

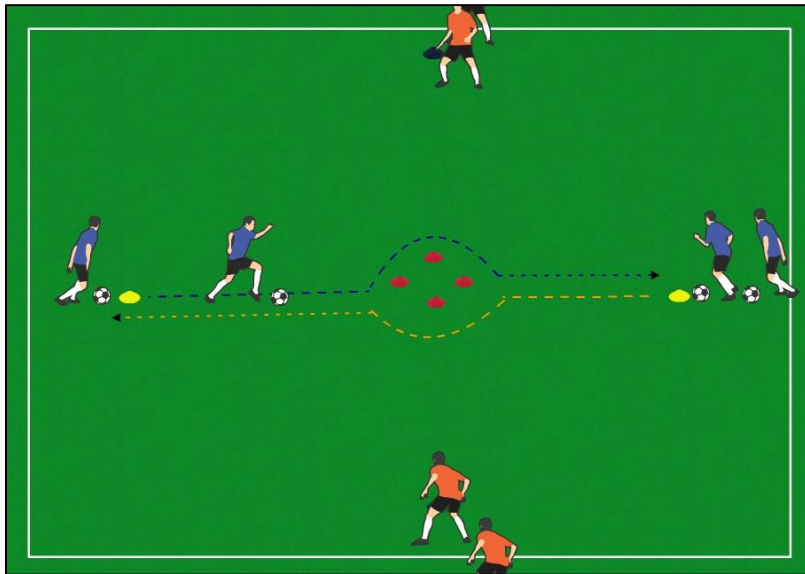


Difficulty level ★☆☆

Core skill: 1v1

BEAT THE MARKERS

Beginning activity



Activity

Players run with the ball and perform a prescribed feint or move to go around the centre cones on either the right or left side.

The coach may tell the players what side of the markers they are to go around & also what variation of technique to use as they influence the players warm up and learning.

Players join the end of the opposite line.

Variations

Take small touches when you dribble to approach the cone to allow you to change direction quickly.

Use the outside of your foot to go 'outside' the cone and inside of your foot when you go 'inside' the cone.

Use 'feints' and sidesteps to get around the middle cones, not just dribble around but them but do a 'trick' or 'feint' before you go around the cone.

Look up while you are running with the ball.

Set Up

Area: Place four markers 12-15m opposite of each other in a diamond shape, with four markers centrally in 1m-1.5m apart (see diagram).

Players: There are two players at the end.

Equipment: Players have a ball each, two different colour bibs may also be needed to get players into teams.

Get your players more comfortable running with the ball in a 1v1 situation.

Build your players confidence and ability to beat a defender.