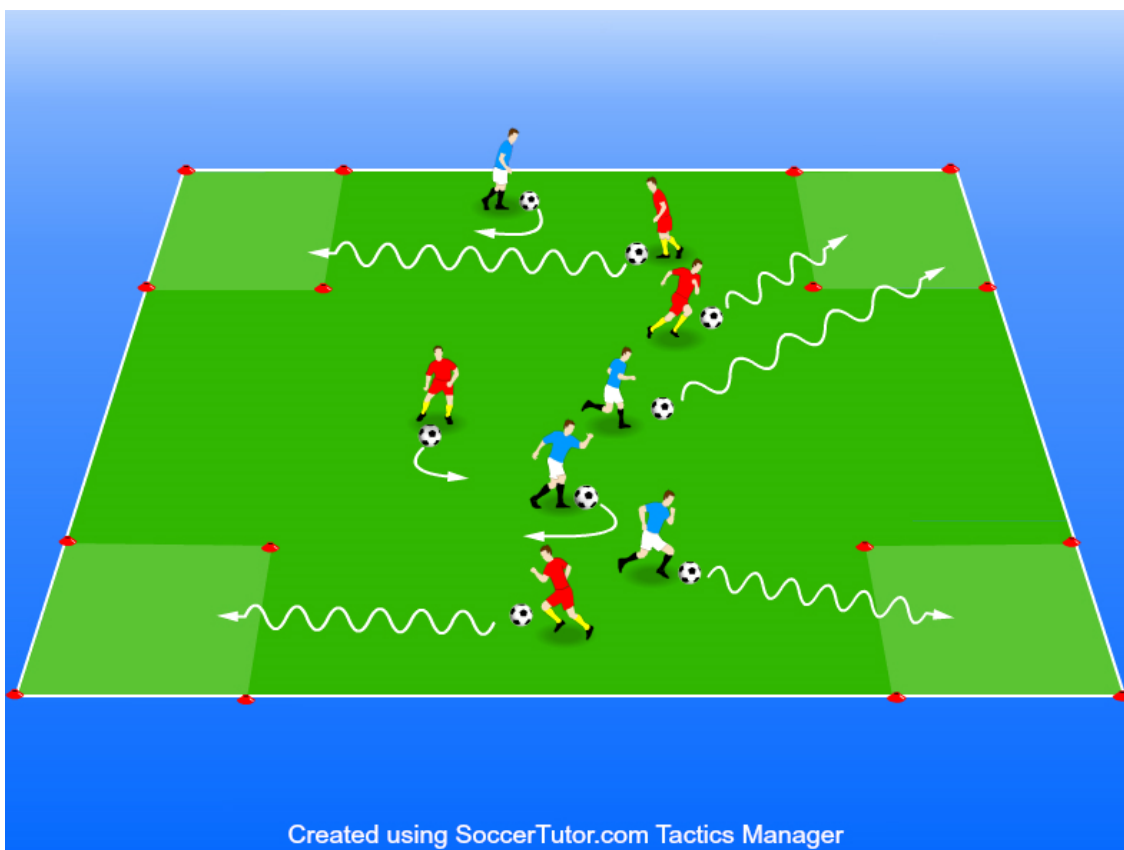




Coach: John Von Klopp
Club: Academy
Role: Coach
Qualf: USSF Youth (United States)

4 Corners Dribbling



Date: 6/Jan/2022

Measurement: 20 x 20

Time: N/A:N/A

Players: 9

Duration: N/A

Level: U8 - U18

Objective: Get players more comfortable in manipulating the ball with ease. Challenge the difficulty as the activities progresses.

Description: All have a ball. After open dribbling (Non Directional) Make two groups. They may at first dribble in their designated area. Then coach says "GO" *Each group starts on opposite sides & dribble to change sides.
 *Players go to a corner. *Players go to a different corner. *Players can go to corners but only a specific number of players can be in that corner. (Ex: 2 of same team) *Players go to a corner and only one player from each team may be in the corner. (If there are 10 or more players, add a grid or two in the center) *Add gates

Coaching Points: Small space/small touch when dribbling. Bigger space/bigger touch. Dribble with eyes looking forward ahead of the ball. Careful a very well done is better than fast and careless.

Progression: *Add a gate or two to dribble through. *Have one gate and all players dribble through it to the other side.
 *Have two gates and all players go to the left or right on the way to the opposite corner.. Add your own twists.