

Diamond Dribbling Circuits



Note: Coach should have the players jog through the circuit without the ball a couple of times to get used to the movements. 2nd player in line shouldn't begin his movement until the 1st person has reached the second disc.

1st Exercise: (pictured on left)

Line should begin at the bottom. Players dribble out and cut the ball prior to reaching each disc. Players should pretend each disc is a defender and cut the ball in front of the disc, accelerate to the next disc. *Change the direction of the movement after a few minutes to force players to use both feet.*

Variations:

- Both feet
- Just with your right foot
- Just with your left foot
- Just with the outside of your feet.

2nd Exercise: (pictured on right)

Split the line to begin at the top and bottom. Players' now dribble up and out before heading to the middle disc. Follow the path as pictured. The movements will now be a bit different with sharp turns as well as the ability to accelerate through the middle as you move forward.

Change the direction of the movement after a few minutes to force players to use both feet.