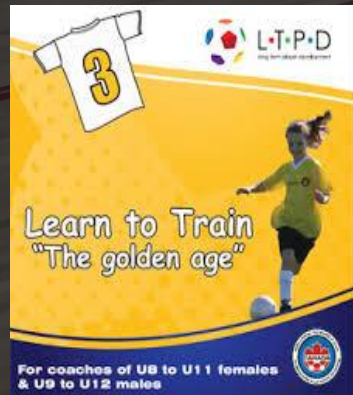




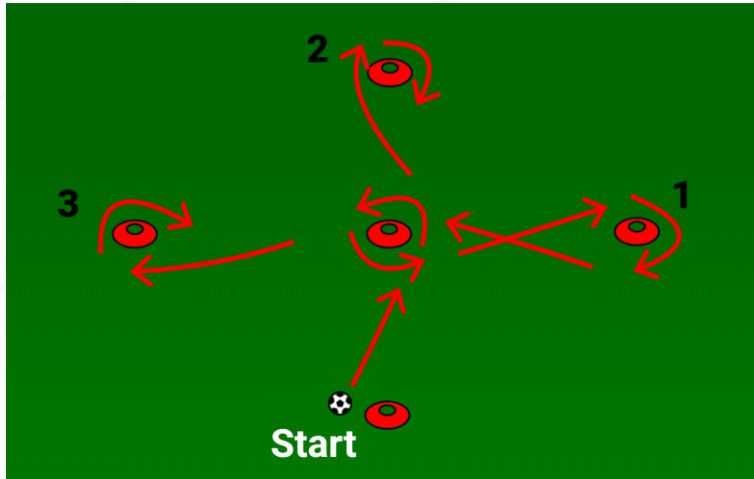
Learn to Train

Individual Skill Development

Grassroots Development U9-U12 Players



LEARN TO TRAIN



Equipment: 1 ball and 5 cones



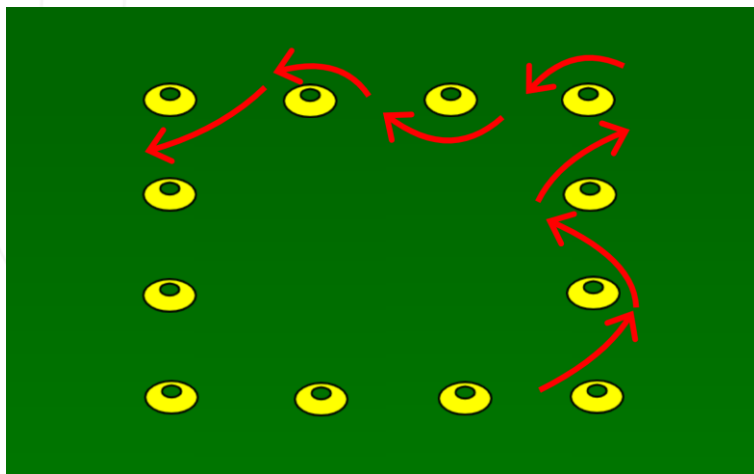
What to do: Dribble in a figure 8 pattern as shown in the diagram.



Variations/Progressions: Perform different turns and cuts around the cones.



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling. Sharp turns and dynamic movements.



Equipment: 1 ball and 12 cones.



What to do: Dribble in and out of the cones.



Variations/Progressions: Perform different dribbling techniques. Ex. Toe taps, roll overs, only outside/inside of foot, only right/left foot.



Keep in mind: Keep close to the cones and make small touches.

