

7. Four Corners Dribbling

How the Drill Works:

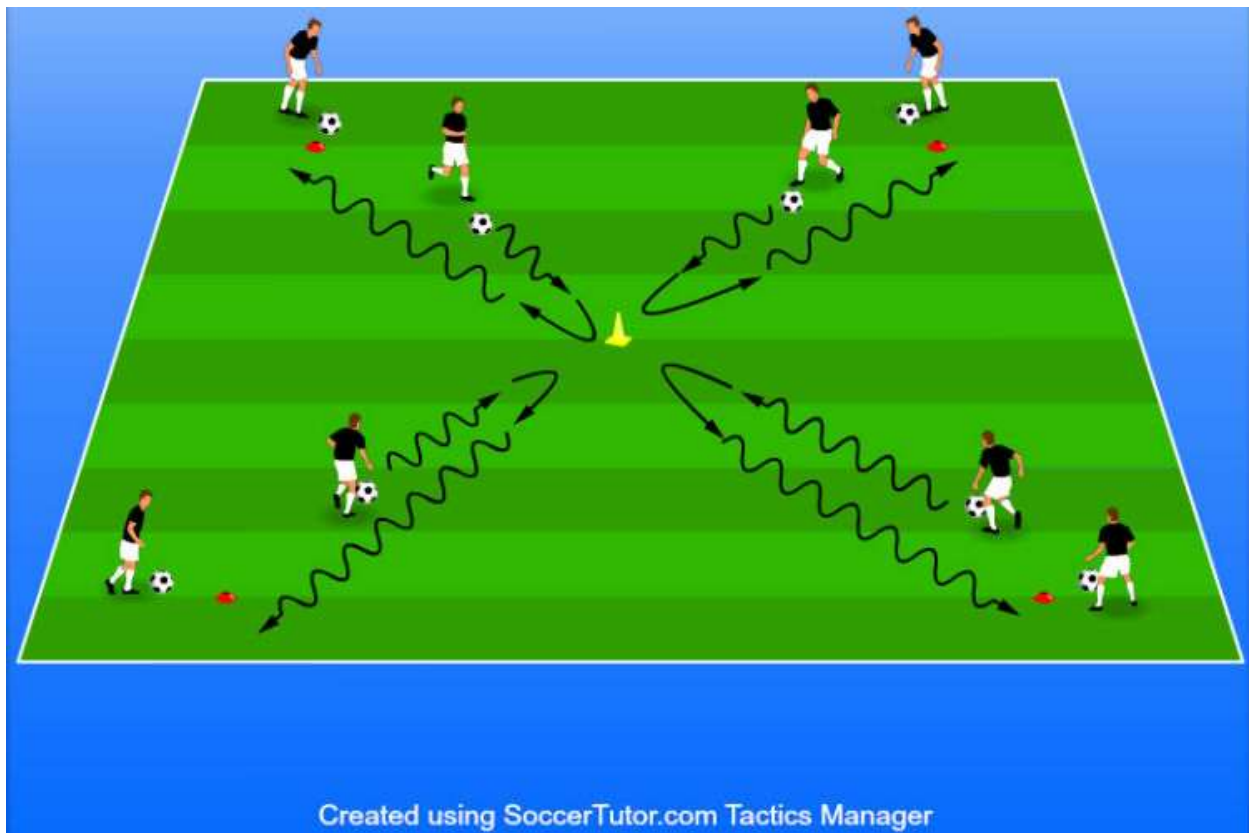
Players start at the corners of the grid and dribble to the center cone where they perform a move and then dribble back to their corner.

Purpose:

Develops players' dribbling and cutting abilities. Players work on keeping the ball close and using [simple ball cuts](#) to turn with the ball.

Setup:

- Use four cones to mark a square grid, 20-30 yards wide, depending on the players' age and skill level.
- Place one cone in the center of the grid.
- Divide the players into four, even numbered groups, and assign each group to a different corner of the square.
- Instruct each group form a line behind their corner cone.
- Every player should have a soccer ball. If there are not enough soccer balls for each player, then make sure there is at least one ball per group.



Instructions:

1. On the coach's signal, the first player in each line starts dribbling towards the middle cone.
2. The four players dribble, under control, at the same time to the center cone.
3. When the players dribbling arrive to the center cone, they perform a change of direction move, or turn, and explode back to their corner.
4. The next player in each line can start their turn as soon as the player in front of them completes their turn at the center cone.
5. The drill continues in the same manner for a set period of time (5 minutes, for example).
6. After each round, teach the players a specific move to perform at the center cone.

Variations:

Dribble type – Have the players dribble using different foot surfaces or rules: inside, outside, left, right, bottom, etc.

Dribble moves – Specify the move that the players will perform at the cone.

Rotation – Instead of dribbling back to their corner, have the players change direction at the middle cone and dribble to the back of the line to their right, or left, depending on the instructions given.

Coaching Points:

- Remind the players to focus on using the proper surface of the foot when dribbling, and to keep the ball close when dribbling. This will insure the players can protect the ball and change direction quickly.
- Instruct the players to focus on their change of speed and direction. Challenge them to explode after their move so they can create separation between themselves and their defender.
- Encourage the players to try to keep their eyes up when dribbling in order to build good habits and vision.