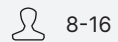


# TRAIN LIKE A PRO

## Dribbling Square

A simple exercise, which is very adaptable and also allows you to coach the details in close.



8-16



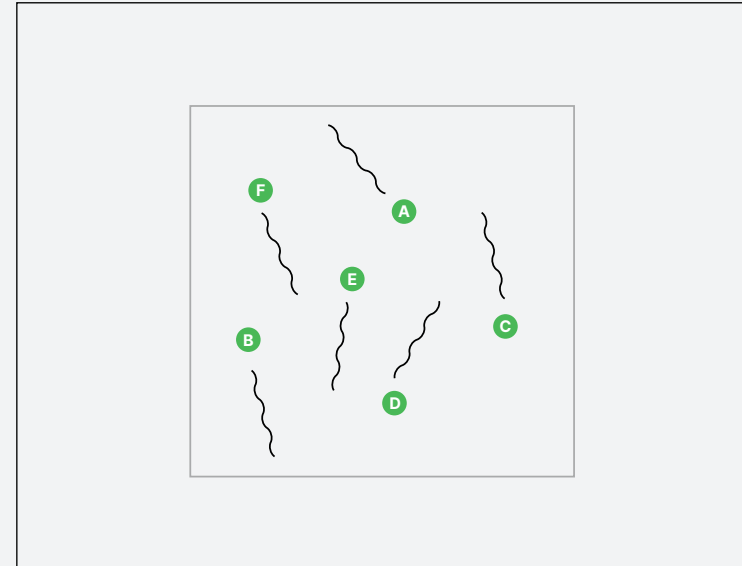
10-15 min



Any level

## Summary

- Maximum touches
- Use of different parts of the foot
- Balance and coordination
- Introducing complex dribbling skills



## Description

Set up your players in a 20m x 20m square. If you have mannequins available, place them randomly around the square. Players dribble in the square keeping an eye out for each other.

Control and vary the dribbling in the square and introduce complex moves to the exercise. Ask the players to progress and dribble at the mannequins, using feints and stepovers to go around them. Make sure you coach the details here.

— Dribble