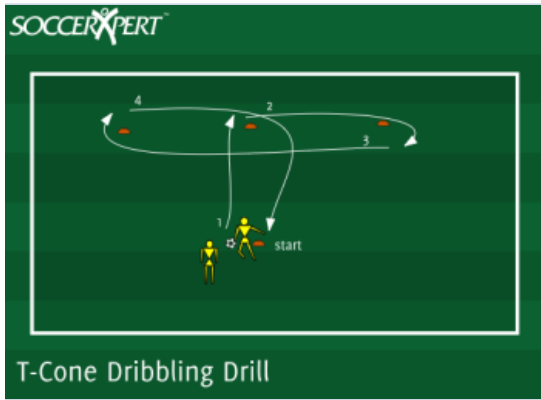




Drill Quick Glance

Age: 7+	Field: 10X10
Players: 2+	Time: 10 MINS.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

T-Cone Dribbling Drill

Objective:
The T-Cone soccer dribbling drill is a great drill to focus on dribbling with speed, controlled touches, turns, and fitness.

Setup

1. Set up four cones approximately 5 yards apart in the shape of the letter T.
2. Two players at the T-Cones with one ball at the base of the T. One player will rest while the other player is working.
3. Create multiple T-Cone setups to allow the entire team to participate.

Instructions

1. The first player starts at the T's base and dribbles around the middle-top cone, and cuts to the right-top cone.
2. He then dribbles around the right-top cone and cuts towards the top-left cone.
3. He then dribbles around the middle-top cone and returns to the starting cone.
4. He then dribbles around the bottom cone and continues with the same pattern again.
5. Repeat this same pattern for 1 minute each and rotate players.

Coaching Points

- Close touches
- Dribble with speed
- Tight turns around the cones

Variations

- Limit the type of dribbling:
 - o Right foot
 - o Left Foot
 - o Bottom of the foot
- No ball, but make the players sprint. Have them facing forward only, so they will need to sprint forward, shuffle, and backpedal.