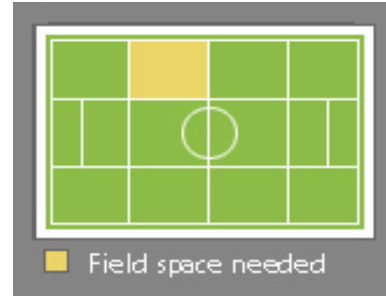




Materials Needed



Balls

- Cones

Ball mastery (Various foot skills)

Description:

Foot skills worked on within a grid format.

Coaching Points

- Toe taps-forward/backward
- Side to side-forwards/backwards
- Single cut-left/right foot
- Double cut-left/ right foot

Progressions:

Dribble out to the cone performing one of the various foot skills.

Turn at the cone, dribble the ball back to the starting position..

Progress to dribble out the the cone performing the foot skill forward, then performing the skill backwards returning to the starting position.