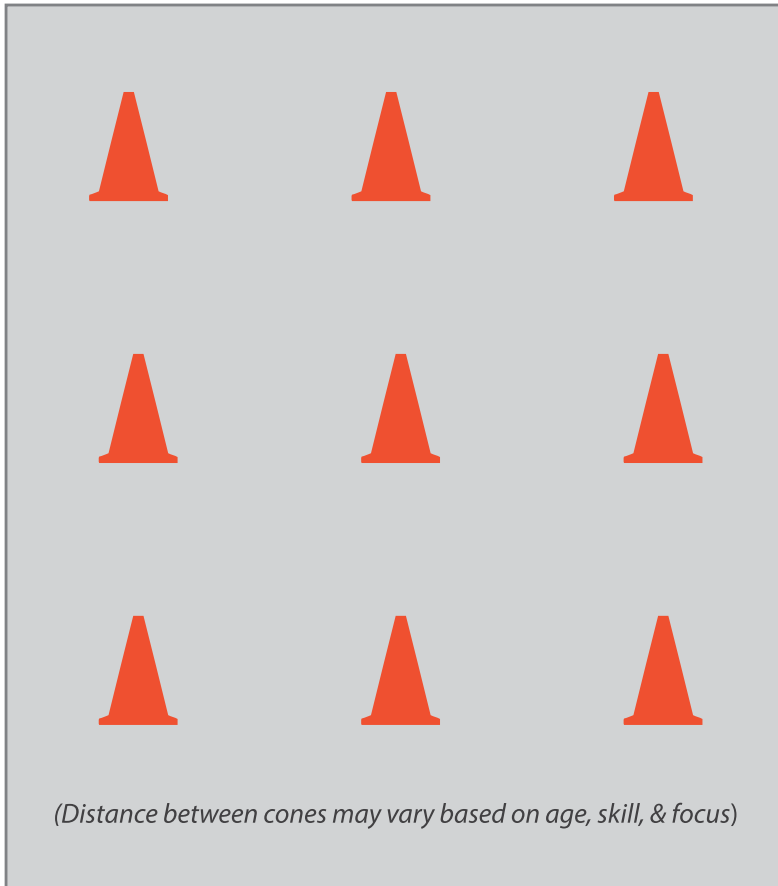


# PRACTICE:

# CONE ACTIVITIES



## ★ Front On Moves

Scissors, Inside Out, Step Over, Roll

## ★ Back To Goal

Cut, Flick, Inside Spin, Outside Roll

## ★ 90 Degree Turn

Outside Spin, Inside Spin, Maradona, Chop

## ★ 180 Degree Turn

Pull Back, Cruyff, Step Over, Heel Flick



## CONCEPTS

- Large cones are defenders
- Objects players have to avoid
- Players must go behind cones always



## COACHING POINTS

- Accurate touch to cone
- Sharp, quick movements
- Closer to the cone the better
- Timing of the moves



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of these drills!**

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## HELPFUL HINTS

*Technique speed  
Quality vs. Quantity  
Soft Touch  
Accelerate Out  
Game-Like*