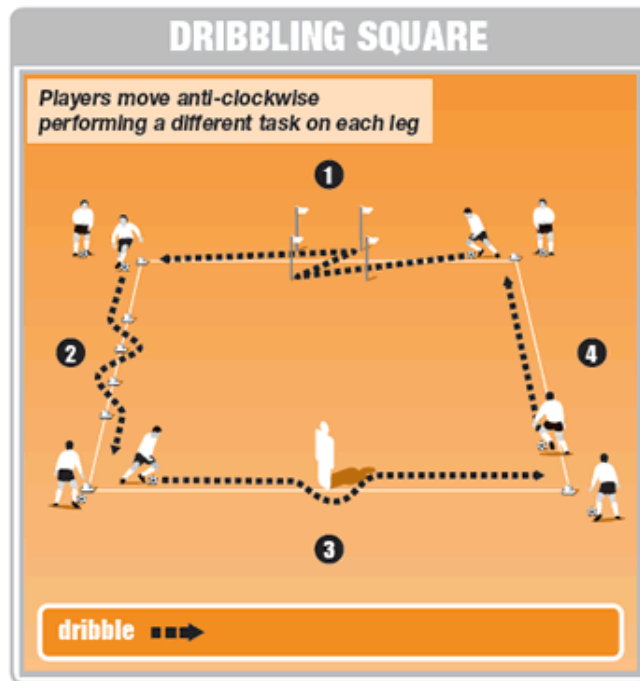


Dribbling square

By Michael Beale

This is a great pre-match warm-up to get the ball sticking to your players' feet.



How to set it up

- Place a couple of players at each of the four corners of a square measuring 30 yards square.
- Along three edges, set up a small square of flags, some slalom cones and a mannequin (or pole). The other edge has no obstacles along it.

Getting started

One player from each corner begins dribbling along the side of the pitch in an anticlockwise direction. Depending on where he starts, his task will be to:

1. Dribble into the small square of flags, complete two turns, then dribble to the opposite side.
2. Dribble and slalom in and out of the cones to the opposite end.
3. Dribble and jockey past the mannequin (or pole).
4. Dribble the ball quickly using various parts of both feet (inside, outside, sole).

Why this works:

This is a simple warm-up, elements of which you've probably performed many times yourself in the past.

Combining them all into one move though (and in a square area that leads players to come back round to the point they started from) means that everyone gets to try each discipline, and there are always four moves going on at any one time.