



4v4 Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

4v4 Dribbling (15 mins)

30x20

4v4, but can be 3v3 or 5v5

Players will play a normal 4v4 Game with these exceptions:

1. Score by dribbling across endline under control.
2. Score if player is able to dribble past opponent.

Coaching Points:

- RWB
- Feints
- CoD
- Dribble with Outside of foot
- Head up, looking for open space to run into.
- Speed

