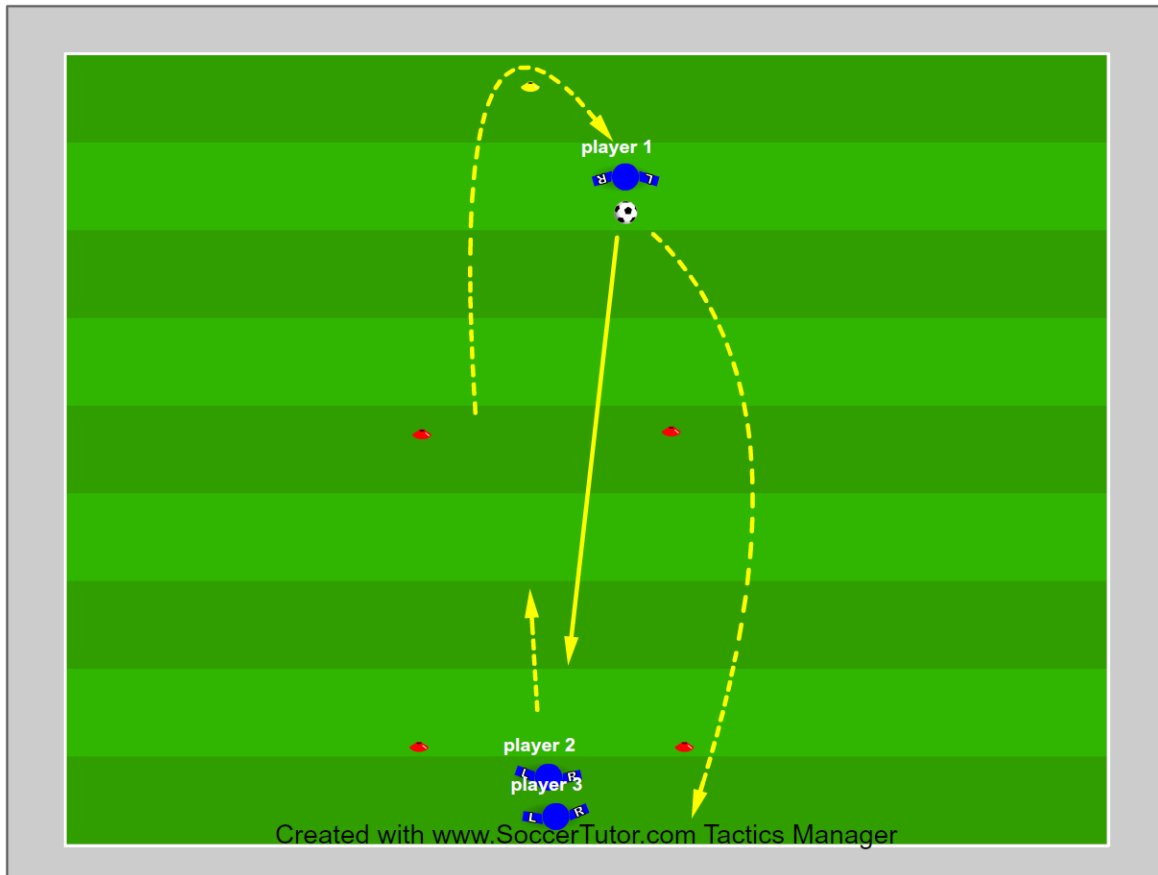


DOC 3-12 Activity 2



Date:	12/Mar/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	10	Level/Age Group:	U8 - U14

Description: Player 1 speed dribbles around the cone and then plays the ball to player 2 then runs to the end of the line. Player 2 then speed dribbles around the cone then plays the ball to Player 3. Pattern continues.

Make it competitive by making it into a race. i.e. each player has to go 3 times. Losing groups to something for losing. **BALL MUST BE PLAYED BETWEEN THE CONES TO COUNT.**

Objective:

- Coaching Points:**
- Strike through the Center of the ball.
 - Proper technique in passing and Receiving
 - Sudden Movement after the Strike
 - Positive first touch in the direction you want to go

- Progression:**
- Dribble with right/left foot only.
 - Turn around the cone with inside/outside of the foot only.
 - Perform a move in front of the cone before turning around it (Place a second cone for them to perform the move).