

“Fool The Cone”

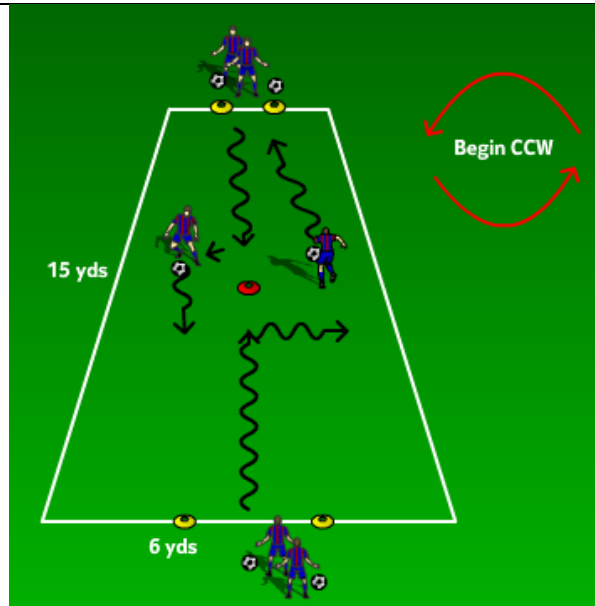
East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To master moves/fakes/feints under little to no pressure.

Duration: 10 minutes

The Basics



Organization

15yd x 6yd grid with a narrow cone gate in the middle of each endline, and a single cone in the middle of the box.

Split group into smaller groups of no less than 3 but no more than 6 players per grid.

Half of this smaller group lines up behind one cone gate, ½ behind the other.

1 ball per player.

Activity

At coach’s signal, first player at each cone gate dribbles toward the middle cone, then executes the prescribed move to get around the cone, then dribbles through the cone gate at the opposite end line.

As soon as that player crosses the gate, the next player begins.

Once a move is mastered by the group, have races between each grid to see how many iterations they can complete in 60 seconds.

- Treat middle cone as a defender. Coach can stand at this cone to help ensure proper distance and timing of the execution of each move (not too early or too late).
- Encourage crisp moves and feints; cuts should be sharply angled and post-move acceleration should be fast.
- Change direction of moves to clockwise after progressing through cycle of moves counter-clockwise.
- Remind players to protect ball from defender as they escape around defender.

Coach Pts

Mod

For more advanced players, allow only 2 balls, balls must be passed to teammate waiting in opposite line after executing move, receiving teammate should move through gate to meet ball and take a positive first touch.

Progression

Begin with simplest of moves; outside of foot cut.

Add feint to cut

Pull-back and shield

Scissors

Step-over

Cruyff