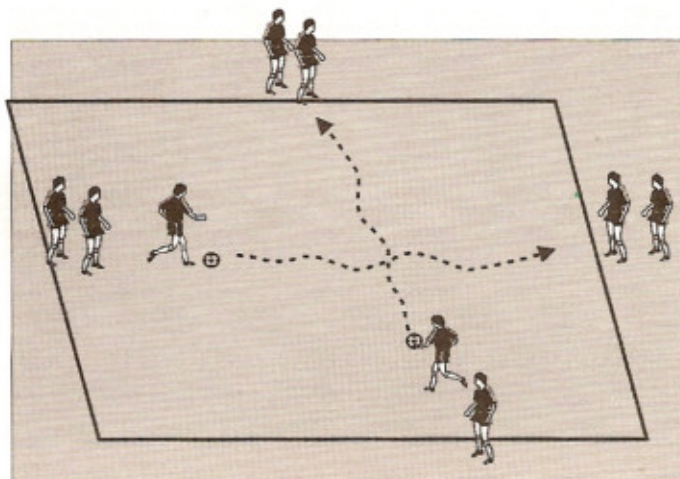


Session 5 ~ Dribbling

5.3 Cross Over Dribble



Organization:

Divide the players into four groups and station each group on the four sides of a 20 yard square. Each player has a ball. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to have to negotiate their way through the three other players.

Progressions:

1. The dribbler now must make a pass to the next player in line immediately after crossing the half way point.
2. dribblers now come across two at a time.
3. The dribblers may not stop while dribbling across by may now kick away any soccer balls that end up directly in front of them

Coaching Points:

Keep the ball moving, however keep it close enough to stop or cut quickly if needed.

Slow down in areas of high traffic and be prepared to cut left or right to avoid contact.

Look up and around frequently between touches for other players and the half way line.