DOUBLE SQUARE DRIBBLE AND PASSING DRILL

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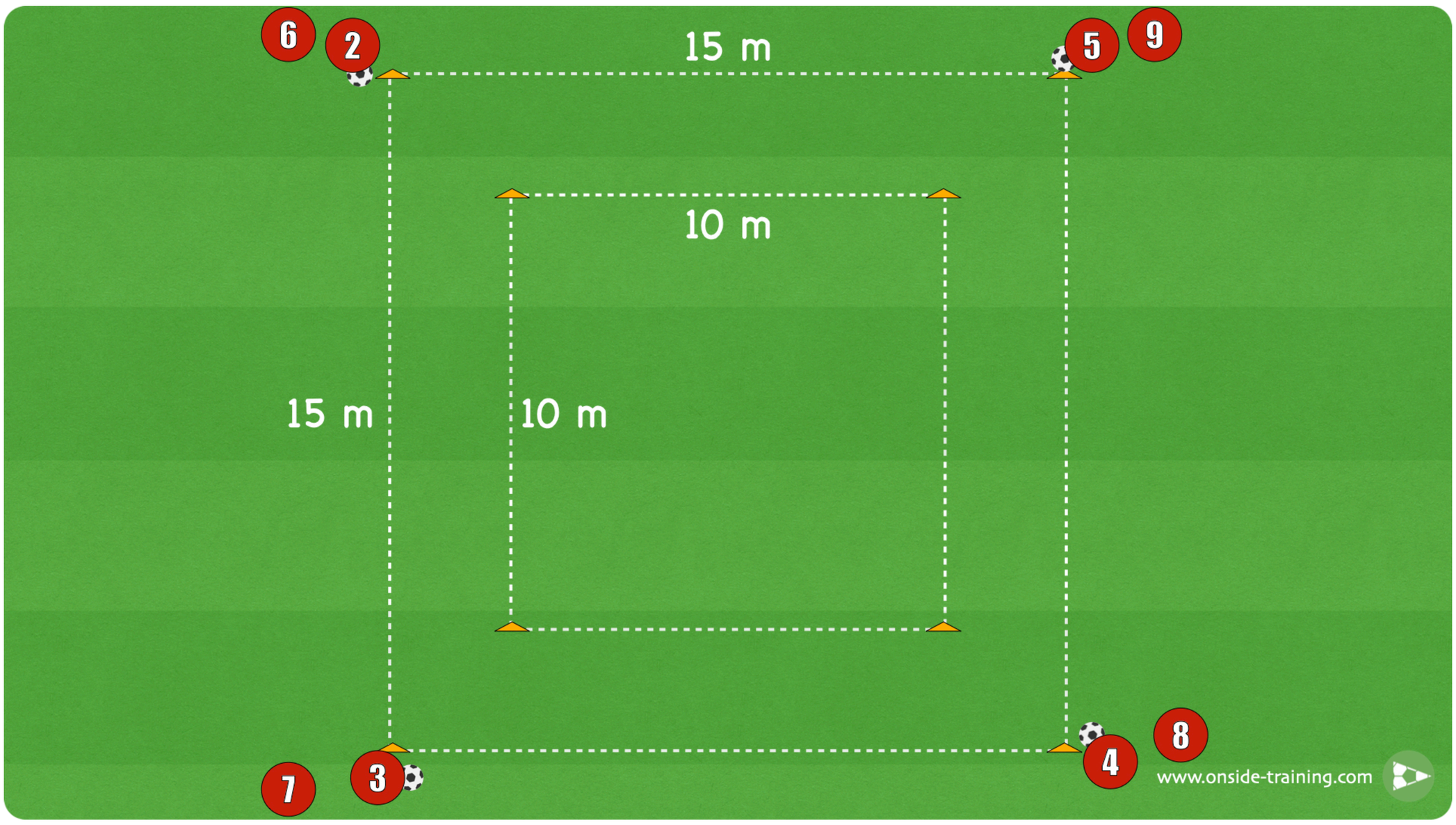
Setup:

- Arrange two squares, an inner square with a width of 10 meters and an outer square with a width of 15 meters, each marked by four cones.
- Position at least two players at each cone on the outer square.
- Use a total of four footballs, having one at each cone on the outer square.
- Adjust distances between cones based on the age and skill level of the players.



Why Use This Drill?

The Double Square Dribble and Passing Drill is an excellent method for younger players to enhance fundamental technical skills such as dribbling, turning, and passing. It's a straightforward drill, easy for players to adapt to. Players have the freedom to experiment with different turns on the cones, expanding their repertoire for match situations. The drill also contributes to improving players' fitness levels as they engage in both ball and non-ball running. It can serve as a warm-up at the beginning of a training session, preparing players for other drills.

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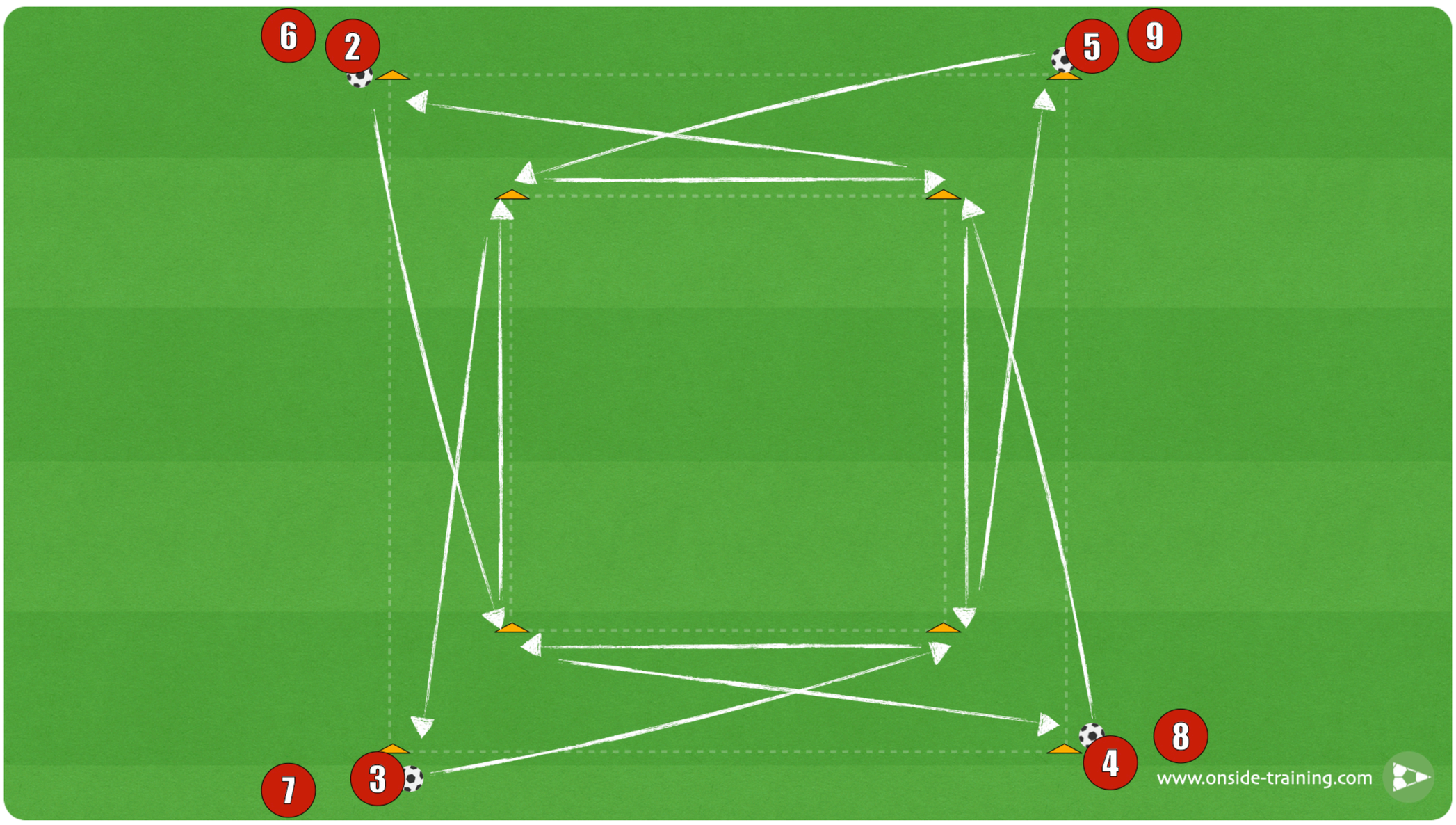
How It Works?

The four starting players at each cone simultaneously dribble to the next cone in the inner square. After turning on that cone, they return to the starting cone in the inner square. Following another turn, players make a pass to the next player in line, and this sequence is repeated for all players. Focus should be on maintaining close ball control while sustaining a good pace during the run.

Here are the different turn variations you can perform: Inside Turn, Outside Turn, Cruyff Turn, V Turn, Stepover Turn.



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