

# Drill Prints for Notebook

<b>Drill Number</b>	1	<b>Min Age Group:</b>	U7
<b>Drill Name</b>	Player Slalom	<b>Min # of Players</b>	7
		<b>Min Time Required</b>	5

**Description**

Setup:  
Place players in a straight line with consistent spacing between each player. Each player has a ball.

Description:  
Similar to Cone Slalom, except that rather than cones the players weave around their teammates. The first player does a pullback, cut, or other appropriate move to turn around and start the weave. Once the first player passes the second remaining person, the new first person would turn and start their weave. As each player finishes they take a position about 5 yards behind the last person in line. This drill can continue indefinitely without resting the players.

**Coaching Points** Go as fast as you CAN, not as fast as you CAN'T; dribbling speed comes after developed touch, not vice-versa

- Dribbling**
- Footwork**
- Shielding**
- Passing**
- Receiving**
- Defending**
- Tackling**
- Finishing Tech**
- Throw-ins**
- Aggressiveness**
- Conditioning**
- Spacing Concepts**
- Tactics**
- Goalkeeper**
- Settling the Ball**

