



## SKILL BOXES

**Category:** Technical: Dribbling and RWB

**Difficulty:** Moderate

Am-Club: PEI Soccer Association  
Graeme McDonald, Charlottetown, Canada

### Skill Boxes

1. Organize a set number of boxes (two different colours)
2. Every player has a ball and dribbles into the boxes from any side
3. Players can ONLY dribble out of box using either left or right side of box
4. RED box = use inside foot / YELLOW box = Use outside foot
5. make sure players alternate colour of box

#### PROGRESSION:

1. Players dribble into a box and execute various turns to move out of box
2. Players dribble into box and dribble to each of the 4 cones using different parts foot

#### COACHING POINTS:

1. Make sure player control ball when dribbling (its not a race)
2. After players leave a box get them to stop ball and look around for free box
3. encourage players to chage speed (increase or decrease) depending on space available

