



## Dribbling Skills Test

### A. WARM-UP

Players with a ball each are encouraged to dribble freely within the defined area. Conditions of moving with the ball can be added as follows: 1) Preferred foot only 2) Weak foot only 3) Inside-outside 4) Inside-inside

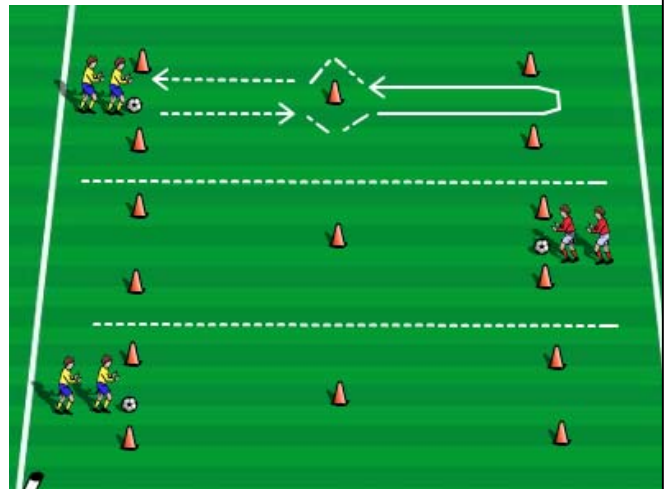
Introduce players to the inside cut move.

Introduce dynamic stretching towards the end of the warm-up phase.



### B. DRIBBLING SKILLS TEST

Dribbling Skills Test - Player has 30 secs to complete as many shuttles within defined area while executing moves to beat an opponent at centre cone and changes of direction at end gates. Player must go through gate before executing move.



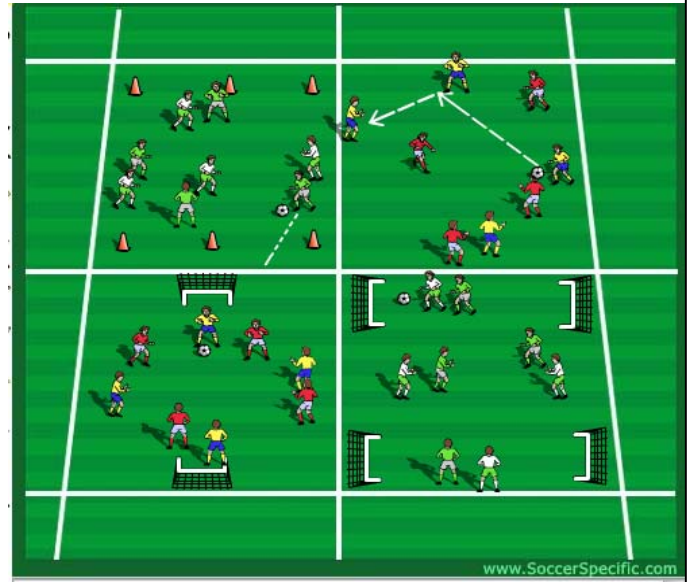
### C. SMALL-SIDED GAMES – Choice of

Top Left: End line game - dribble over endline to score.

Top Right: Keep Ball - e.g. 5 consecutive passes = 1 goal

Bottom Left: 4v4 with or without Gk's

Bottom Right: 4 goal game - score in any of opponents two goals - emphasis on width.



### D. COOL-DOWN

Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

