



Crazy cones (Foot skills)

Description:

This is a different format for foot skills. Let the children be creative!

Coaching Points

- Use both feet
- Use the laces

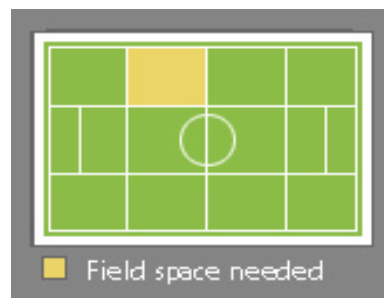
Progressions:

Encourage the children to use turns and moves

-Inside/outside hook/ Pull back/Cruyff turn

-Scissors/Roll overs/Step over/Maradona

Materials Needed



Cones

- Balls

- Use the sole of the foot
- Use the inside and outside of the foot