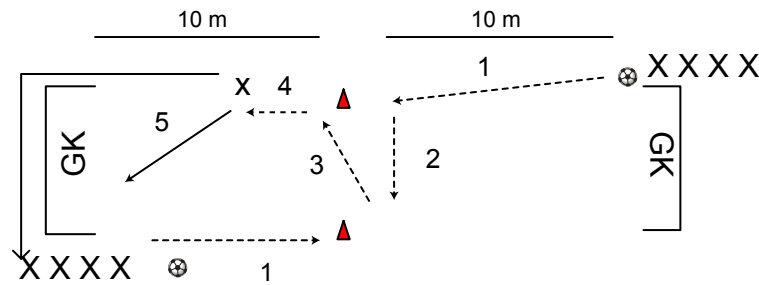




Technical Skill # 1: Change of Direction Dribble and Shoot



1. X dribbles ball to cone
2. X changes direction and dribbles to opposite cone
3. X changes direction and dribbles diagonally across, wide of the net.
4. X sets up shot with one last touch
5. X shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

Coaching Points/Progression

1. Ask players to dribble as close to cones as possible without ball touching cone.
2. Get right up to first cone and make a sharp cut with inside foot (right footed dribble).
3. At the second cone, cut the ball inside with outside of foot.
4. Back at the first cone (step 3-4) cut back with inside foot.
5. The final (4) touch prior to shot should have the ball angled towards the direction of the shot (goal) and set up the ball such that the player can strike the ball with the next step.
6. Aim the shot for the far post.
7. When players are executing the dribble well, progress as follows:
 - a. dribble with both feet and alternating inside/outside of foot.
 - b. speed up dribbling speed.
 - c. dribble with head up looking at other players and goal while controlling ball close.
8. Make sure players look up at their target before taking the shot.

Coach's Notes