

### 1. In & Out



#### Set up

- 3 - 4 lines of cones
- Player dribbles in and out of cones and runs to back of line

#### Through the cones:

- Players start by using the inside of their feet.
- Then move to using the outside of feet
- Then using one foot inside & outside

#### Coaching Notes

- Encourage players to do use the right technique before going for speed.
- Once they have the technique down, encourage them to move quickly without hitting the cones but keeping good technique

### 2. 1v1 boxes



#### Set up

- 1 - 2 lines formed.
- 2 or 4 boxes 5x5 (depending on # of lines)
- 1 defender per box

#### Drill

- Players dribble at defenders attempting to pass them.
- Defenders cannot leave their box.
- Once the dribbler is through, they return to end of the line.
- Switch defenders to everyone has a turn to dribble and to defend

#### Coaching Notes

- Encourage players to use the same technique they did going through the cones.

### 4. Small-sided games

### 3. Battle Ball



#### Set up

- Pair up players as opponents and set up the same number of pairs of cones

#### Drill

- Players battle 1v1 dribbling the ball and attempting to hit their opponent's cone.
- There is no out of bounds and the player can score from any side
- Play for 1 minute then switch opponents

#### Coaching Notes

- Encourage players to use the same technique they did going through the cones and in the 1v1 boxes.