



Drill Quick Glance

Age: 4-14	Field: 20X30
Players: 4+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: 1v1
Keeper: NO	Type: INDIVIDUAL
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Equipment

Disc Cones/Markers | 9" Tall Soccer Cones | Scrimmage Vests | Soccer Balls

1v1 to Tall Cones

Objective:

This drill develops individual attacking and defending skills by challenging players to dribble under pressure, protect the ball, and accurately pass or shoot to knock over cones for points.

Setup

- Field Size: 20x30 yards
- Goals: 4-6 9" tall cones on each endline as scoring targets
- Players: Two teams (yellow & blue) positioned behind their cones
- Ball Supply: Supply of balls near the attacker's endline
- Roles:
 - Yellow Team: Starts as attackers, attempting to knock over the opponent's cones
 - Blue Team: Starts as defenders, preventing the attackers from knocking over cones

Instructions

- The yellow team (attackers) always starts with the ball.
- One attacker and one defender enter the field for a 1v1.
- The attacker dribbles to try to knock over any of the opponent's cones by passing or shooting the ball into it.
- The defender attempts to block, delay, and win the ball to prevent the attacker from scoring.
- If the attacker knocks over a cone with the ball, their team earns a point, and the cone remains down.
- If the cone is accidentally kicked over by a foot, no point is awarded, and the cone is stood back up.
- As the ball goes out of bounds, or a pass or shot misses the cone, the next attacker and defender immediately start a new 1v1 series.
- Once all cones on one endline are knocked over, the attacking team wins the match.
- After the match, switch roles, allowing the defending team to attack and vice versa.

Coaching Points

This drill sharpens 1v1 skills, improves attacking creativity, and reinforces defensive positioning, all while keeping players engaged in a fun, competitive environment.

- Encourage Controlled Dribbling: Attackers should use small touches and quick changes of direction.
- Use Body Positioning: Defenders should stay low, delay the attacker, and force them wide.
- Accuracy in Finishing: Players should aim for cones rather than powerfully kicking the ball.
- Defensive Discipline: Defenders should avoid diving in and instead time their tackles effectively.
- Decision-Making: Attackers must recognize when to dribble, shield, or attempt to score.

Variations

- Weak Foot Challenge: Require players to score only using their weaker foot.
- Time Constraint: Players must attempt to score within 10 seconds to increase intensity.
- Multiple Attackers: Play 2v2 for increased complexity and teamwork.
- Defensive Point System: Award defenders a point if they prevent a goal for 10 seconds.