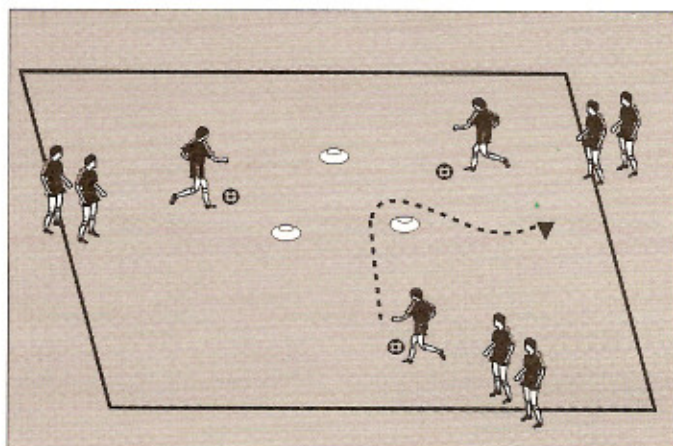


Session 5 ~ Dribbling

5.2 Triangle Dribble



Organization:

The group works in a circle 20 yards in diameter. Three players have soccer balls and begin by dribbling towards the three cones in the center of the circle. The dribblers must exit the triangle through a different side to the one that they came in through. Once they exit the triangle they look up and make a pass to a teammate on the perimeter.

Progressions:

1. Add further restrictions so that the players are forced to experiment with their own ideas
2. Players must enter the triangle forwards but leave backwards
3. Players must enter dribbling with their right foot and exit using their left
4. Players must dribble completely around two cones

Coaching Points:

Use gentle touches with the inside, outside and top of the foot.

Keep the knees slightly bent.

Get your head up to look for other players dribbling close to you.