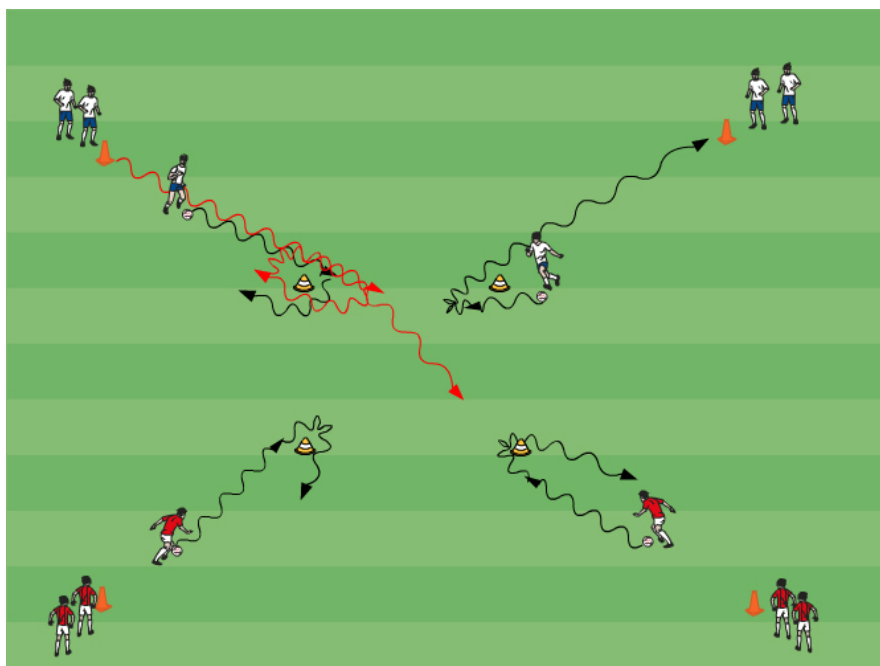




## TRAINING EXERCISE

### The Box-Dribbling



	<b>Running with the Ball</b> <b>Turning</b> <b>Acceleration</b>
	<b>U8 to U12</b>
	<b>16 Players</b>
	<b>8 cones, 4 balls</b>
	<b>Intensity: 5</b>
	<b>00:12 min</b> (6 x 01:00 min, 01:00 min rest)

#### Objective

To develop running with the ball  
To develop turning the ball while dribbling  
To develop passing

#### Description

Create two boxes with cones. One box is approximately 5x5 and the outer box is approximately 15x15. Players get into small "relay" teams. Each team goes to a corner. Play this exercise as a relay race. Use the following progression: Dribble to the first cone and back. Dribble to the first cone and on way back make a move, feint, etc. before giving the ball to your teammate. Dribble to the first cone then dribble to the second cone. Dribble to the first cone, then dribble to the second cone then pass the ball back. Note: The red dribbling mark on the diagram indicates how steps 3 and 4 are performed.

#### Coaching Points

Run with the ball with your laces or pinky toe. Turn the ball using the biggest part of the foot, which is the inside. Get your head up when you are dribbling in "traffic".