

Soccer Drills and Soccer Tips for Coaching Youth Soccer!

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Traffic Jam Dribbling Game

This game is just out right fun! The kids will have a blast playing this game. This drill is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.

Drill Rating 3.77 from 9 user votes. Viewed 21306 times.

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Performance Training

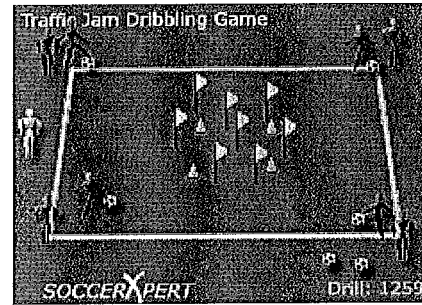
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Setup

Step off a grid approximately 30X30 yards. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid.

Instructions

On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player.

Variations

For younger players it might be best to start with one or two players entering the traffic jam at a time.

Coaching Points

Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.

Focus

- Dribbling Drills
Warm up Drills
Fun Soccer Drills

Titled: Traffic Jam Dribbling Game

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URL: http://www.soccerxpert.com/soccerdrills/id1259.aspx

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