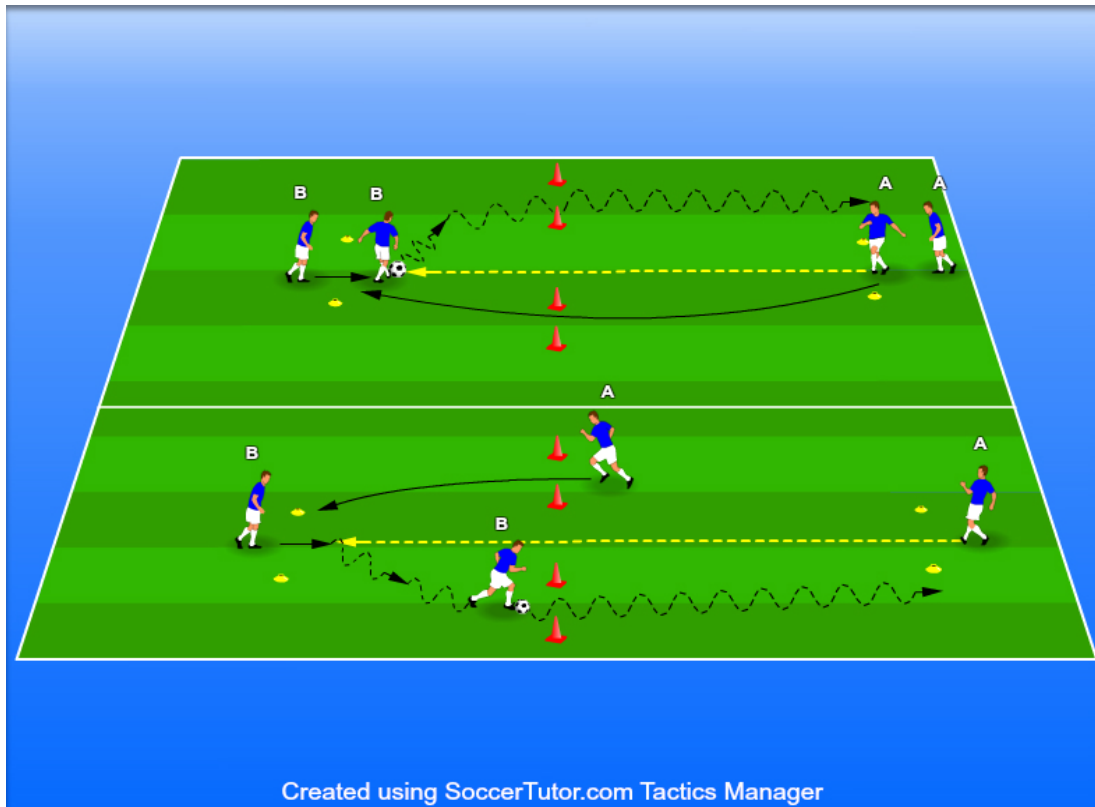


## Opening Up to Receive and Dribble



**Levels:** U9-12

**Measurement:**

20 x 5 Yards

**Duration:** 15-20 Mins

**Players:**

4

**Objective:**

Opening up to receive and dribble

**Description:**

Player A passes the ball to player B. Player B receives the ball and takes a directional first touch either the left or right and then dribbles through the cones to the other end and gives the ball to the next player.

The Player A who made the first pass runs through the opposite cones to move to the opposite end (as shown).

**Coaching Points:**

1. Players should pass and receive with both feet during this practice.
2. The dribbling part should be done at full speed.

**Progression:**

Use a chip pass.

## Opening Up to Receive and Dribble

### This Drill is Taken From...

### By Coach



40 Sessions (200 Practices) From Italian Serie 'A' Coaches

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Simone Bombardieri

Empoli FC Academy Coach .

### Equipment Needed



#### Space Markers



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#### Traffic Cones



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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