



DRIBBLING

SOCCER DRILLS & SKILLS



Dribbling Through An Obstacle Course: Set up cones in a line. The child will start dribbling the soccer ball in and out of cones until reaching the end of the line. The child should get more faster he/she goes through the course more often. The child should complete 8 out of 10 attempts. Once the child has mastered that add in a target for once they get to the finish line. When the child reaches the finish line, he/she will kick the ball towards a target. The target is 10 feet away. As the child improves, have him/her kick the ball for longer distances.

Game: Red Light, Green Light

Players will dribble from one of the field to the other when the parent says "Green Light" and STOP their ball when the parent says "Red Light". Go slow the first time and challenge them to go faster each time.

