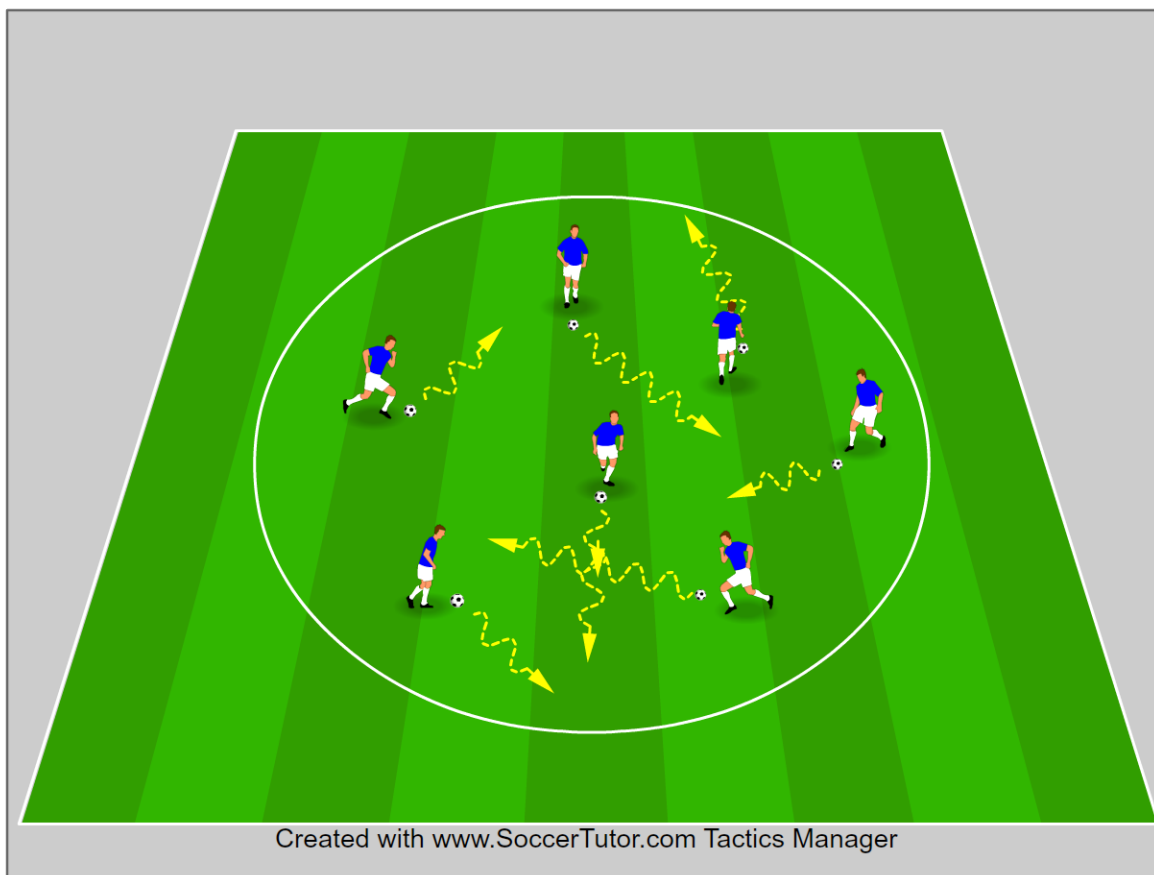


## Dribbling Circle



<b>Date:</b>	19/Mar/2014	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	30	<b>Level/Age Group:</b>	U5 - U14
<b>Description:</b>	All players have their own ball within the circle. They dribble around the circle at their own speed performing various moves shouted out by the coach.		
<b>Objective:</b>	<ul style="list-style-type: none"> <li>-Increase the players ability to dribble in tight areas.</li> <li>-increase the players ability to evade a defender</li> </ul>		
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>-Small tight touches</li> <li>-Use a body feint</li> <li>-Exploded after your move</li> </ul>		
<b>Progression:</b>	<ul style="list-style-type: none"> <li>Inside/Outside of foot</li> <li>-Single Scissors</li> <li>-Double Scissors</li> <li>-Mathews</li> <li>-Ronaldo Cut</li> <li>-Cruyff Turn</li> <li>-Maradona</li> <li>-Double tap</li> <li>-Shoulder Feint</li> </ul>		