

1v1 DRIBBLING DRILL



Players:
+9



Time:
20 min



Focus:
Dribbling



Age:
U8+



Intensity:
6/10

SETUP

- Create a square with sides of about 10-15 meters, marking a 2-meter wide gate with 2 cones in the middle of each side.
- Divide the players into two teams, one team on the top and bottom sides and the other on the left and right sides, facing each other.
- Place a starting defender from one of the teams in the middle of the square.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

A competitive 1v1 exercise where the player on the ball carries it into the square through the gate and must beat the central defender to open a passing lane to the teammate on the opposite side. Players take turns dribbling past the defender and passing across. If the defender wins the ball or forces it out, the player who lost possession becomes the new defender and the other team starts, switching the direction of play. The drill develops dribbling, skill moves, composure on the ball, and defensive reading and tackling.

