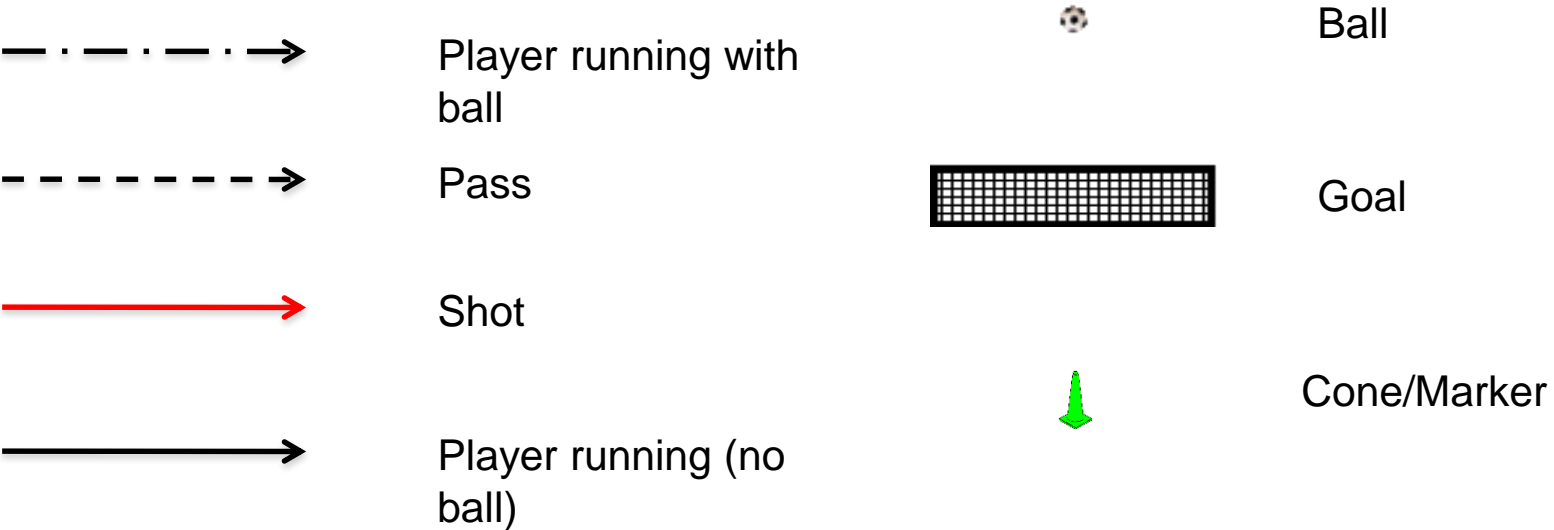




Diagram Key:



## **Functional Dribbling Box**

**Category:** Dribbling/1v1, Defending

**Practice Segment:**

- Technical Repetition-Shadow/Limited Pressure
- **Skills:**
- Dribbling/Footskills
- 1v1 Defending (closing space)

**Players:** Groups of 6

**Time:** 15-20 min

### Functional Dribbling w/Shadow Pressure:

- 8x8-10x10 box
- 3 players at opposite corners; 1 group of 3 has a ball
- Player with ball dribbles one corner while the first player on the opposite side (defender) runs to arrive first at the same corner
- Dribbler must perform designated turn while “defender” arrives and takes up correct defensive position
- After turning, the dribbler passes to the next player at his end and recovers back to his starting point; the defender recovers to the his starting point
- The next player receives across his body, takes a positive first touch and runs the ball to the opposite corner; the next defender can pressure at the moment of the attackers first touch.
- Activity continues until the coach signals the group to switch roles
- Note: Ladders/cones can be added for the players to pass through as they return from the corner to the starting point.

