



DRIBBLING AT THE CONE

Emphasis:

This is a good dribbling game for young players to learn to dribble without opposition. It is a great game to introduce different fakes and fakes to gain an edge on the defender.

Game Info:

This is for ages U6, U8, U10 and U12. It is best run with at least 2 players but no more than 20 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Build a grid that is 20X10 yards with a cone in the middle of the grid. This grid will be for 3 players, so build additional grids as needed depending on the amount of players.

Instructions:

Position the players where 2 players are on one end line and 1 player is on the other end line. The first person in the group of 2 will start with the ball. This player will dribble at the cone; change the direction of the ball as he makes a move (fake) around the cone.

After moving past the cone, the player should increase his speed to finish at the other side of the grid. He then lays the ball off to the other player who performs the same fake on the cone. Play continues until the coach introduces a new fake at the cone.

Progression:

Some moves to perform are:

- The scissors, double scissors, Maradona, Cruyff, Mathews, Ronaldo, outside/inside turns & drag-back.
- Replace the cone with a defender.

Coaching Points:

- Make sure the players move towards the cone with the ball under total control.
- Make sure the player has a good change of direction at the cone.
- Make sure they sell the move to the cone.
- After passing the cone, make sure the player has a burst of speed.