



Beat the Cone

Set Up

Make one square 25X15 yds

Make two diamonds approximately 4x4yds

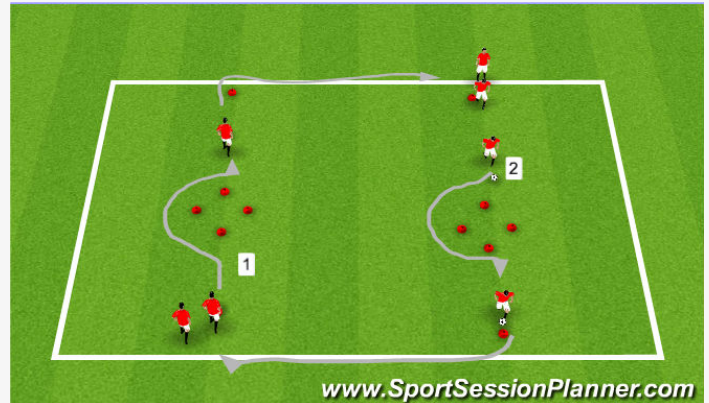
Divide team into two lines on opposite corners

Instructions

Players dribble at the lowest cone towards them like it is a defender in a 1v1 situation. Players make a move around the cone and dribble around the diamond. When they turn the corner of the square they should accelerate using their laces to dribble to the back of the opposite line. The next player goes after the player makes the move at the cone. If you have 10 players or less, one square is fine. More than that I recommend making 2 squares so lines are not long.

1v1 toolbox:

1. Inside touch
2. Outside touch
3. Fake left, outside touch with the right also fake right outside touch with the left
4. Scissors



Pass and Turn

Set Up

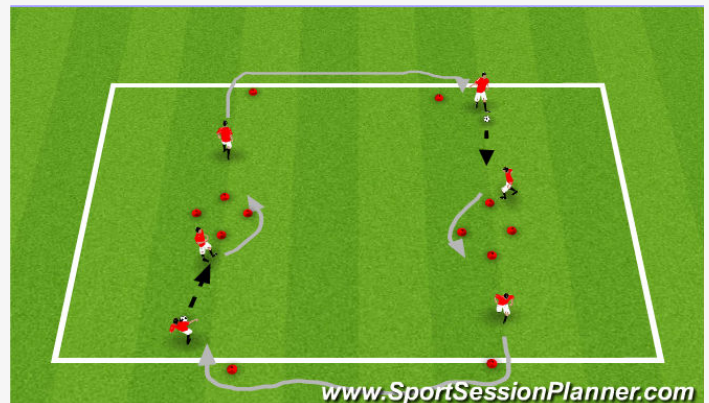
Same as before

Instructions

One player in each line starts at the cone on the bottom of the diamond. The cone represents a defender behind the receiving player. The ball is passed in and the receiving player will turn with the ball and then finish the rest of the activity just like they have been doing. The turn I would like for you to start with is called a half turn. This involves the receiving player to have an open body position. This means they can see their teammate with the ball and can see the cones they are dribbling around. Players will receive the ball with their body position open and then dribble around the cones.

Turns:

1. Half Turn
2. Inside turn- This turn now has the receiving player with their body position closed (they are square to the player passing the ball) and use the inside of their foot to turn with the ball. If you receive with your right foot that means the player turns to their left.
3. Outside turn- same as above, but now the receiving player uses the outside of their foot to turn. If the player receives with their right foot they should be turning to their right.



1v1

Set Up

2 fields 20x15

Instructions

1v1 to endlines. The attacking player starts by dribbling at the defensive player. Players score by dribbling through one of the three goals. If the defender wins the ball they can score by dribbling over the opposite endline.

Coaching points:

1. Using one of the moves we worked on
2. Dribbling with speed and control
3. Dribbling towards the space
4. Positive first touch



2v1

Set Up

Same as before

Instructions

Play is started by a pass into a "target". The idea is for them to half turn and dribble, but the player that passed joins in to make it a 2v1. Defender can't leave until the ball is passed.

Progression

1. After the initial pass any other pass results in another defender stepping on to make it a 2v2 or 2v3 or 2v4. More passes=more defenders
2. Defender starts out with the attacking player but cannot steal the initial pass.

