



## Body Parts Warm-up Game

### Drill Info:

This soccer drill focuses on the younger player's dribbling skills and the ability to think quick on their feet while holding the ball close. Run this soccer drill with at least 2 players but no more than 18. This soccer drill should last approximately 15 minutes on a small field.



### Setup:

Create a grid about 15X15 yards. All the players should be inside the grid with a ball of their own.

### Instructions:

The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, etc.

### Coaching Points:

- \* Encourage players to constantly move and zig-zag while dribbling.
- \* Keep Close possession.
- \* Head up to avoid collisions.

### Focus:

Technical Dribbling

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

