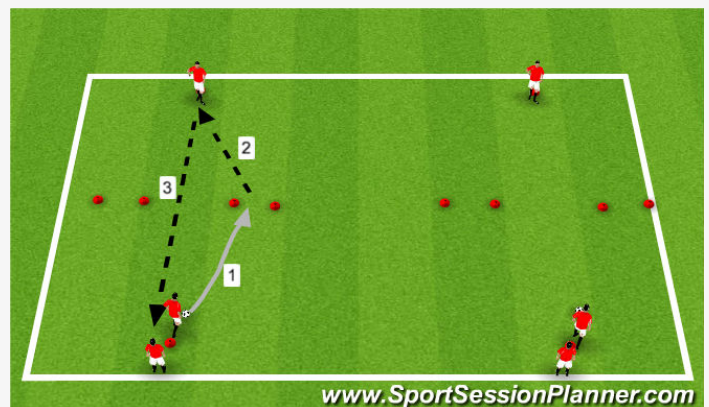
1. First touch technique from the player receiving the first pass that is going to pass the ball straight ahead and the first touch technique of the player receiving the second pass who will take a first touch in an angled direction
2. The amount of space to take the first touch. We don't want the ball under our feet and we don't want our first touch way out in front either.

Progression

1. Let players use those three options to move the ball in the diamond. Each player now has the option to dribble through a gate to the other side, through a gate then pass, or pass straight across. This is a much more game like situation with the freedom to choose

Coaching Points

1. Proper first touch technique
2. If a pass comes straight across the receiving player should take an angled touch to dribble to a gate



1v1

Set Up

30 yard field with two cone goals at each endline

Instructions

Defender passes across to the attacking player who then attacks and tried to score at the two goals. Attacking player has the option to turn back and play the next person in line to make it a 2v1. They must at least attempt to beat the defender. After 4 minutes switch offense and defense.

Coaching Points

1. Good first touch toward one of the two goals to either beat the defender and score in that goal or change direction and score at the other goal
2. If we play back can the receiving player recognize and make a good first touch to space
3. Using our inside cut, outside cut, or pullback when we turn to play in our teammate



4v4

Set Up

35x30 yard space

Instructions

Have 2 players on the outside and 1 on each endline that are neutral and must stay on the outside. It's a 4v4 game where the need to find one of the neutral players before they try to score. Neutral players cannot be defended. Team's score by finding an outside player first then finding a target. When they find a target that team gets a point and the same team keeps the ball and has to start over by finding an outside player before finding a target.

Coaching Points

1. First touch technique
2. Knowing where we want to go with our first touch before we receive the ball. Feel free to freeze the play and ask attacking players without the ball where they would take their first touch if the ball comes to them.
3. Finding the outside player quickly and one player providing a supporting option.
4. After we find the outside player we have the option to find either target. Can we use a pull back or cut to go the opposite direction.
5. First touch of that supporting player if they receive the ball.

