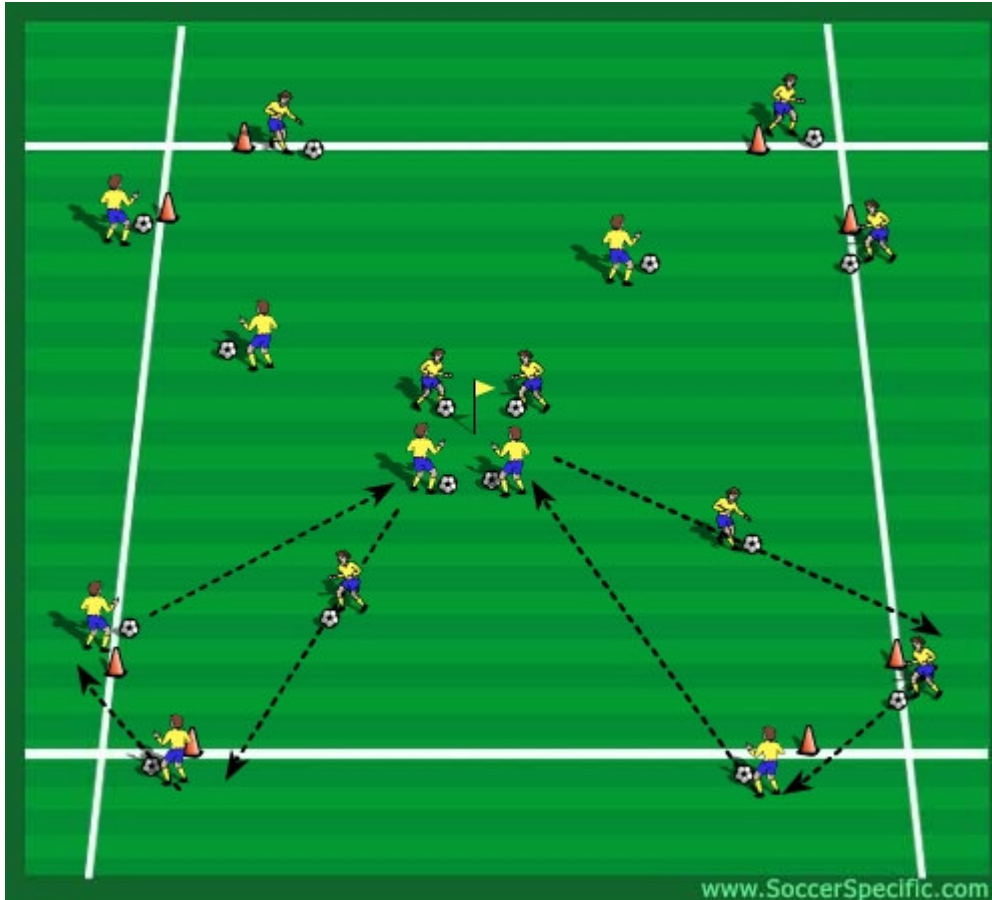


## Constant Dribble

**Emphasis:** Develop dribbling skills, and ability to cut the ball with various parts of the foot.



### Set-up:

20 x 20 yard grid. Divide players into four equal groups, placing each group at a corner of the grid. Each corner has two cones placed on the line, 2 – 3 yards from the corner. A flag is placed in the center of the grid. One player from each group starts behind and to the left of the cones. One ball per player.

### Objective:

On the coach's signal, players dribble towards the center flag. Each player should attempt to arrive to the center flag at approximately the same time. Players will perform a feint, turn and explode back to the opposite cone in their line. The next four players wait until the player has completed the turn at the flag prior to repeating the sequence. Players must cut the ball around the cones and continue to repeat the sequence. Play is continuous for a designated period of time.

### Progression:

1. Utilize the inside of the foot to cut the ball.
2. Utilize the outside of the foot to cut the ball.
3. Vary the turns at the flag – Cruyff turn, step-over etc.

### Coaching Points:

- Tight touches around cones.
- Build up the speed as comfort level increases.
- Change pace after each cut.
- Be deceptive.
- Utilize weaker foot.
- Upon cutting the ball, get the ball "out of your feet".