



BOX TO BOX

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: PEI Soccer Association
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Screen 1

Set up: Two boxes - small box inside larger one.

Players have ball each and dribble to yellow cones. Every player perform various skill at yellow cone and then **MUST** dribble through small red square before going to another yellow cone.

1. dribble around yellow cone (inside / outside / sole of foot)

2. specific turn or change direction at yellow cone

COACHING POINTS:

Keep head up when dribbling through small square

smaller touches when get close to yellow cone for better control before perform skill

Wait for space to open up inside the small square before you enter it

PROGRESSION:

1. Players have to perform "move" when they leave the red square.

2. Players can try and kick other players balls out of red square as they dribble through

3. Players dribble around yellow cones only in one direction and then on command of coach they all have to dribble through the red square to the opposite side they are on.

