

P.A.T - Dribbling Drills with both left & Right Foot			
	Drill	Set Up	Technique
#1	Ball Touch 60 sec	One soccer ball	Alternate touching the ball of your foot on top of the ball
#2	Two Foot Fake Step Over 60 sec	One soccer ball	Throw your body into the movement and then get back to the starting position quickly. Both feet jump over the ball. Spring back and fourth on your toes when executing the move.
#3	Fake Double Step Over 60 sec	One Soccer ball	Step cross over left - Step cross over right & repeat
#4	Cone Dribble 5 sets R.F 5 sets L.F	Place each cone a foot & 1/2 apart, place 15 cones in line	Dribble in between cones, getting as many tight touches as possible. Each touch is around a couple of inches 3 touches outside foot 3 touches inside foot
#5	Zigzag Slalom 5 sets R.F 5 sets L.F	10 to 15 cones, space them out like around 2 meters apart	Zigzag around each cone like a skier on the slopes. Start with your right foot using the outside of your foot and bring it around the cone with the inside of your foot. Make your way to the cone at the other end touching the ball with the outside of your foot, all the way till you get back and then repeat the steps.
#6	#Fast lane Dribble 5 sets R.F 5 sets L.F	Place 2 rows of cones. Each row is around a stride apart. 10 cones on each side	Dribble as fast as you can to you get to the very end. Its about speed and staying within the lane. Start with right foot. Kick the ball with the outside of your foot in a straight line. Then run and take a couple of steps in between next touch. Executing the touch: Left foot planted forward, right foot is back as you then stride in with the right, you hit the ball (keep the foot tucked in, this will guarantee that the ball will go straight) and immediately plant the foot down

Links:<https://www.youtube.com/watch?v=7I3nj0MsAMw>

<https://www.youtube.com/watch?v=jwIHc9rz7yo>

P.A.T - Individual Soccer Drills (3 Rounds)



#1 Ball Touch - 60 seconds



#2 Two Foot Fake Over Ball - 60 seconds



#3 Fake Double Step Over - 60 seconds



#4 Cone Dribble - 5 sets for each foot



#5 Zigzag Slalom - 5 sets for each foot



#6 Fast Lane Dribble - 5 sets for each foot