

TECHNICAL: Dribbling, Passing



“TECHNICAL CIRCLE”

The following drill was conducted by David Williams, former Academy Director at Manchester United, at a World Class Coaching International Coaching Seminar.

DRILL SETUP

All players form a circle (30-yard circumference).

Drill #1

- > 3 players start with a ball.
- > These players dribble halfway into the circle (red lines), stop, and pass to a player without a ball and then follow their pass.
- > The player who receives the ball, dribbles in and passes to another player and so on.

Drill #2

- > same as above only now have players dribble and/or pass and/or receive with either their right foot or their left foot

Drill #3

- > same as Drill #2, only now, after making the pass, the passing player runs toward the receiving player, offers passive defense, causing the receiving player to use an “away” touch (the passing player should not try to defend or tackle the ball away).

Drill #4

- > Mark out a square in the center of the grid with four cones (as seen in below diagram).
- > Players with ball now have to dribble into AND pass from inside the grid.

Drill #5

- > same as Drill #4 only now, after passing the ball, the passing player has to leave the square in another direction from which the pass was made (as seen in the diagram to the right -- Player 1 passes to Player 7 then turns and now has three options: to the left, to the right or back where he or she started).

Drill #6

- > now start with 2 players inside the square in the center of the circle and have two players on the outside with a ball
- > the players with a ball on the outside, pass to one of the players inside the square. The players who receive the ball inside the square, dribble out a yard or two and pass to a player on the outside without a ball. The player who started the drill with a pass, now runs into the square.

