



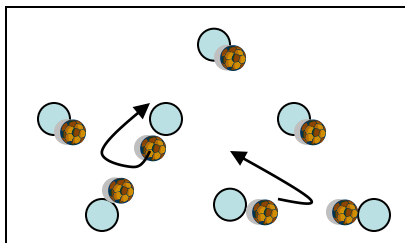
# Dribbling for Possession



*Objective: To improve each players ability to turn and shield the ball*

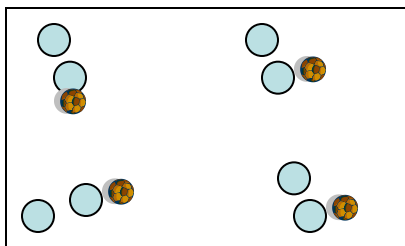
## Organization

## Coaching Points



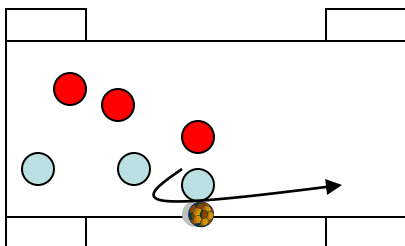
25x20 yard area one ball each Player turn using  
 1. Inside Cut    2. Outside Cut    3. Pullback  
 • Players dribble up to another player and turn  
 • Players try to kick as many other peoples soccer balls without getting theirs kicked

- Relaxed body Bend knees
- Look before turning
- Pivot on non kicking foot
- Ball out of feet on other side
- Timing-Turn close to pressure
- Change of pace



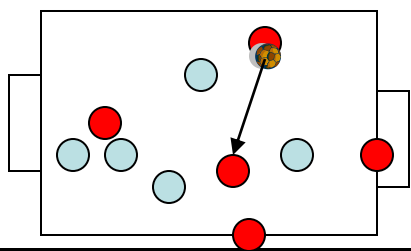
Area 25x20    1 ball between 2 players 1v1  
 Coach times randomly. The player in possession of the ball gets a point  
 • Attacking player must walk in possession  
 • Players can go for anyone else's ball  
 • Reduce balls  
 Divide into 2 teams -Team with most balls wins

- Shield ball over run away
- Ball on furthest foot
- Lean into defender
- Arms out for balance and awareness
- Recognition of when to turn
- Turn away from pressure



Area 25x20 3v3 with 4 goals  
 Each team has 2 goals to attack and defend  
 Teams score 1 point for passing through goals and 3 points for dribbling through

- Turning away from pressure
- Awareness of space/weak side
- Deception



Area 40x25  
 4v4 with goalkeepers  
 Restarts from a pass in

- Team Shape (diamond)
- Awareness of isolation
- Recognition of when to turn or shield
- Awareness of opponents