

## Dribbling D2

U8+

Phase: Session 2

Intensity: Low-Medium

Intervals: 10 minute

Recovery Time: 30 seconds - 1 minute

### Coaching Points:

Dribbling with speed incorporating a left/right outside push and a turn.



### Instructions:

Players dribble from the blue cone to the pole, fake right and sprint to the other side.

They should perform left push to aim at the other blue cone.

Player can go around cone or perform 1 of the 5 feints to repeat the steps back.

Cruyff Turn, Drag Back, Inside Hook, Outside Hook, Spin Turn

