



URNS & CUTS

Category: Technical: Coerver/Individual Skills

Difficulty: Moderate

Am-Club: PEI Soccer Association
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Screen 1

URNS & CUTS

1. Set up 4 cones in box with a smaller box inside.
2. Each player has a ball and stands at cone.

All players dribble towards the smaller box at same time and perform a turn (sole of foot drag back) as they get to yellow cone and return to their red cone. repeat again only use other foot to turn.

PROGRESSION:

1. change type of turn - use inside of foot to cut ball or turn using outside foot
2. Players dribble to yellow cone and change direction and move to the next red cone on their right instead of returning to their own cone. repeat again until all players have moved around each red cone back to their original starting cone
3. Players dribble into yellow box and change direction and dribble to ANY red cone

COACHING POINTS:

1. Smaller touches as players approach yellow cone to have control before turning.
2. Make sure turns performed at right standard and not rushing and doing it wrong
3. Players should accelerate and bigger touch when returning to red cone.

