






10

PROGRESSIVE EXERCISES FOR FASTER DRIBBLING

B E F O R E Y O U
B E G I N

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-  Warm Up: **10 minute warm up** (***FULL video***)
-  Difficulty: **Level 2-3** (beginner friendly)
-  Focus: **Awareness, Coordination, Timing, Control, Speed**

Session Equipment:



x1



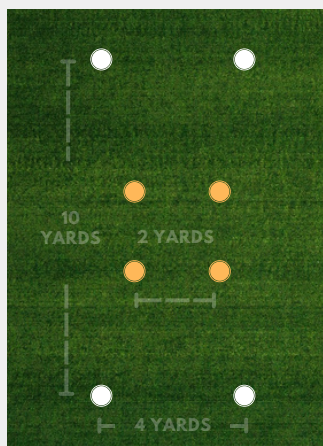
x8



x1



10 Progressive Drills (FULL Video)



CONE SET UP

used for exercises 1-5

Purpose: Whether it's cones, rocks, or shoes you use, in this set up we utilise the centre as our transition. Keeping it within the yellow cones as we do so, treating it as if we're taking on a player down the wing, or the centre of the park.

Layout Tips: If the centre cones are too tight for your skill level, simply open up the space to give yourself room. Increase overall distance if you want to improve your cardio



#1 INSIDE OUT PUSH

Description: Working within the first 2 cones - 1 footed drill

Push ball forwards with instep - adjust your feet - stop ball with the outside of the foot - push ball back with outside - adjust feet - stop with instep - repeat

Coaching points: Get standing leg in supporting position so you're not reaching for the ball. Small fast steps to adjust feet - aim to be on your tippy toes

W A T C H



30 sec each foot



20 sec rest



#2 OUTSIDE TO INSIDE 10 YARDER

Description: Travelling full length with transition in between - 1 footed drill

Dribble to transition area - stop ball with outside of boot - body weight past ball - load into standing leg (sideways posture) - push with outside of foot to first cone - stop ball with instep - body weight past ball - load into standing leg - instep and drive to end - stop with sole of foot

Coaching points: Start slow to understand position of footwork. Angling sideways on transition to increase speed

W A T C H



5-10 lengths each foot



10 sec rest in between

SET UP 1

EXERCISES



W A T C H

3 OPEN DRAG TO CLOSED DRAG

Description: Working within the first 2 cones - 1 footed drill

Push ball forwards with instep to get started - standing foot lands past ball pointing forwards - stop ball with sole of foot & drag back across body - standing leg comes across & lands wide - foot stops ball with sole & drags underneath body (cruyff turn) - turn to face ball and repeat

Coaching points: Lot's of moving parts. If confused, break down into separate movements. The standing leg placement is key in this drill

 30 sec each foot

 20 sec rest



W A T C H

4 OUTSIDE TO CLOSED DRAG 10 YARDER

Description: Travelling full length with transition in between - 1 footed drill

Dribble to transition area - stop ball with outside of boot - body weight past ball - load into standing leg (sideways posture) - push with outside foot to first cone - standing leg comes across & lands wide - foot stops ball with sole & drags underneath body (cruyff turn) - turn to face ball - instep to drive to end - stop with sole of foot

Coaching points: Take a delicate touch before the transition to have control over the ball. Try not to be reaching. Slow it down for greater control

 5-10 lengths each foot

 10 sec rest in between



W A T C H

5 OUTSIDE DRAG TO INSTEP

Description: Travelling full length with transition in between - 1 footed drill

Dribble to transition area - standing foot lands past ball pointing forwards (leaning back) - stop ball with sole of foot & drag backwards - hopping standing leg back at same time (to lean forwards) - load into standing leg - push ball forward using instep of foot - Drive to end - Stop with sole of foot

Coaching points: Getting used to shifting your body angle back and then forwards to speed up the transition

 5-10 lengths each foot

 10 sec rest in between



CONE SET UP

used for exercises 6 & 7

Purpose: Moving the transition to the start of the drill, this resembles receiving the ball in a tight area, requiring quick footwork to get out and into the space.

Layout Tips: If the centre cones are too tight for your skill level, simply open up the space to give yourself room. Increase overall distance if you want to improve your cardio



W A T C H


6 LATERAL SHIFTING

Description: Working within 2 cones moving sideways - 1 footed drill

Standing sideways - use instep to shift ball across body - standing leg reaches wide - kicking leg comes across - stop ball with outside of foot - place down - adjust feet - shift ball back with outside of foot - standing leg comes across body & lands wide - kicking foot stops ball with instep - lands & repeat

Coaching points: Constant change of weight between legs. Keeping them close to ensure you're not reaching. Small fast steps to adjust feet - aim to be on tippy toes

 30 sec each foot

 20 sec rest



W A T C H

7 LATERAL SHIFT TO SPRINT

Description: Working across full width with a sprint to finish - 1 footed drill

Standing sideways - use instep to shift ball across body - standing leg reaches past ball - Repeat x2 to other side - Standing foot landing wide - kicking leg comes across - stop ball with outside of foot - place down - adjust feet - shift ball back to centre with outside of foot - standing leg comes across body & lands wide - kicking foot stops ball with instep to push forward & sprint

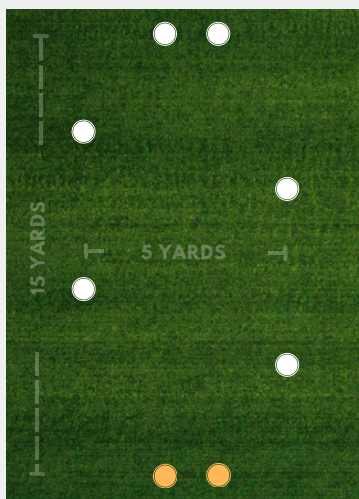
Coaching points: This is all about exchanging your feet. When one is on the ground supporting your weight, the other should be in the air moving. Start from a different side each time so the sprint begins with a different part of your foot

 5-10 lengths each foot

 10 sec rest in between

SET UP 3

EXERCISES



CONE SET UP

used for exercises 8 - 10

Purpose: Working with 5 transitions in 1 drill, this allows you to build a sense of rhythm & coordination throughout the cones. Resembling those mazy runs through defenders, the weave drills should be a staple for **all** players

Layout Tips: If turns are too tight, increase overall length of drill whilst using the same amount of cones to lesson the angle. Alternate the cones the opposite way if left footed so the instructions make sense



W A T C H

8 THE SET & WEAVE

Description: Weave through cones, setting the ball with each turn - 1 footed drill

Dribble to first cone - use instep to shift or set the ball left of cone (if right footed) - kicking leg lands - supporting leg crosses body & steps wide - load into supporting leg - kicking leg comes through to meet ball

Dribble to second cone - use outside of boot to set ball to right of cone - kicking leg lands - supporting leg steps wide - load into supporting leg - kicking leg meets ball with outside of boot - repeat

Coaching points: Really exaggerate loading into the supporting leg to help you change direction

🕒 5-10 lengths each foot

🕒 10 sec rest in between



W A T C H

9 INSIDE TO OUTSIDE WEAVE

Description: Weave through cones, using different parts of your foot with each turn - 1 footed drill

Dribble to first cone - take delicate touch to slow ball - supporting leg crosses body & steps wide of ball - load into supporting leg - kicking leg comes through to meet ball with instep - supporting leg moves forwards - kicking leg shifts ball with instep to continue

Dribble to second cone - use outside of boot to slow ball/change direction - kicking leg lands - supporting leg steps wide - load into supporting leg - kicking leg meets ball with outside of boot - repeat

Coaching points: Light on your toes, keep the ball close to you, especially when you approach the cones. Arm wide for balance

🕒 5-10 lengths each foot

🕒 10 sec rest in between



W A T C H

#10 ALTERNATING WEAVE

Description: Weave through cones, using outside of boot, alternating feet - 2 footed drill

*Dribble to first cone with **left foot** - take delicate touch (L) to slow ball/change direction - supporting leg (R) steps wide of ball - load into supporting leg (R) - change ball direction with outside of left foot - left foot lands - supporting leg (R) comes around & steps wide again - kicking leg (L) comes through to meet ball with outside of boot to continue*

*Dribble to second cone - use outside of **right boot** to slow ball/change direction - kicking leg lands (R)- supporting leg (L) steps forwards & wide - load into supporting leg - kicking leg (R) meets ball with outside of boot - foot lands - supporting leg (L) comes around & steps wide again - kicking leg (R) comes through to meet ball with outside of boot to continue*

Coaching points: Practice switching feet on the spot to get used to the movement. Take extra touches when getting used to turning



10 lengths



10 sec rest in between

D R I L L S C O M P L E T E

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