



**Set Up:** There are 8-10 players set up on a narrow field, with lines starting at the cones.

**Procedure:** To begin the drill, the first player on each team dribbles to the first cone and cuts the ball towards the outside. They continue to the second cone, and cut back towards the center. From there, they race to the last cone, cut around the outside of it, then dribble back towards the start. After dribbling around the final cone, they go 1 v 1 versus an opposing player. The first player to shoot gets one point, and goals are worth an additional two points. Games are played to 11 points.

### Teaching Topics:

- 1 Speed dribble.
- 2 Attacking 1 v 1.
- 3 Finishing.

### Progressions:

- 1 Allow dribblers to kick the opponent's ball away.

### Coaching Points:

- 1 Dribble with the instep, sprinting in between touches.
- 2 Pick your head up as you dribble and check your opponent's progress.
- 3 Your last dribble touch before shooting should improve your shooting angle.