

“Straight Up Cone Dribble”

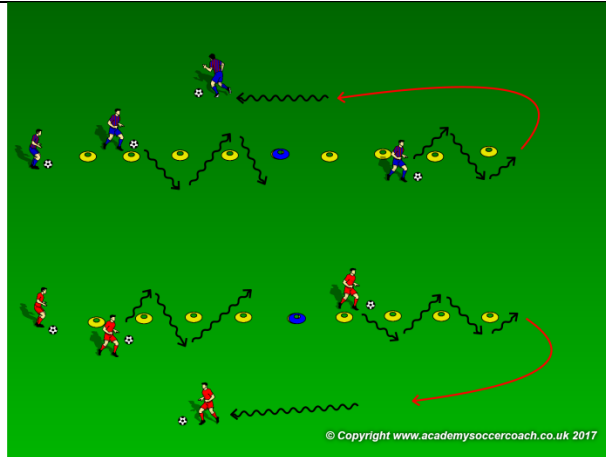
*East Central Soccer District Academy
Curriculum*

Curriculum Topic: Dribbling

Primary Objective: To improve coordination and quality of touch on the ball under duress

Duration: 10 minutes

The Basics



Organization

2 lines of cones, approx 15 cones in each line, all the same color except the middle cone in each line.

Cone spacing approx 3’

Players broken into 2 groups, each group standing in a line behind the first cone of their respective cone line.

All players have a ball.

Activity

*At coach’s signal, first player in each line begins to dribble through their line of cones. When a player hits the different colored middle cone, the next player in line can begin.

*When player reaches the end of the cones, he turns to the outside and dribbles back to the beginning of the line.

*Once players are familiar with the mechanics of the activity, make it a race between the 2 groups, with each race involving 3-5 turns for each player doing a single touch pattern.

*Use the hand-drawn dribbling patterns that accompany this activity.

*INSIST on strict adherence to the dribbling pattern you’ve assigned for that particular race – players need to work to make any touch pattern work; if the pattern calls for 2 touches between cones, insist on 2 touches.

*Be aware of visual cues – players need to pay attention to when the player in front reaches the different colored cone.

Mod Coach Pts

If play gets sloppy, increase cone distance.

Prog

- Begin with an unrestricted touch pattern – whatever the players want to do.
- “Both feet inside” touch pattern (see accompanying graphics)
- “Single Foot Inside Outside” touch pattern – left foot only
- “Single Foot Inside Outside” touch pattern – right foot only
- “2 Feet Inside-Bottom” touch pattern – Left inside, Right bottom
- “2 Feet Inside-Bottom” touch pattern – Right inside, Left bottom