



Drill Name: Skill Cones - Multiple Lines

Set up :

1 Ball per Player
3 Cones, 20 yards apart, 1 divider

Instructions:

Players dribble toward reference cone at speed and execute the skill move requested

1. Step Left, Go Right
2. Step Right, Go Left
3. Scissor Right/Left
4. Step-Over Right/Left

Coaching Points:

Dribble for speed, execute move, accelerate away