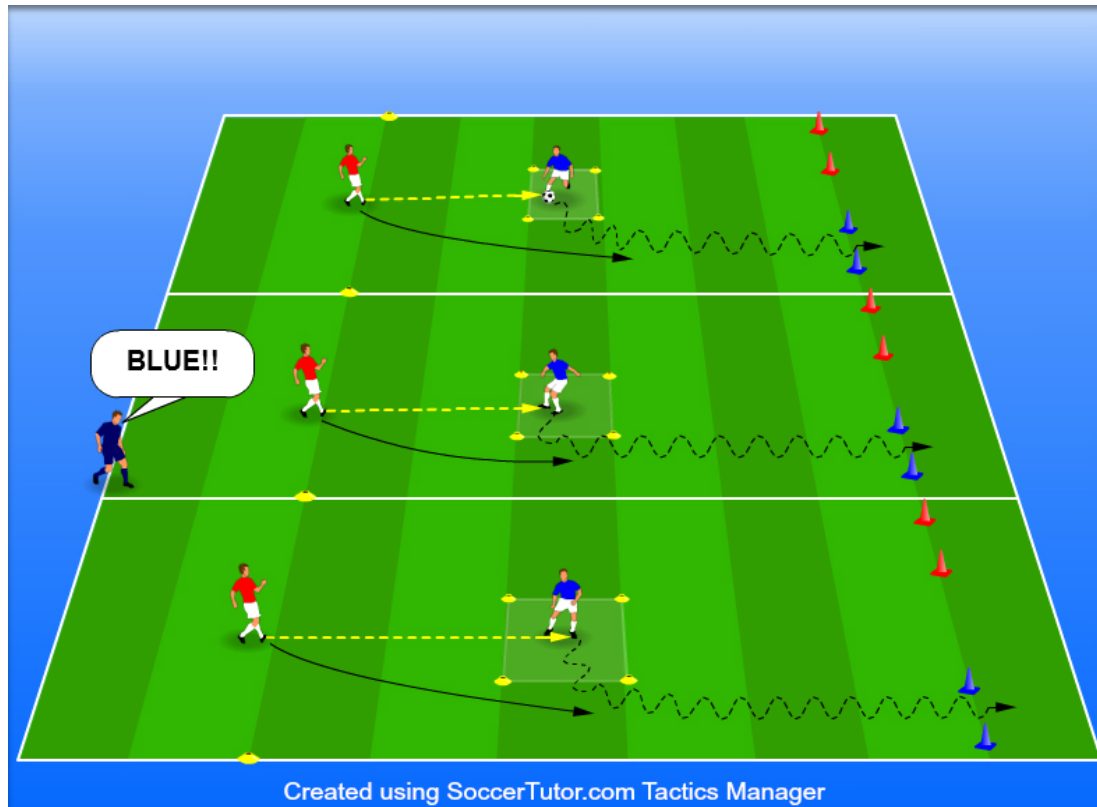


Receiving, Turning and Dribbling with the Back to Goal



Levels: U13-15

Measurement:

15 x 30 Yards

Duration: 15-20 Mins

Players:

2

Objective: Receiving, Turning and Dribbling with the Back to Goal

Description: Players stand in the yellow square zone as shown in the diagram.

They receive a pass from their teammate, turn and dribble towards the coloured goal called out by the coach.

They must dribble through the cone goal while the teammate who passed the ball applies pressure from behind.

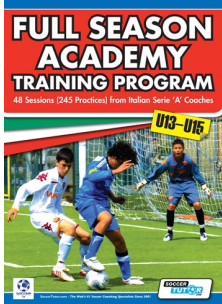
Coaching Points:

1. The player should receive the ball on the half turn to make a quick transition to dribble the ball towards the cones.
2. A directional first touch is very important to quickly move towards the cone before the defender is able to close them down

Receiving, Turning and Dribbling with the Back to Goal

This Drill is Taken From...

By Coach



48 Sessions (245 Practices) From Italian Serie 'A' Coaches

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Mirko Mazzantini

ACF Fiorentina
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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