

DOUBLE SQUARE DRIBBLE AND PASSING DRILL



Players:
+8



Time:
15 min



Focus:
Dribbling



Age:
U8+



Intensity:
4/10

SETUP

- Mark out an inner square 10 meters wide and an outer square 15 meters wide, four cones each.
- Position at least 2 players at every outer cone, with one ball at each outer cone.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

Four players start at the same time, one from each outer cone. Each dribbles alongside the inner square to the far cone on that side, turns on it, and dribbles back to the near inner cone. After a second turn, the player passes to the next line and follows the pass, keeping the rotation moving around the square. Vary the turn between inside, outside, Cruyff, V and stepover turns. The drill develops close ball control, turning, passing and fitness, and works well as a warm-up.

