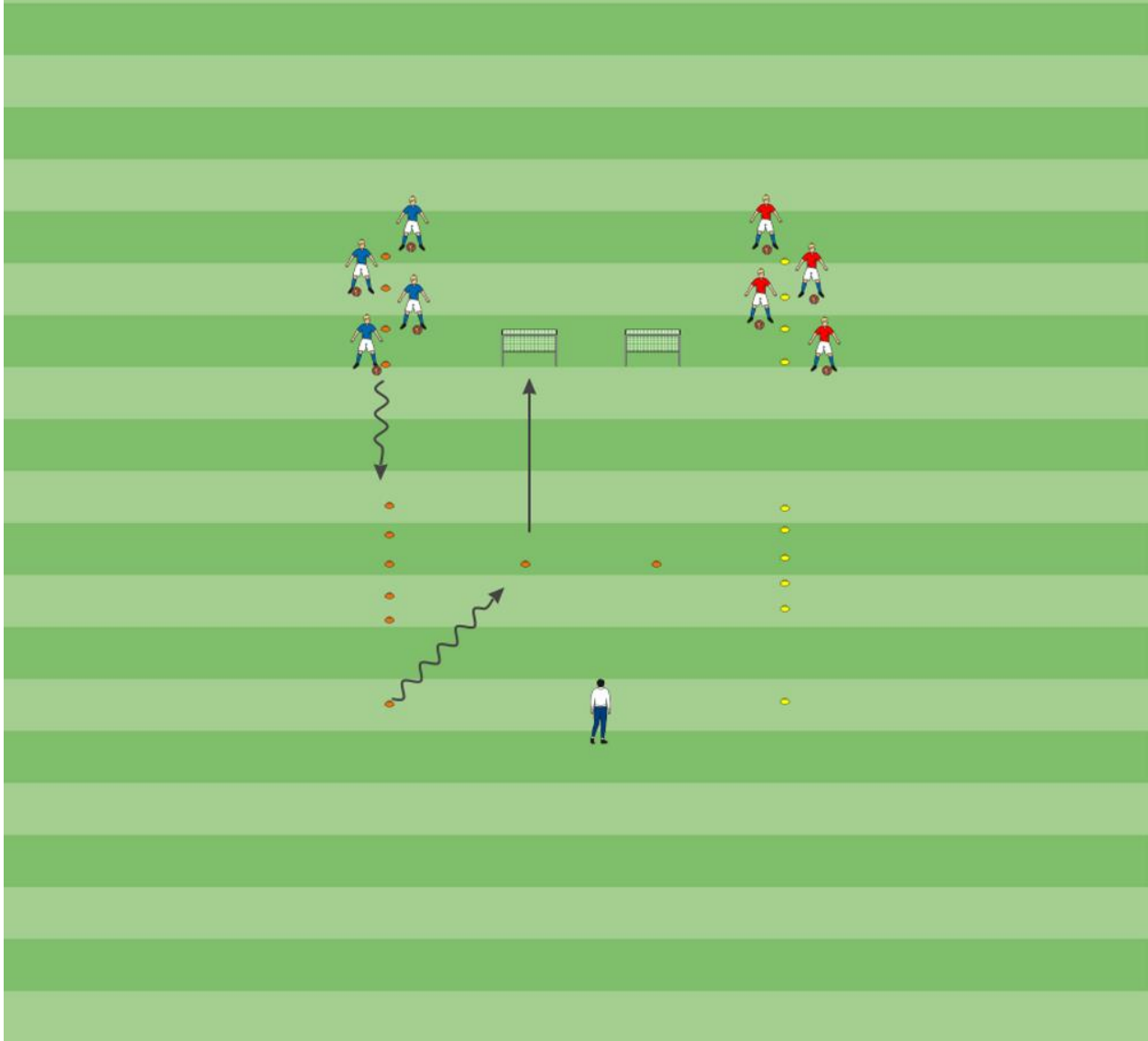


## Dribbling and Finishing



**Organization:** Set up cones about 10 yards off the outside post of the mini goals. 10 yards out from those cones place 5 cones down with 2 yards in between each with another cone 10 yards out from the last cone. Finally walk towards the middle for 5 yards and then towards the goal for 10, place a cone down.

**How to play:** Players start by dribbling towards the five cones and performs ball skills within the cones. Once at the last cone, Players perform a turn and attack the cone in the middle where they will use a move to beat the and finish in the goal.

**Why:** Improve ball skills, turning, moves and finishing.

**Variations:**

- Vary the skill, turn, move performed in the cones
- Switch the goal players shoot at
- Designate what part of the foot players must use when shooting (instep, Laces)
- Change the distance between cones to increase/decrease the difficulty
- Make it a game by having teams keep track of the score for a certain amount of time or play the first to a set number of goals then switch sides

**Coaching Points:**

- Accelerate to attack space
- Quick, tight touches when dribbling through the cones
- Proper technique when finishing