

TECHNICAL: DRIBBLING “Command Dribble”

The following drill can be used as a pre-practice or pre-game warmup drill and can also be used as part of a “soccer-specific” fitness session

GRID SIZE: Depends on number of players but should be big

PLAYERS: All with a ball

DRILL START: Players inside grid begin dribbling at a jogging pace, using both feet and using all surfaces of the feet (inside, outside, laces, soles)

COACH “COMMAND”: The coach then calls out a certain command and players must perform this “command” until another is called out.

“COMMANDS”:

- > Right foot only
- > Left foot only
- > Inside of feet only
- > Outside of feet only
- > Pull-Back
- > Speed dribble
- > any kind of dribbling move -- “Cryuff”, “Maradona”, “Scissors”, etc.
- > Switch (players stop their ball and then sprint to collect another player’s ball)

VARIATIONS/PROGRESSIONS

- > start in a small grid, such as the 15-yard box or 18-yard box
 - tight quarters promotes better ball control
- > progress to a bigger grid then to half the field