

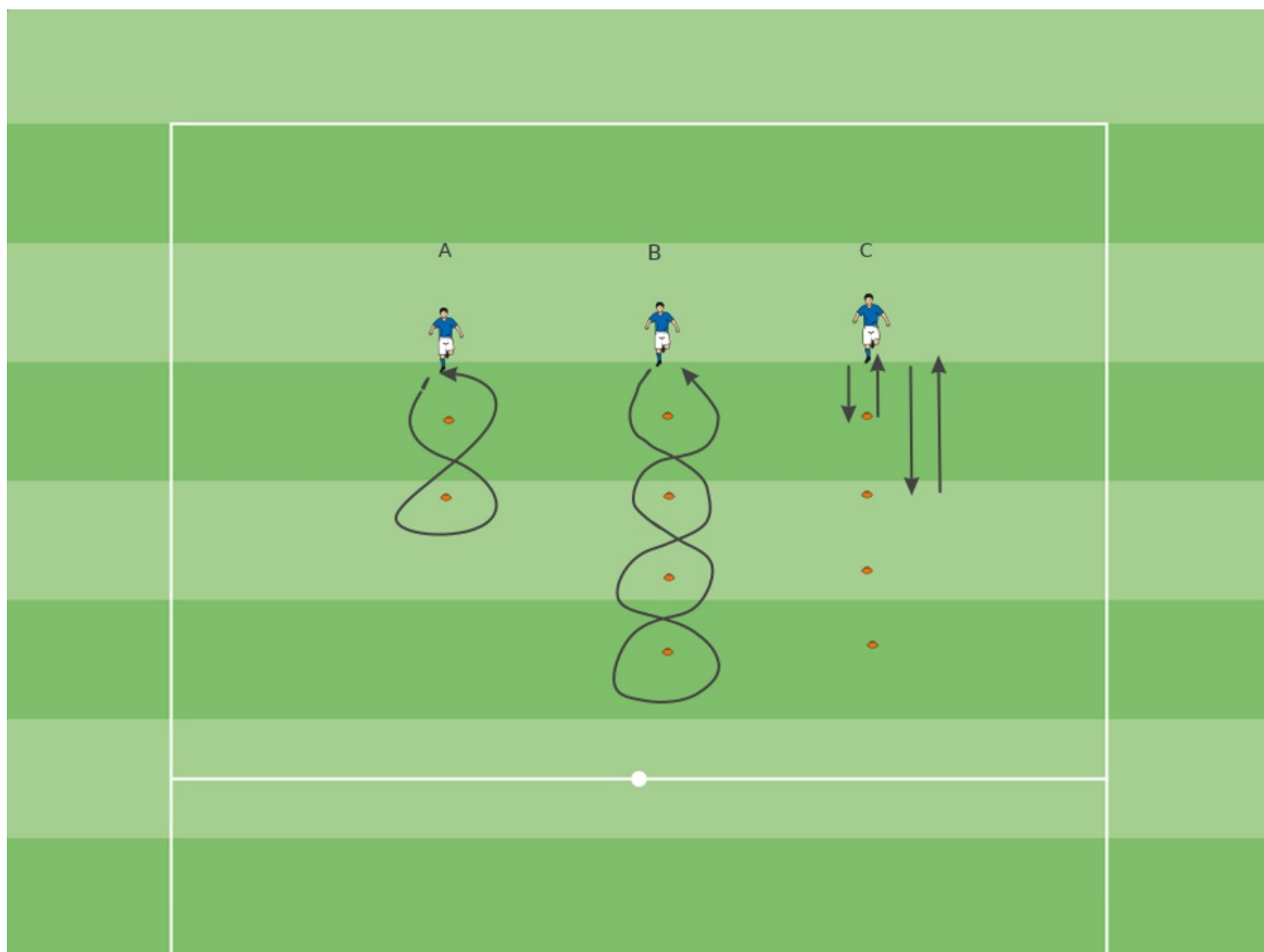
Dribbling Cones

OBJECTIVE: Dribble with Control;

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Focus, Optimal technical

Mark Bailey



ORGANIZATION:

Layout cones as shown for each exercise A) First Dribble Layout two cones as shown and dribble around in figure 8 pattern. Do this three times and then rest for 15 seconds. Three sets of three. B) Second Dribble Layout cones as shown and dribble in slalom pattern. Do this three times and then rest for 15 seconds. Three sets of three C) Third Dribble Layout cones as shown and dribble to first cone and back, then second and back, and so on. Use pull back move on first cone, then sharp cut move with inside of foot on second and then outside of foot and then any move you choose on last cone. Do this three times and then rest for 15 seconds Three sets of three

KEY WORDS:

Focus, control, proper speed, confidence

GUIDED QUESTIONS:

What part of the foot should you use? Should your head be up to see where you are going?

ANSWERS:

Inside and outside of the foot. Head up, toe down. Head up to see the next cone and find space.

NOTES:

Key is proper control with correct parts of the foot. Go as fast as you can while staying under control. Control of the ball is key. 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=4t3IQlvx9no> 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: <https://www.youtube.com/watch?v=0h019-71qvU> <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>

🕒 **MOMENT:**
Attacking

👤 **AGE:**
U7-U8 / 4v4