**Dribbling Cones Practice Plan**

**Pull Back Move**

With ball in front of player, reach out with foot and place bottom of foot on the ball.

Pull the ball back and let it roll behind the player.

The player will then move after the ball keeping it close enough to have control and stop if needed.

Video link:

<https://www.youtube.com/watch?v=4t3IQIvx9no>

**Inside or Outside Cut Move**

While dribbling the ball forward, reach out to the far side of the ball and with the inside or outside of the foot, stop the ball.

Push the ball back in the opposite direction and continue the dribble.

Video link:

s<https://www.youtube.com/watch?v=Oh0I9-71qvU>

<https://www.youtube.com/watch?v=y1beEOMmL20>

Extra Video Lesson:

Watch part of the Atlanta United soccer game and find players doing moves and dribbling the ball.

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