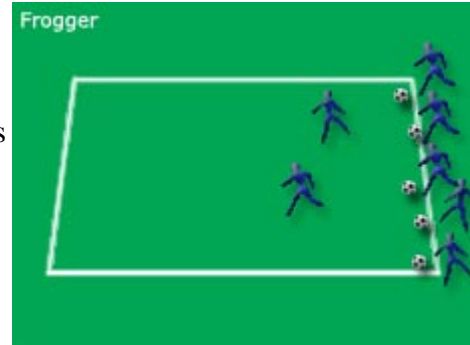




Frogger

Drill Info:

This drill will assist the younger player with dribbling under minimal pressure. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones, .



Setup:

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball except for 2 players who will be the FROGS.

Instructions:

All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.

Coaching Points:

* Start getting the players dribbling to get their heads up to avoid the frogs.

Focus:

Technical Dribbling

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

