



Warmup

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Organization:

Every player with a ball and a cone.

How to Play:

Players stay in a tight space near their cone. Working on a number of individual skills.

Toe Touches, Foundations, Sole Roles, Ws, Vs, Ls, Inside Outsides, Stepovers, Scissors, Triangles

Start slow and increase speed when become comfortable. Perform skills while being timed.

Coaching Points:

Focus on performing skill correctly before doing it at speed



Diamond Dribbling

Diamond Dribbling Drill

Organization:

Every player has a ball. Cones set up in a diamond shape with one cone in the middle.

How to Play:

Players dribble to the middle cone, then to the cone to their right, then back to original cone.

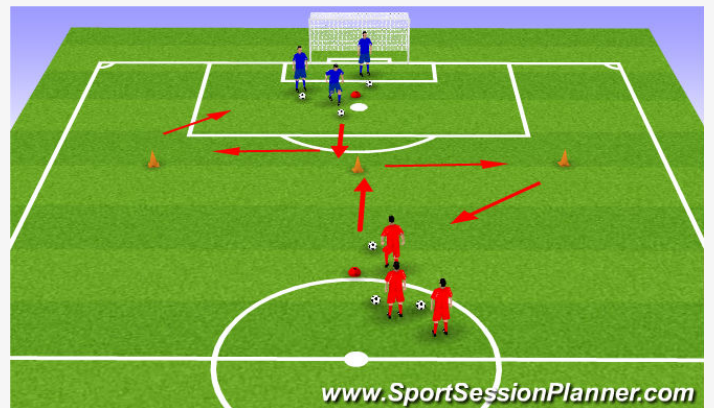
Working on attacking moves at each cone and speed dribbling.

Coaching Points:

Keep ball close to feet

Perform attacking moves at game speed

When speed dribbling, stay under control



4v4

Final Game

Notes:

Perform attacking moves when in 1v1 situations

Focus on attacking and defending principles

