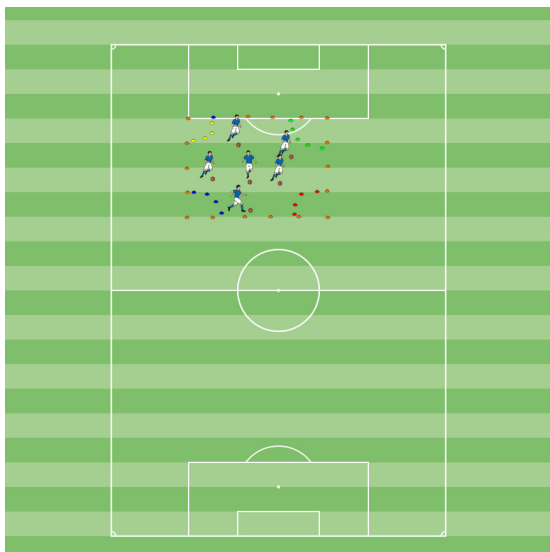








TRAINING EXERCISE

Four Corners



	Dribbling Running with the Ball
	U5 to U8
	4 to 12 Players
	Cones, Balls
	Intensity: 6
	10:00 min (1 x 10:00 min, 00:00 min rest)

Objective

Reach the designated corner as fast as possible

Description

Set up an area 20x20. Each corner has a designated colour. When the coach calls that colour, players must dribble their ball there as fast as they can. Make into a story, e.g. players are in the sea, corners are islands, defender is a shark. Start without ball to improve understanding. Progressions: last one in is knocked out, add a defender for when the colour is called

Key Points

Keep ball close with small touches, larger touches when going fast, use both feet, head up