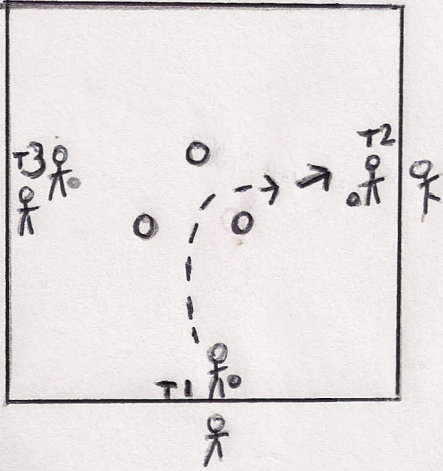


# U10-U18 - Dribbling - Week 2

## Triangle Dribble

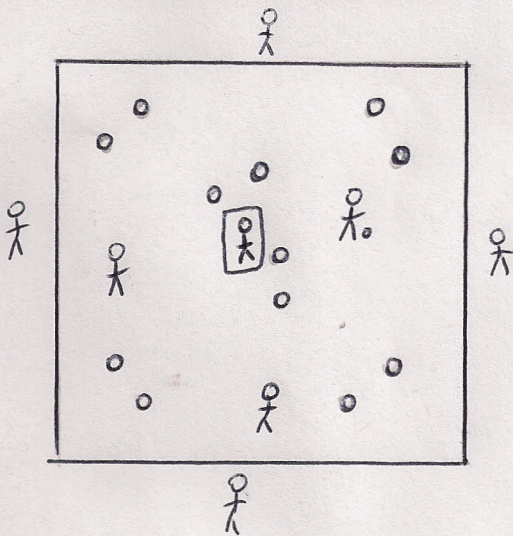


- - -> - Dribble  
 -> - Pass

Split your players in to 3 teams. The first player in each team begin by dribbling towards the 3 cones. The dribblers must exit the triangle through a different side to the one that they came in through. Once they exit the triangle they look up and make a pass to a teammate on the perimeter.

**Progressions** - Players enter using right foot, exit using left  
 Add further restrictions so that players are forced to experiment.

## Gate Dribble



o o = Gate  
 [ ] - Defender  
 ♂ - Attackers

Play 3 v 1 with players spread along the perimeter. The 3 offensive players score a goal by dribbling the ball through any of the gates. The defender must steal the ball and complete a pass to any of the players on the outside to score a point - Play First to 5.

**Progressions**

- Add offensive / Defenders players in the grid
- Only allow a point if a player dribble through a gate and completes a pass to a team mate.