

Drill Number

16

Min Age Group:

U7

Min # of Players

4

Drill Name

Through the Cones

Min Time Required

5

Description

Setup:

In a 15-20 yard area set up 10-12 pairs of cones randomly with each pair about a yard apart.

Description:

Divide the team in two groups and have one group at a time try to dribble through as many pairs of cones in 60 seconds. Have a partner count the number of cones the player dribbles through. One rule is you can not dribble through the same pair of cones twice in a row.

Coaching Points

Vary the dribbling rules such as left foot only, outside foot only, use the sole of the foot through the cones, make a certain move after going through the cones, etc.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

