

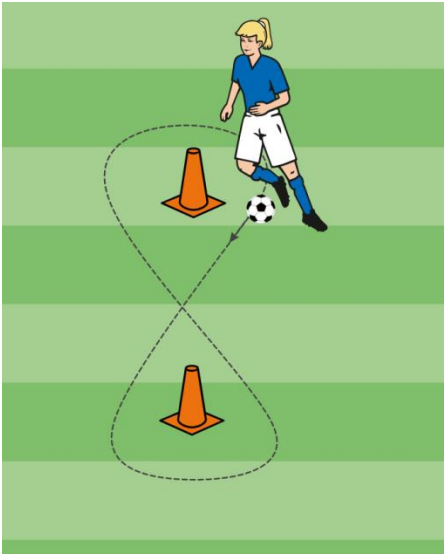


## Backyard Soccer Training

*"Practice by yourself"*

### Figure 8 Dribbling

This activity is simple and very effective in helping players to improve dribbling with both feet. It also improves body control and agility.

ACTIVITY	ORGANIZATION
<p>Player dribbles around the cones in a "figure 8" pattern. Cones are 3 or 4 large steps apart. <i>Can use discs or other objects as cones</i></p> <p><b>Time:</b> 30 seconds each sequence, 15-30 second rest</p> <p><b>Sequence:</b></p> <ol style="list-style-type: none"> <li><b>"Favorite foot" only</b> <i>This will force the player to use the inside and outside of the same foot</i></li> <li><b>"Other foot" only</b></li> <li><b>Insides of both feet only</b></li> <li><b>Outsides of both feet only</b> <i>This is the most challenging</i></li> </ol>	
<p><b>Some Progressions:</b></p> <p><b>Shorter distance between cones</b> <i>This will improve agility and quick transitions between feet and surfaces of the feet</i></p> <p><b>Key point:</b> Encourage the player to stay close to the cones and turn tight around them</p> <p><b>Longer distances between cones</b> <i>This will improve the ability to switch between longer strides (bigger touches) and smaller quick touches</i></p> <p><b>Key point:</b> Encourage the player to take a big touch in between the cones then switch to small quick touches around the cones</p>	