

# Zig-Zag Dribbling Drill

Chris Johnson 51,714 Views Rating 3.28 (18 Reviews)

The Zig-Zag soccer dribbling drill focuses on dribbling with speed with the inside, the outside, and the bottom of the foot.



## Zig-Zag Soccer Dribbling Drill

The Zig-Zag soccer dribbling drill focuses on dribbling with speed with the inside, the outside, and the bottom of the foot.

### Drill Setup

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1. Set up cones about 5 yards apart in a zig-zag pattern.
2. The length of the zig-zag should stretch approximately 20 yards in length.
3. Players line up at the last cone with a ball each.

### Drill Instructions

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1. The first player in line dribbles around the outside of the cones in a zig-zag pattern.
2. When the dribbling player reaches the end, they sprint the zig-zag course's distance and return to the line.
3. Let the players go through the zig-zag obstacle course a few times to get comfortable with their touch.
4. Now, as the players are moving to their right side, they must dribble normally.
5. However, as the players move to the left side, they must roll the ball with the right foot's sole.
6. Change the pattern to move normally when moving to the left, but roll the ball with their left foot's sole as they move to the right.

## **Drill Variations**

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Additional dribbling skills can be added such as:

- Dribbling in a complete circle around each cone
- Moving the ball through the pattern with the soul of the foot only.

## **Drill Coaching Points**

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- Controlled touches near the dribbling player.
- Dribbling with the outside of the foot, inside of the foot, and soul of the foot
- Dribbling with speed

## **Equipment**

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- Disc Cones - Mini or Full-Size Disc Cones are a critical piece of equipment that every soccer coach must have in your equipment bag.
- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.

## **Drill Ages**

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- 4 - U4, Under 4, 4 and Under
- 5 - U5, Under 5, 5 and Under
- 6 - U6, Under 6, 6 and Under
- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under

## **Soccer Drill Skill Focus**

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- Dribbling - Soccer Dribbling Drills
- Fitness - Soccer Fitness Drills
- Warm-up - Soccer Warm-up Drills

**Soccer Drill Titled:** Zig-Zag Dribbling Drill  
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