

Figure Eight Dribbling Drill

Chris Johnson 94,582 Views Rating 3.97 (32 Reviews)

The Figure Eight soccer dribbling drill is a good change to weaving in and out of cones and is great for dribbling with the inside and outside of the foot.

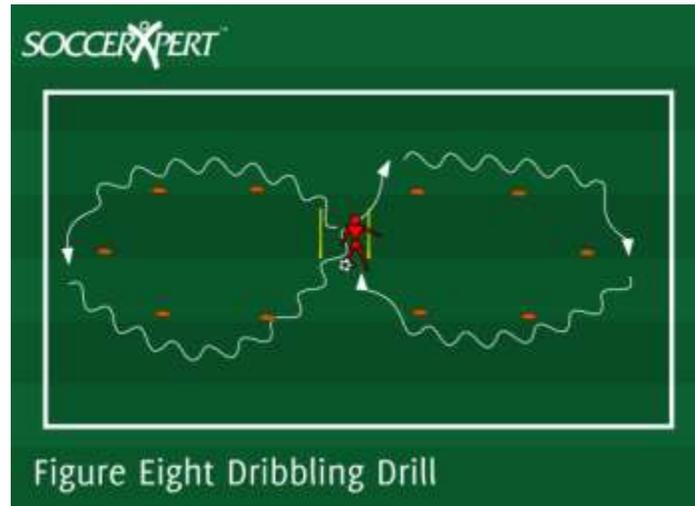


Figure Eight Soccer Dribbling Drill

The Figure Eight soccer dribbling drill is a good change to weaving in and out of cones and is great for dribbling with the inside and outside of the foot.

Drill Setup

1. Create two 5X5 yard grids about 5 yards apart.
2. Place two training sticks in the middle of the grids approximately 3 yards apart.
3. Set a cone on each end turning the grids into a pentagon.
4. One player starts between the training sticks with a ball.
5. Players should play at full speed for one minute then rotate with a partner.
6. Setup multiple obstacle courses depending on the number of players.

Drill Instructions

1. The player will dribble in a figure eight pattern around the cones and through the center training sticks without any dribbling restrictions.
2. Next, as the player dribbles to their left, they should dribble with the outside of the left foot and as they travel to the right, they should dribble with the outside of their right foot.
3. Now, as the player dribbles to their left, have them dribble with the inside of the right foot, and as they travel to the right, have them dribble with the inside of their left foot.
4. Each series should last 1 minute before switching.

Drill Variations

- N/A

Drill Coaching Points

- Dribble with speed.
- Controlled touches with the outside and inside of the foot.
- Keep the ball close.
- Quick touches to cut the ball around the area.
- Make sure players heads are up.

Equipment

- 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.
- Training Sticks - Training Sticks or Agility Poles

Drill Ages

- 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
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

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

Soccer Drill Titled: Figure Eight Dribbling Drill

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