



# PEI SOCCER - DRIBBLING

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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## warm up

### Technical Triangles

10 mins

#### EQUIPMENT

24 cones

**SET UP:**

Create 8 triangles using cones.

#### INSTRUCTIONS:

All players have a ball and dribble into the middle of any triangle

From the middle of triangle they change direction and come out of different side of the of triangle and then dribble to another triangle that is free.

Progression - Players dribble into any triangle and perform a move and dribble out at speed.

1. Turn out using the sole or outside of the foot
2. Step overs
3. toe taps



## SSG (15 mins)

#### EQUIPMENT:

24 Cones

10 Pinnies (2 sets of colours)

#### SET UP:

5v5

Field size (50 x 40 yards)

5 cones (red) at each end of field to create end zones (5 yard width)

#### INSTRUCTIONS:

(Normal game rules apply)

Teams score by dribbling the ball into their end zone.

Attacking player must have control of the ball at their feet inside the end zone to score a point.

Defending players are not allowed into their own end zone.

#### COACHING POINTS:

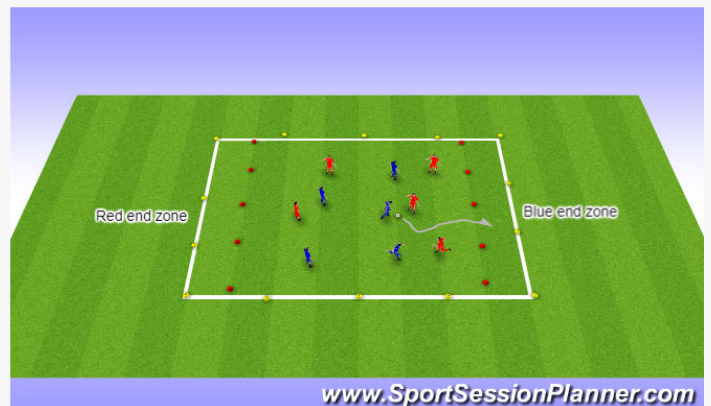
Players have to show desire to take players on.

Give the players freedom to dribble whenever possible.

Change dribbling speed - when to go slow and when to accelerate.

Encourage players to try a different moves/fakes.

Look to pass if you draw more than one defender for your team mate to use the space to dribble.



## Activity 1 (10 mins)

#### EQUIPMENT:

24 Cones

16 Pinnies (4 x 4 colours)

#### SET UP:

40x30 yards

Divide grid into four quadrants.

Players in groups of 4 (red,green,yellow,blue)

#### INSTRUCTIONS

Two target players in each group move around outside of grid.

Targets move to a different side of grid every time they pass.

Two players in each group are in the middle of the grid.

One of the players in middle receive a pass from their target player and dribble into two other grids before passing to the other target player who waiting on the outside of grid.

Progressions - do a trick or a turn before playing to target.

#### COACHING POINTS:

Look for space to dribble into through the quadrants.

Get ready to make a good first touch out of feet and ready to dribble or pass.

Encourage players to change speed/ by slowing down or accelerating.



