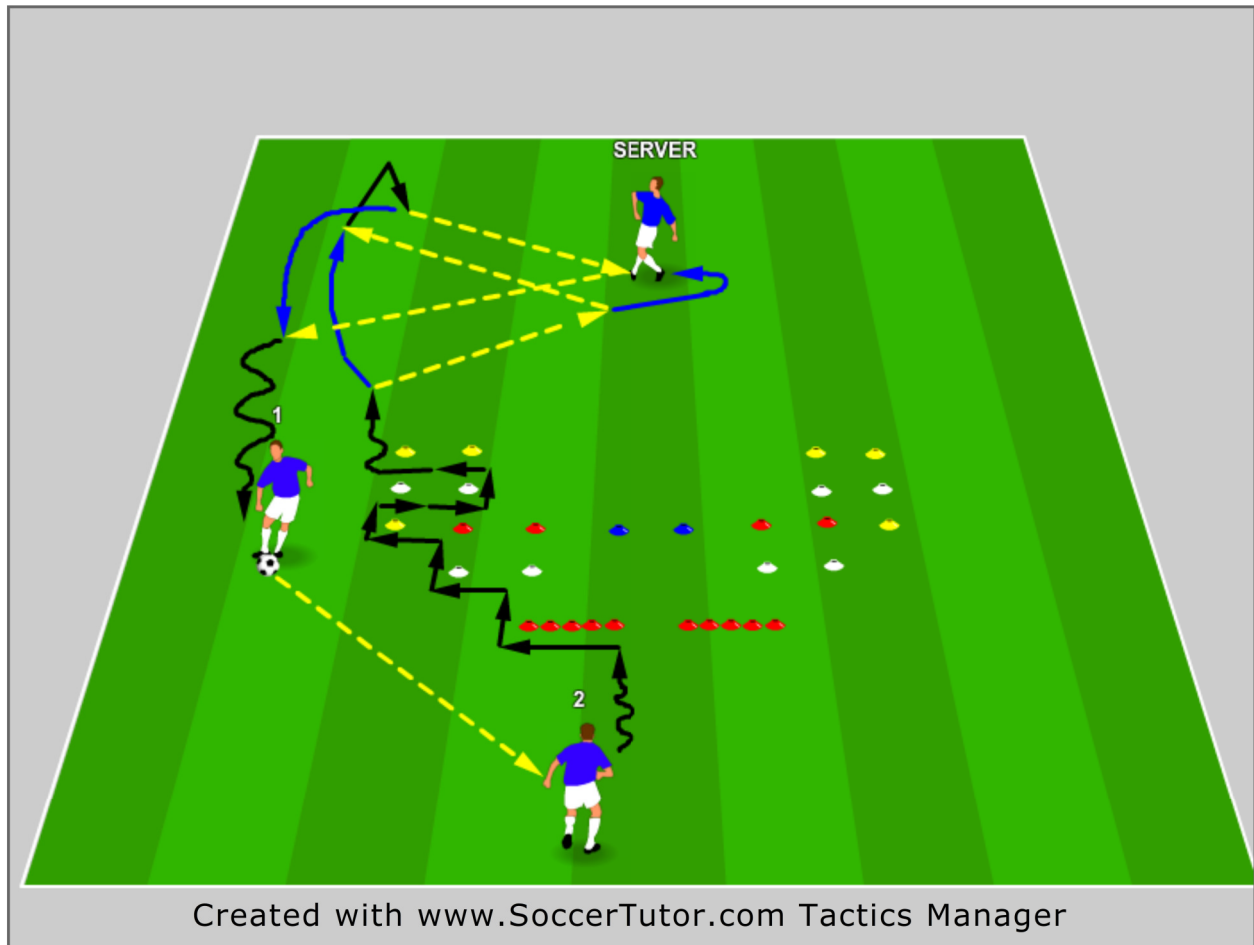


Technical Dribbling Circuit - Developing the 360 Player Book + DVD Combo



Date: 23/Aug/2011 **Measurement:** 10 x 20 Yards
Time: N/A : N/A **Players:** 3
Duration: N/A **Level/Age Group:** U11 – U14 (Intermediate)

Description: Player 1 dribbles towards the right side of the 5 red cones, then with the inside of the right foot cuts the ball inside. Moves inside following the pattern of the diagram. Note that between the yellow and white cones, the player must get a double touch as indicated by the two consecutive arrows. At the end of the circuit the player must make a wall pass with the server, make a turn before making another wall pass back towards the circuit. The player dribbles on before passing to Player 2.

Objective: To Develop technical ball control and coordinative skills.

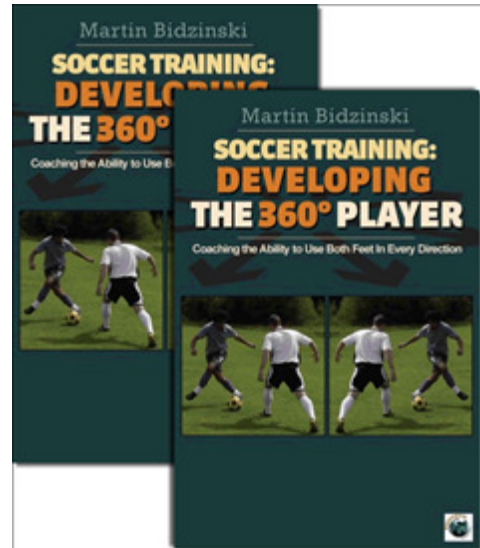
Coaching Points:
 1. Keep ball close the feet.
 2. Use both feet
 3. Use all parts of both feet (inside, outside and sole)

Progression: See Developing the 360 Player Book + DVD Combo for more variations.

This Practice was taken from "Developing the 360 Player - Book + DVD Set Combo"

Martin Bidzinski presents a training method that focuses on developing physically balanced players who are comfortable playing the ball with either foot to any direction of play, thus giving them the full 360° range of playing options.

Martin Bidzinski has developed a **training method that will give your players the repertoire of skills needed to play the fluid, attacking style of play** known as "**The First Ball Game**". Teams like FC Barcelona, Arsenal FC and the national teams of Brazil and Spain have made their mark on the world of soccer by playing and winning with this attractive style, based on keeping the ball on the ground to feet and building the attack with skill rather than long balls and physical confrontations.



This book and DVD combo gives you all the tools you need to develop and test your players' ability to implement the "**First Ball Game**".

Purchase the Book + DVD Combo

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Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>