

# “Box Race”

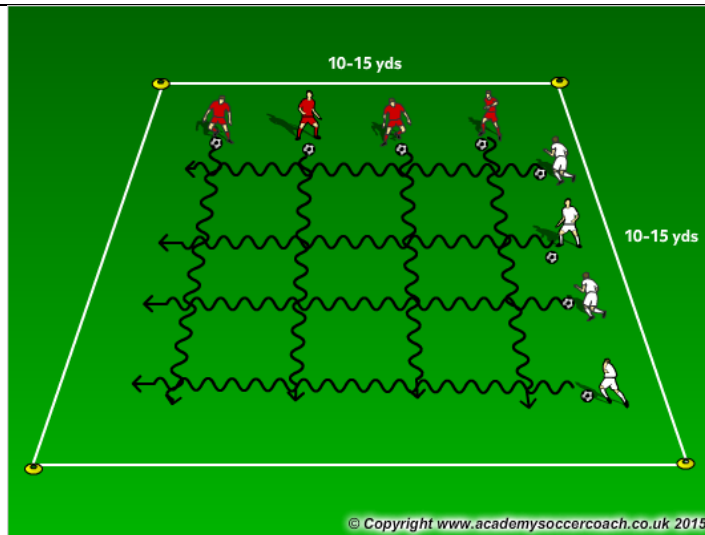
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Dribbling

**Primary Objective:** To teach players to dribble with awareness of surroundings, improve touch and speed on the ball.

**Duration:** 10 minutes

**The Basics**



## Organization

Players are lined up along 2 adjacent sides of a 10-15yd x 10-15yd grid.

Each player has a ball

## Activity

At the coach’s signal, players begin dribbling at a moderate pace toward the endline opposite them. When they reach the endline, stop the ball on the line, turn, and return to the original line.

Introduce intensity and speed by having a race to see who can have the most trips from endline to endline in 60 seconds. Reward the winner, then play again.

- Some players will try to move the ball across the grid in just 1-2 touches; often this drill will reward that player with a ball inadvertently kicked out of play, but if it doesn’t, remind players to keep the ball close to them in order to control it.
- Encourage players to dribble with their heads up so they can anticipate cross traffic and take touches into space/safety.

None

**Mod Coach Pts**

**Progression**

In successive rounds, require players to perform a specific move (cut, feint-cut, scissors, step-over, Cruyff, etc) when they encounter cross traffic.