



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are 10-12 players set up inside of the grid, each with a ball.

Procedure: The players work in pairs or groups of three, dribbling around the grid and following the player in front of them. The lead player uses feinting and dribbling moves in order to shake off the player(s) following him. He can also challenge his group by trying to mix in with the traffic created by the other groups.

Teaching Topics:

- 1 Dribbling moves.
- 2 Feinting moves.
- 3 Turning moves.

Progressions:

- 1 Link up with other groups until all of the players are linked up.

Coaching Points:

- 1 Make sharp changes of speed and direction with the dribble.
- 2 'Sell' your dribbling moves with realistic ball and body feints.
- 3 Accelerate out of your moves in order to separate from the other players.