



Set Up: There are 8-12 players set up on the small field, starting at the cones.

Procedure: During the drill, the players dribble from the outside towards the center square. From there, they maneuver around the poles and into the square while avoiding the other players. Finally, they finish on the small goals placed on the outside. The drill can move clockwise or counter-clockwise, and the players can perform different types of dribbling moves, turning moves, and finishes.

Teaching Topics:

- 1 Speed of approach.
- 2 Change of direction.
- 3 Change of speed.

Progressions:

- 1 Add a defender to the center square.

Coaching Points:

- 1 Run at the square at game speed, as if you were attacking a defender in open space.
- 2 Make sharp changes of direction in order to avoid contact.
- 3 Accelerate after a dribbling move in order to put space between you and the defender.