



Drill Name: Turn Cones - Multiple Lines

Set up :

Cones about 20 yards apart, with a cone in the center dividing the two as a point of reference. Enough set up so that each player has their own starting position. Each player needs a ball.

Instructions:

Coach says "Go", players dribble for speed to the PoR cone and execute the desired skill. Then they turn and come back

Progression:

- Outside of the foot, both L&R
- Inside of of the foot, both L&R
- Soul Drag
- Pull Back
- Cruyff
- Step-Over
- Mathews

Coaching Points:

- Turns:
- Execute the desired turn 3 steps in front of the "defender" (PoR)
- 1 touch to execute the turn
- accelerate away