



Beat the Cone

Set Up

Make one square 25X15 yds

Make two diamonds approximately 4x4yds

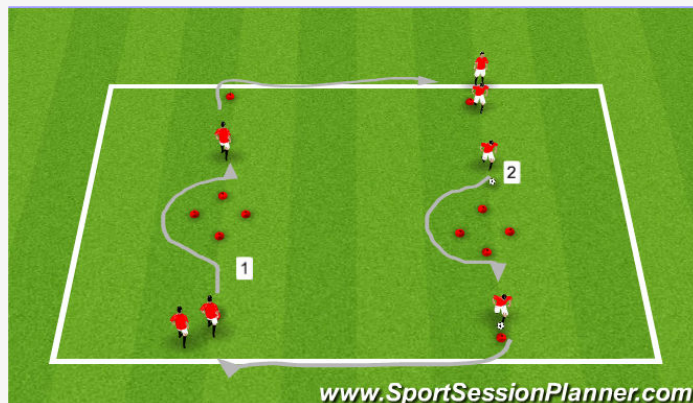
Divide team into two lines on opposite corners

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

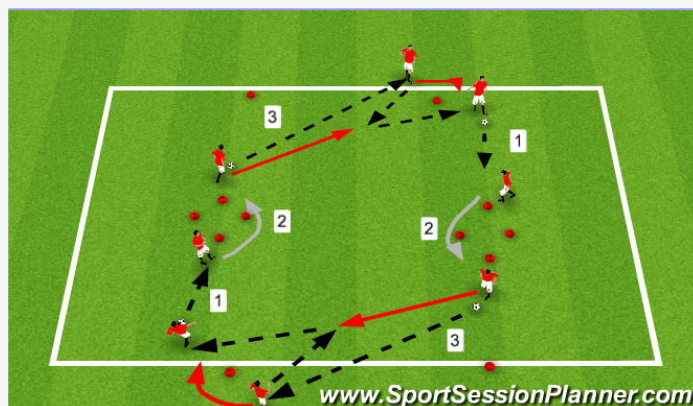
One player in each line starts at the cone on the bottom of the diamond. The cone represents a defender behind the receiving player. The ball is passed in and the receiving player will turn with the ball. The turn I would like for you to start with is called a half turn. This involves the receiving player 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 dribble around the cones. At this point they should pick their head up and pass to the next player in line and have a little one-two. The player the passes the ball into their teammate to turn then takes their spot.

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

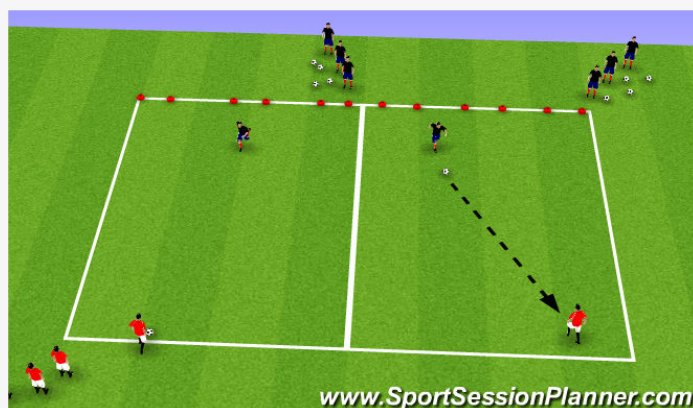
1v1 to endlines. The attacking player starts by dribbling at the defensive player. Players score by dribbling through one of the three goals. If the defender wins the ball they can score by dribbling over the opposite endline.

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

Progression:

1. Players can turn back and play in a second attacking player, but that also brings in a second defender



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.



3v2

Set Up

Use a regulation goal set up one cone at the top of the box and two cones about 25 yards out 12 yards apart.

Instructions

Just like the 2v1 except now it's to goal and we added numbers. It's a 3v2 and the defenders can come out as soon as the ball is passed to the target. From there the target can turn to try and score or layoff and try to combine.

Coaching Points:

1. Body positioning of the target player
2. Can the target turn and get a shot off
3. Can the target recognize when they can't turn and use their teammates to combine

