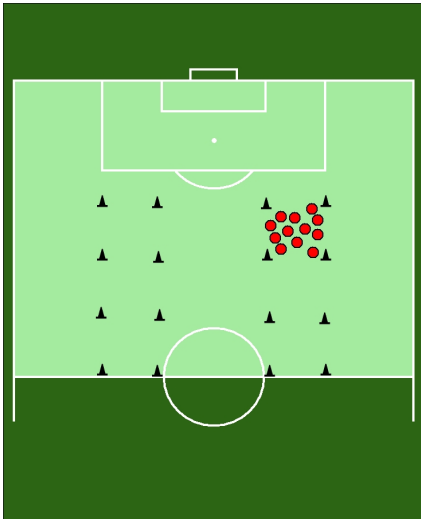




Skill squares



How it works

All players start in one of the four grids where the coach demonstrates a particular skill. Allow the group a little time to practise.

Give the square a number or the name of a famous soccer player or club.

Repeat this for the other three grids, demonstrating a different skill each time.

The skills chosen will depend on the age and ability of the group but here are a few examples:

Toe-taps on top of the ball

Instep touches - stationary or moving around the square

Roll over the ball with the sole of the foot

Dribble with drag back turns

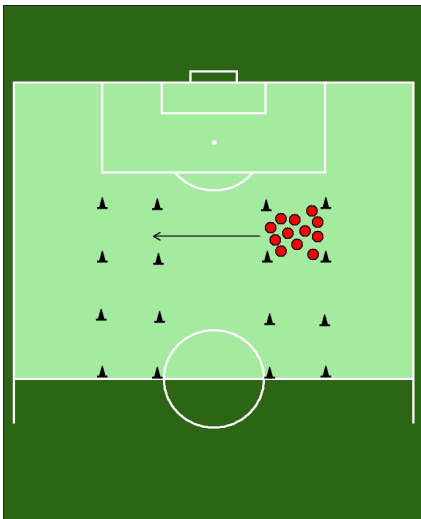
Dribble with Cruyf turns

Dribble with inside/outside of the foot cuts

Dribble with stepover

Keep-ups

Even throw in a silly one like diving.



Coach then calls the number/name of a grid.

The players dribble to that grid as quickly as possible and perform the skill until the coach calls another one.

Keep calling numbers/names, getting quicker as the players become more familiar with the skills.

Set a time limit of 10 seconds to get from one square to the next to encourage them to run quickly with the ball if not already doing so.

Possible changes

Use different skills - there are so many possibilities.