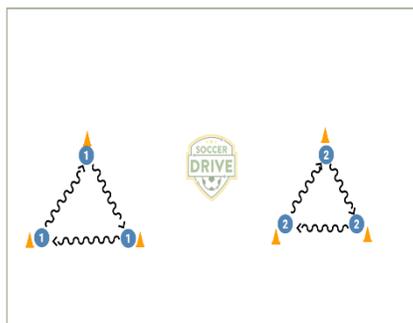


1. Maradona (or Roulette)



Set up

- A few triangles with cones 5-10 yards apart
- Players dribble, spin at the cone using the Maradona (roulette) & dribble to the next cone. (see video link for example - [\(23\) How to do the Maradona spin - 360 Roulette turn + 1986 Hand of God - YouTube](#))

Through the cones:

- Allow each player to complete the sequence and then the next player goes. Everyone should complete this sequence 2-3 times total.
- Repeat sequence with the opposite foot.

2. Maradona Race

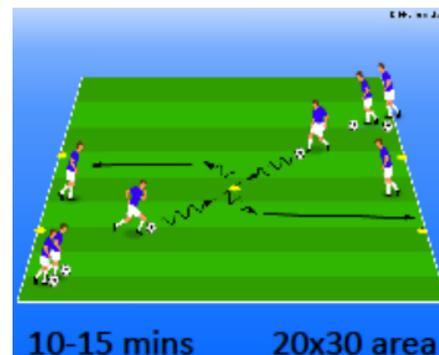


- Players dribble, spin at the cone using Maradona & dribble to opposite end. Next two players take the ball and repeat dribble/turn.
- Allow 5 minutes for continuous practice of dribbling, turning & dribbling.
- End this activity by having groups compete against each other. For example, which group is the first to complete the sequence 5 times.
- Repeat sequence with opposite foot

Coaching Notes

- The Maradona is a progression from the stop turn and is an advanced skill.
- Some players may have to practice an alternative turn covered in previous sessions, such as the inside or outside.

3. Dribble, turn & shoot



- Two players dribble at the same time toward opposite goal. Perform the Maradona just before reaching the center disc, then shoot.

Rotation

- Dribble, turn & shoot
- Become GK in the goal you shot at
- After being GK for one shot, get ready to dribble from the side of your goal.

4. 1v1 x2



Set up

- Player 1 starts dribbling.
- The player in the opposite corner becomes a passive Defender. He/She is only allowed to tag the Dribbler on the back in opponents half.
- Player with the ball must spin using the Maradona
 - Turn just before the defender is within reach

Rotation

- Defenders rotate with their GK after each play.
- Dribblers return to their corner after taking their shot.
- After 5 minutes switch side.

Progressions

- Defenders allowed to steal the ball and try to score in the opposite goal but dribblers can use any fake.
- 2v2. one ball

5. Small-sided games