



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Nine players are set up inside of the grid in three groups of three, with lines starting at the cones.

Procedure: The three groups start in the corners of the grid, leaving one corner open. The two attacking teams (in red and blue in the diagram) have a ball, and the defending team does not. On a signal, an attacker speed dribbles towards the open corner, racing the defender to the cone. When the players get there, they both turn and race back to their original corners. The other attacking player starts his dribbling run when the defender turns, racing him back to the defender's corner. Play continues in this pattern, and the defending team switches out after five minutes.

Teaching Topics:

- 1 Dribbling.
- 2 Shielding.
- 3 Turning.

Progressions:

- 1 Defenders can try to kick the ball away.

Coaching Points:

- 1 Touch the ball with the instep, sprint between touches, and dribble with your head up.
- 2 As you approach the cone, get the ball onto your outside foot in order to shield.
- 3 Accelerate out of the turn and create some space between you and the defender.