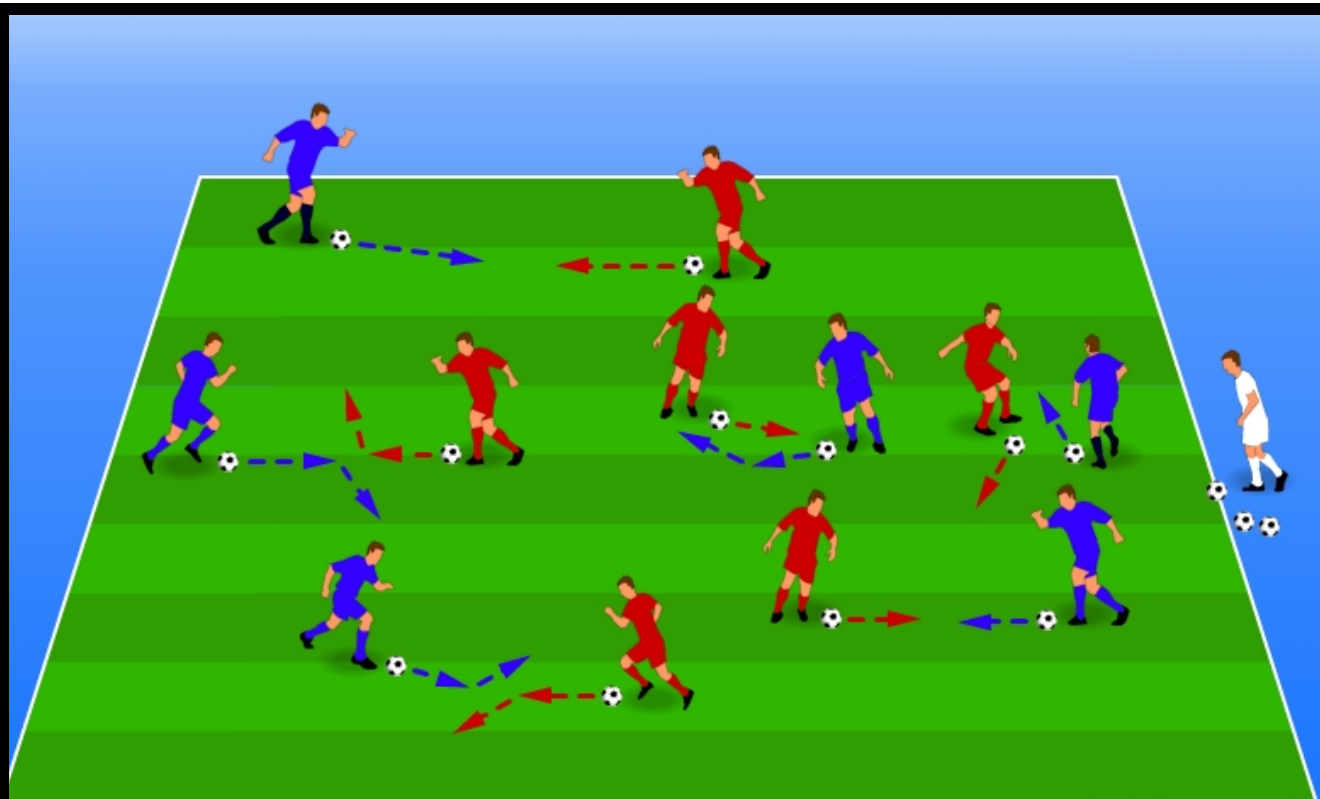


Heavy Traffic

Fundamental

Dribbling, Turning



Diagrams created using Soccer Tutor.com Tactics Manager

**Set Up:** There are 12-20 players set up inside the large grid, and each player has a ball.

**Procedure:** The players dribble around the grid, avoiding contact with the other players. The object of the drill is to get as close as possible to another player without losing your ball. Players are encouraged to dribble right towards other players and to use them as simulated defenders.

**Teaching Topics:**

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

**Progressions:**

- 1 Kick another player's ball out of the grid.

**Coaching Points:**

- 1 Make sharp changes of speed and direction to beat defenders and/or create space.
- 2 'Sell' your dribbling moves with ball and body feints.
- 3 Use turning moves to get away from crowded spaces.