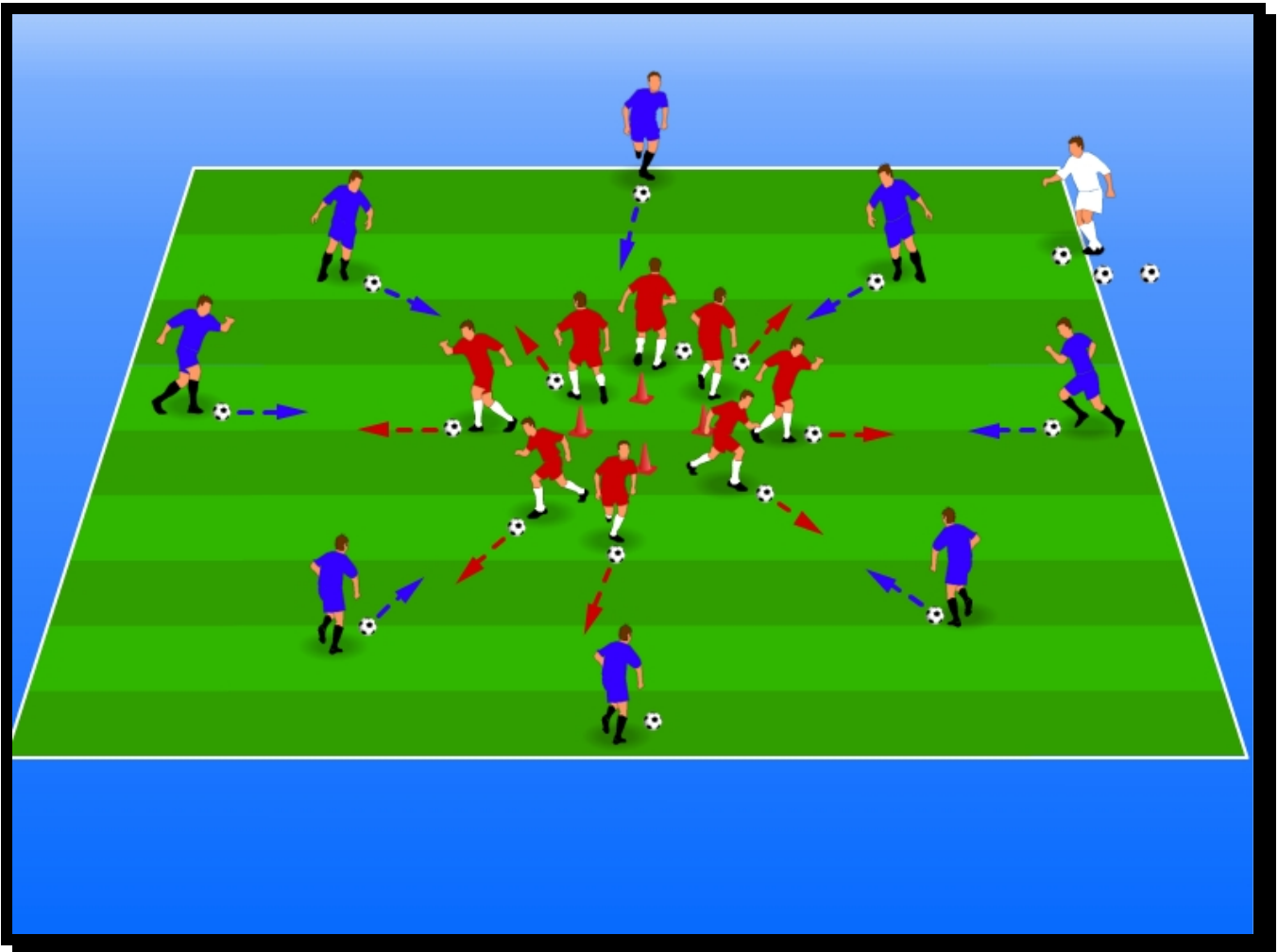


Traffic Jam

Fundamental

Dribbling



Set Up: There are sixteen players set up inside the grid, each player starting with a ball.

Procedure: On the signal, the first group of eight players dribbles directly towards the cones at game speed. When they get close to the cones, they perform a 180 degree turning move and dribble the ball back out. As soon as they turn, the second group of players starts in towards the cones, and both groups must avoid contact with each other. Possible moves are: Step over, Step on, Full sole roll, Pull behind the leg, Cruyff, Chop with inside or outside of the foot, etc.

Teaching Topics:

- 1 Turning moves.
- 2 Feinting moves.
- 3 Ball control.

Progressions:

- 1 Players can kick the ball away from another player.

Coaching Points:

- 1 Accelerate out of your turning move in order to create enough space to pass.
- 2 'Sell' your turning moves with ball and body feints.
- 3 Keep the ball close to your foot and be able to turn away from pressure at any time.