



## Dribbling - Derek Blodgett

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: F.C. Stars

FC Stars Worcester, bolton, United States of America

### Description

#### Screen 1

**Set Up - Each line has ball**

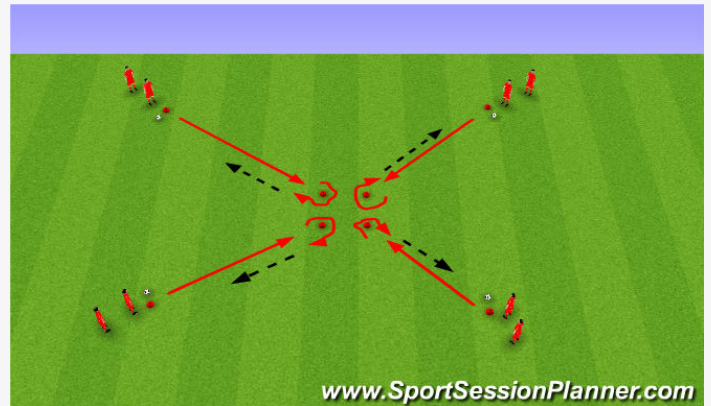
- Players dribble towards cone at same time and make small touches around, then pass to next player in line
- Inside touches around cone
- Outside touches around cone

**Coaching Points**

- .Small controlled touches
- .keep intensity high
- .Pick head up to deliver pass

**Progressions**

- .Inside Touch
- .Outside Touch



#### Screen 2

**Set Up - Same Set-up as Previous**

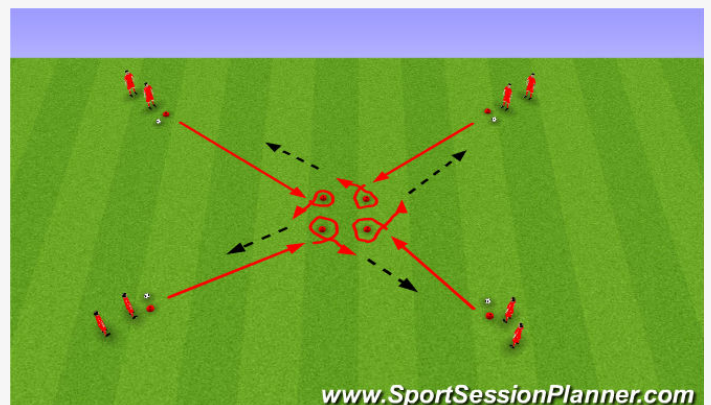
- All players go at once
- Players dribble around right size of cone, make full rotation, and pass to line to next line

**Coaching Points**

- .Players must time runs and passes correctly to keep flow of drill
- .Positive first touch and weighted passes to feet
- .Even players without ball must be engaged (calling for passes, heads up and ready)

**Progressions**

- .Inside touch
- .Outside Touch



#### Screen 3

**Set Up - Same as last two.**

- All players go at once
- Players make full rotation around cone and must choose any open line to deliver pass
- If pass made to line they choose, another line must be found quickly

**Coaching Points**

- .Pace must be kept
- .Heads up passing, quick delivery
- .Off ball players must be engaged (ready, calling for passes when open, communicating with ball players)

**Progressions**

- .Inside Touch
- .Outside Touch

