



Drill Name: 2v2 Line Soccer - Dribble for Speed

Set up :

1 Grid, 30x20

Two Teams Facing Eachother, Each in Two seperate lines (for a total of 4)

Instructions:

Defenders serve the ball out, Attackers try to cross the opposing teams line in control of the ball.
If defenders win the ball, they can counter to the other teams line.

Coaching Points:

Recognize when you have space to dribble.

Always accelerate:

1. To the defender
2. Away from the defender