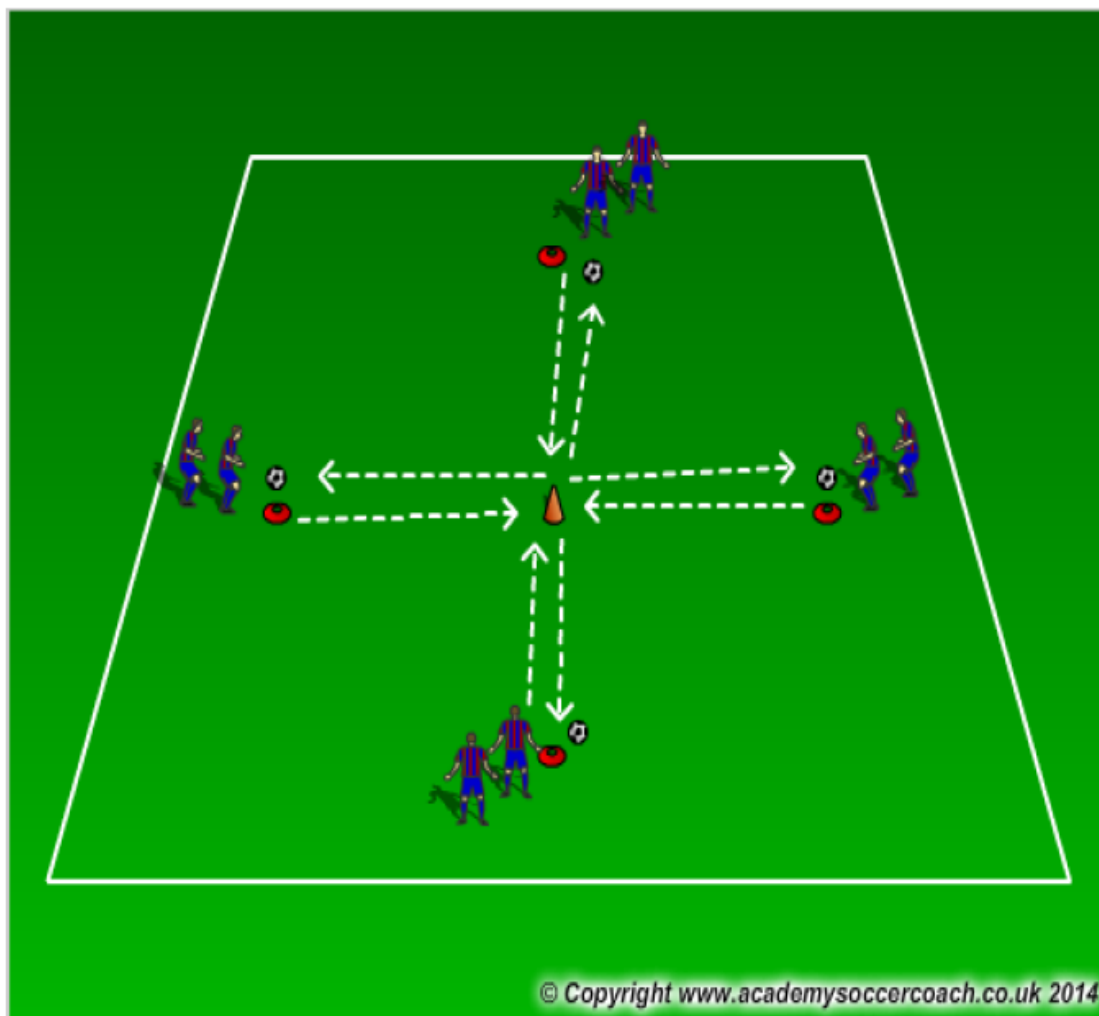


# EDUCATE - CONNECT - INSPIRE

Session Two:  
Dribbling: COD Turns/1 vs 1's



# WARM-UP: TURNS FROM THE CENTER



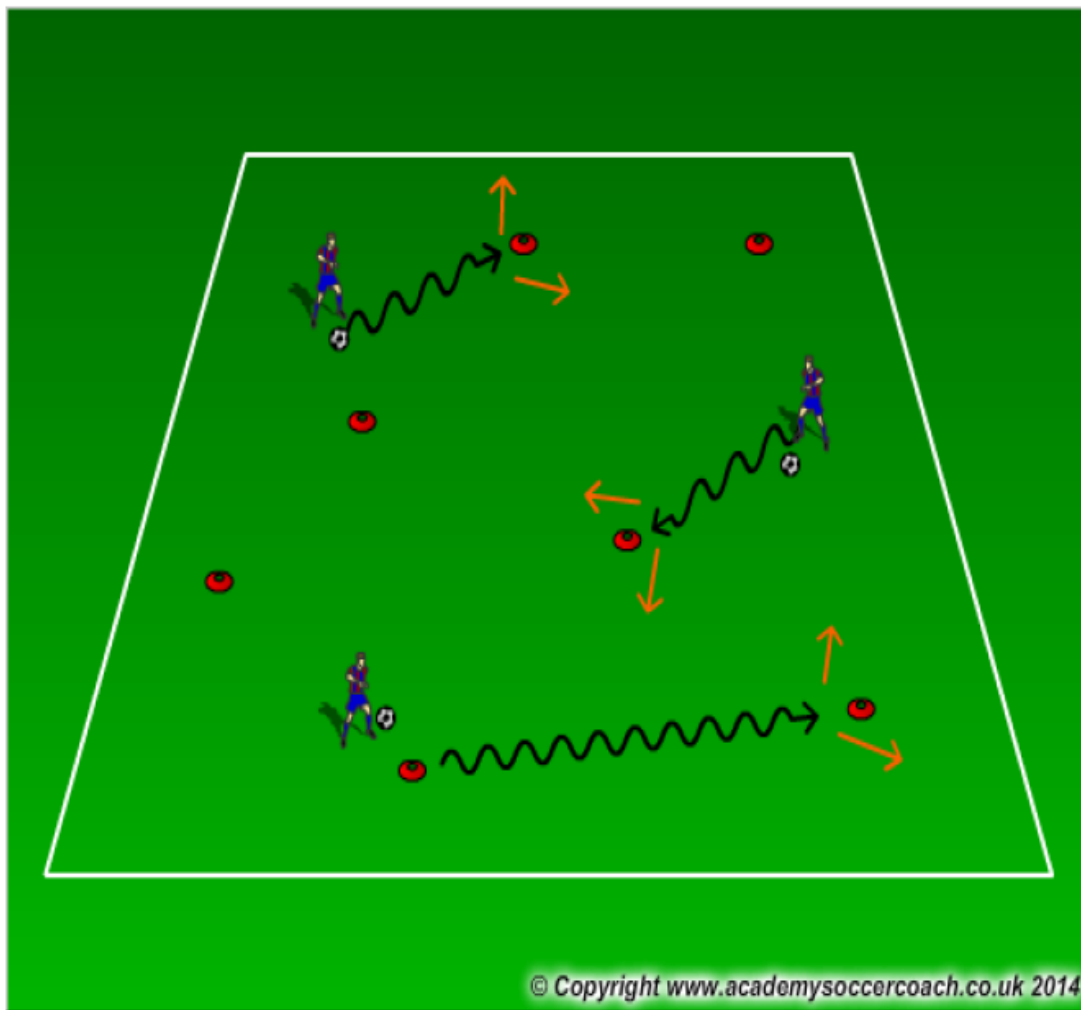
**Set-up:** 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

**Description:** First player from each line dribbles into the center cone, performs a turn and then dribbles back to the next player in the line. All players at the front of the line dribble at the same time. Vary turns, touch conditions and add competition.

**Coaching Points:** Quick, small touches into the middle. Turn in as few touches as possible. Add change of speed after the turn. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

**Moves Covered:** Turns with the inside, outside and sole of the foot.

# DRIBBLING: MOVES TO A CONE/TARGET



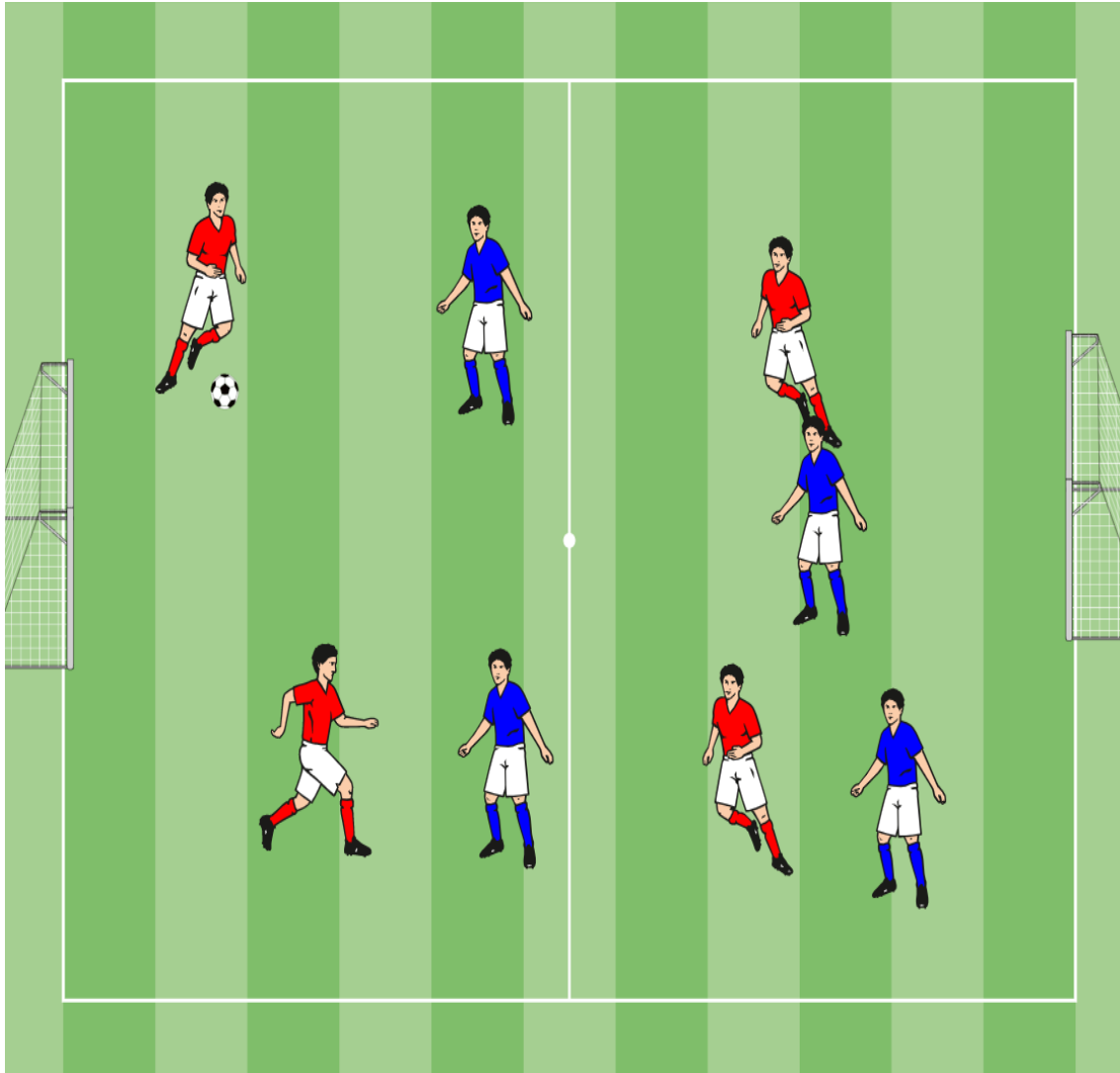
**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

# Small Sided Games: 4 V 4



Organization: 20 x 30  
grid,  
Two teams of 4 vs 4

Let the game flow and  
give pointers when  
necessary, try not to  
keep starting and  
stopping it.