



## STOP ON A DIME CHALLENGE!

Ball Control: Dribbling

### COACHING GOALS

During this drill, my team will:

- Learn how to control the ball while changing directions and stopping quickly.
- Learn how to work through fatigue while focusing on quality touches.

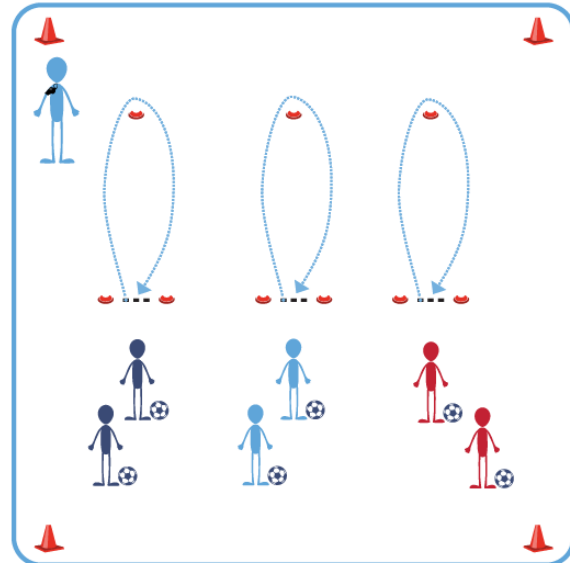
### EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per player
- 3 low-profile cones per group

Set-Up:

- Use cones to create an elongated triangle with one cone 15 yards from a start/stop gate.
- Create groups of 2 or 3 players per group.
- Each group with a ball, standing with their group behind the start/stop gate.



### HOW TO PLAY

1. It's time for the Stop On A Dime Challenge!
2. The object is to dribble quickly around the end cone, change direction with the outside of your foot only, and then dribble back as quick as you can – stopping the ball in the center of the start/stop gate using the outside of your foot once again.
3. As soon as the ball comes to a complete stop, go again around the end cone and back. Repeat 5X before giving the next teammate in line a turn.
4. ADD CHALLENGES:
  - Shorten or lengthen the distance between the start/stop gate and the end cone.

### FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: Why is it important to develop control when changing directions and stopping quickly?
- Q2: Why is it important to practice ball control skills while also working hard to develop aerobic fitness?