

# “Snarf The Cones!”

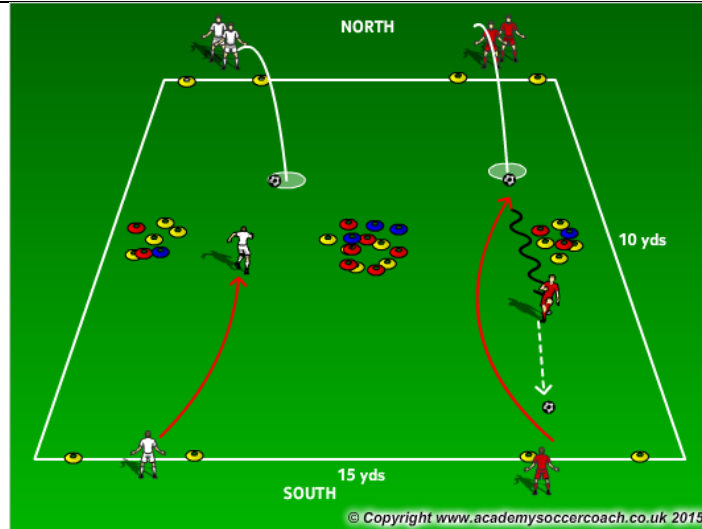
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Ball Control & Turning

**Primary Objective:** To improve skill in positive 1<sup>st</sup> touch trapping, turning and passing under moderate pressure.

**Duration:** 10 minutes

The Basics



## Organization

10 yd x 15 yd grid with 4 cone gates, 2 at each endline.

3 groups of random cones in the middle of the grid with room in between each.

Group split into 2 teams, half of each team at North end, ½ at South end, behind a cone gate (red vs white pictured at left).

1 ball per team, in the hands of the 1<sup>st</sup> player in each North line.

## Activity

At coach’s start, 1<sup>st</sup> player in each South line checks to (runs toward) their North teammates and calls for the ball. The 1<sup>st</sup> North teammate throws a high ball toward the checking teammate, who must trap it and dribble it to one of the groups of cones, pick up 1 cone, then dribble back toward her own line, passing to the next South teammate, who traps and then picks up the ball. Player with the cone sets it down by gate and gets back in line.

Immediately the 1<sup>st</sup> North player checks to the South player and calls for the ball; the South player tosses the ball in the air for a high ball trap, where the pattern continues.

Team with most cones after all cones are gone wins. Re-run the activity as many times as can fit into time scheduled.

- Quality traps/1<sup>st</sup> touches – should be able to move the ball with that first touch toward one of the middle groups of cones.
- Checking player needs to call for the ball before it’s tossed (Tip: call for the ball EARLY!)
- Control the ball as soon as possible (don’t wait until it stops bouncing to take control)

- To practice proper throw-in technique, have all throws be done as a throw-in. Improper throw-in results in 1 earned cone going back into the middle.
- To practice low ball traps, require serving player to pass the ball by foot (if pass accuracy is an issue, have serving player use a hard roll to serve the ball).

Require specific turn moves after trapping the ball; Pull-back, Cruyff, etc

Coach Pts

Mods

Prog