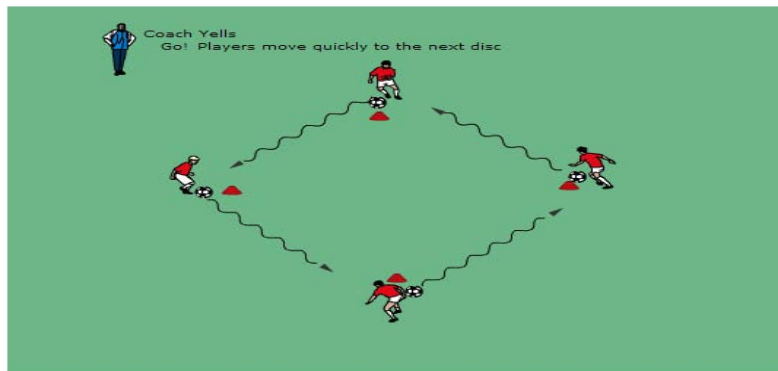


Everton Youth Diamond Dribbling Circuit



The Set-up: create a diamond with discs about 8 to 10 yards apart. Each player has a ball and stand approximately a yard behind the disc.

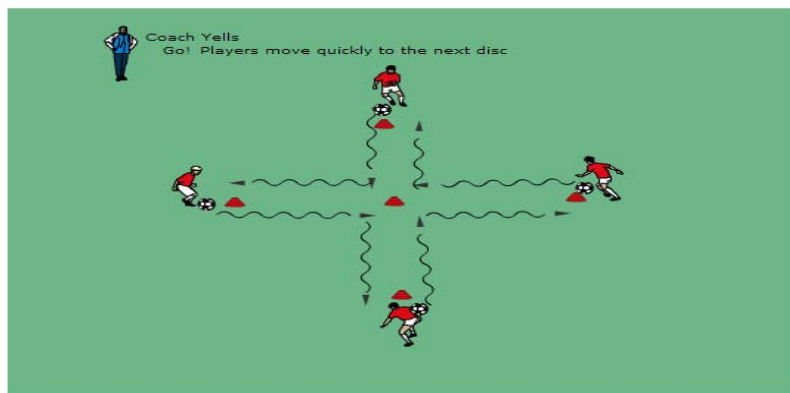
The Exercise: When the coach yells Go! Players accelerate with the ball to the next disc. Coach can ask the players to carry out a specific movement before moving to the next disc such as step behind the ball, Scissors Move, Pull Back open up, inside step-over

After 2 or 3 minutes change the direction of the players' movement. This will force the players to use both feet. Ask the players to remain "soft on their feet", no heels touching the ground.

Focus:

- Proper technique and moving at speed

Progress to:



The Set-up: Same as above, but now add an additional central disc.

The Exercise: When the coach yells Go! Players accelerate with the ball into the middle prior to moving to the next disc.

As in previous the coach can ask the players to carry out a specific movement before moving to the next disc. After 2 or 3 minutes change the direction of the players' movement. This will force the players to use both feet. Ask the players to remain "soft on their feet", no heels touching the ground.