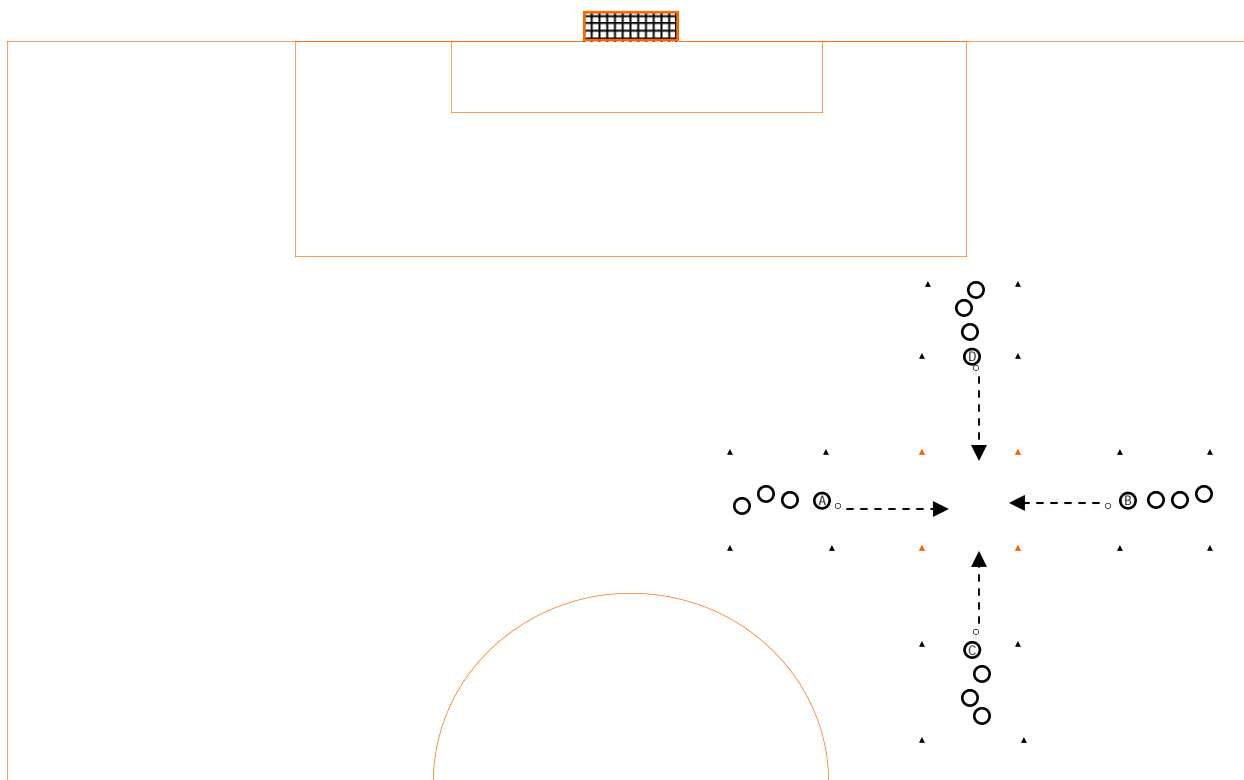




INTER MILAN dribbling ('INTERsection')



Appropriately named 'INTERsection', this is a dribbling / control exercise used at the Inter Milan youth sector. We saw this being done with Inter's under 13's.

— PASS —
~~— SHOOT —~~
 ... RUN ...
~~- DRIBBLE -~~

EQUIPMENT: 20 cones, 4 balls

FIELD DIMENSIONS: 5 grids, each 4 yds by 4 yds, set up as shown

NUMBER OF PLAYERS: 8 minimum, equally split and positioned into the four outer grids

PLAY:

- the first player in each line has a ball
- each player with a ball dribbles directly across to the opposite grid
- players can choose which foot to begin with but must touch the ball with each stride
- dribbler leaves the ball with the next player waiting in the opposite line
- new dribblers repeat

PROGRESSION:

1. with each stride, players alternate between the inside and outside surface of the selected foot.
2. instruct the players to use only the sole of the foot to stop the ball (control) to avoid a collision before dribbling again.
3. when dribblers enter the center grid a selected turn is performed before returning to their starting grid.
 - outside hook, inside hook, cruyff turn, drag back, etc

COACHING POINTS:

- the four players dribbling will 'meet' in the center grid and should use their vision to avoid colliding.
- as players become comfortable with the exercise, the dribbling / touches should be at a quick pace.

NOTES:

