

## 4 Corners Dribbling



<b>Date:</b>	20/Aug/2017	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	N/A	<b>Level:</b>	U5 - 18+

**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" or any signal Players go to a corner. \*Players go to a different corner. \*Each group starts on opposite sides and dribble to change sides. \*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 per 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.