



## Jam - Packed Soccer Dribbling Drill

### Drill Info:

This soccer dribbling drill will give players confidence while dribbling through congested areas on the soccer field.

Run this soccer drill with at least 6 players but no more than 20. This soccer drill should last approximately 20 minutes on a small field.



### Setup:

To begin this drill, create a circle with disc cones that is approximately 20 yards in circumference. Make sure each player has a ball, and instruct them to line up around the outside of the circle.

### Instructions:

Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction. The coach should inform the players to listen for certain queues and perform those actions once the coach shouts the command. These commands are:

JOG - players should dribble at a comfortable speed

FULL SPEED - players should dribble at their top speed

CUT - players should cut the ball in the other direction and travel in the other direction around the circle

CROSS - all players should cur across the grid avoiding contact with other players or other players balls.

### Variations:

Think of other commands to add to the drill.

### Coaching Points:

Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.

Remind players to keep the ball close when entering the traffic area.

Have players start playing with their arms up and out for balance and shielding

Instruct players to dribble with both feet and all parts of the foot.

This is a fun soccer drill, so make sure to HAVE FUN!

### Focus:

Technical Dribbling, Technical Turning

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

