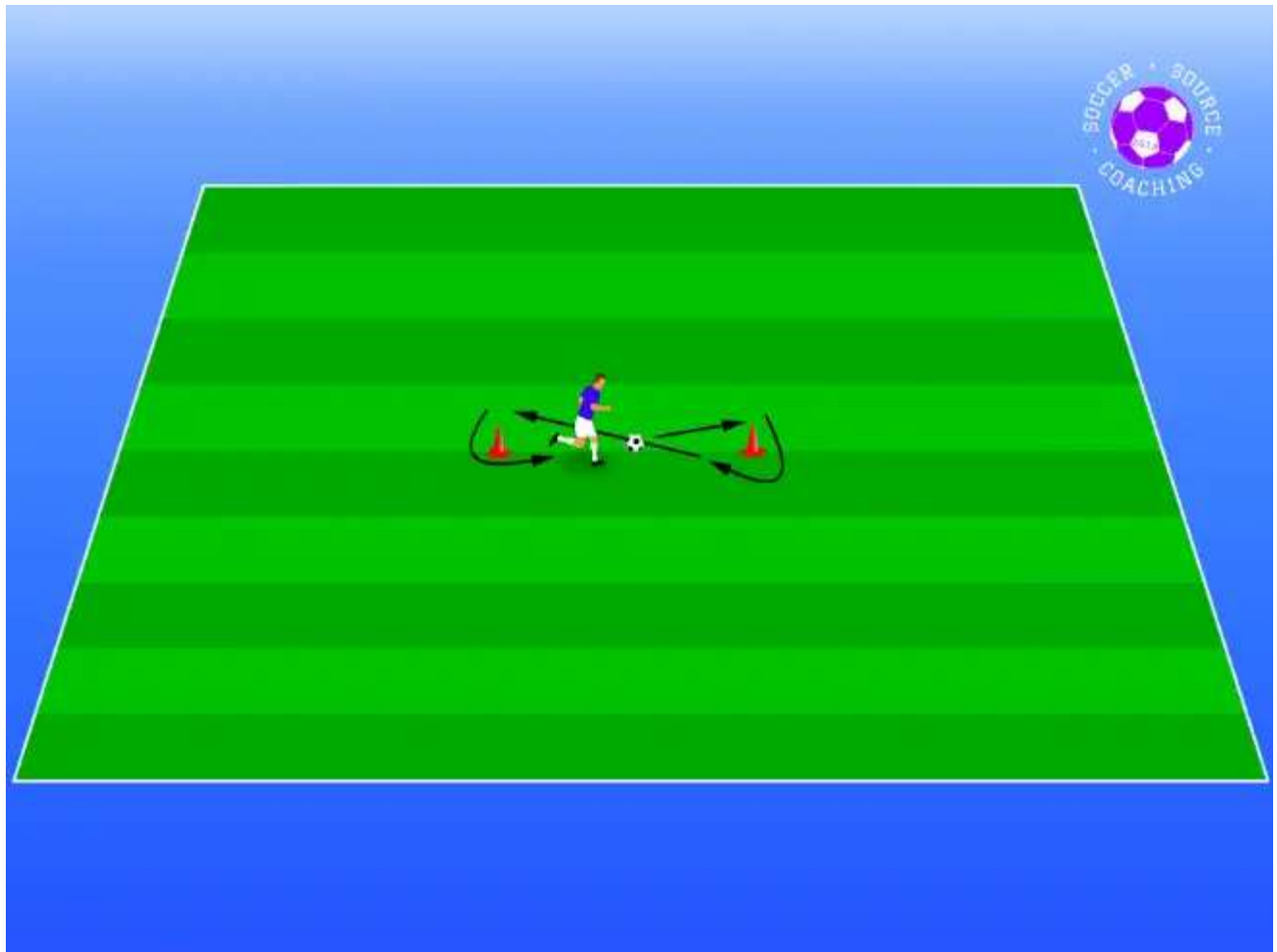


Figure 8 Dribbling soccer drill



Purpose:

To improve close control of the soccer ball in small areas

Set up:

- 1 soccer ball
- 2 cones (1-yard apart)

How the drill works:



Start at one cone with the soccer ball and dribble around the cones in a figure 8 pattern.

Practice using different parts of your foot with both feet you.

Repeat this 5 times in an anti-clockwise direction, then 5 times in a clockwise direction.

Here are some different variations:

- Only use the inside/outside/sole of your foot
- Try moving backward through the figure 8 pattern
- Only use 1 foot
- Try and time yourself to see how quickly you can go through the pattern

Coaching points:



- Take small touches to keep control of the ball
- Keep a lower center of gravity to help change directions
- Dribble with your head to see where you are going

Questions that can lead to coaching points:

- What type of touches should you take to keep control of the ball?
- How should your body position be to help you keep a lower center of gravity?
- Where should your head be positioned?