



3v1/4v1 to Cone

Category: Tactical: Possession
Difficulty: Beginner

Derek McMullen, CFJ South, United States of America
Individual-Adult Member

Description

3v1/4v1 to Cone (15 mins)

Players pass or dribble and try and hit cone or some other object.

5 passes = 1 point

Hitting object = 2 points

Defender becomes offense and scores points when:

Knocks ball away = 1 point

Steals ball and maintains possession = 2 pts

Bad pass = 0 pts.

Coaching Points:

- Passing and Receiving Technique
- Receive Across your Body with Inside of Foot
- Accuracy in Pass
- Proper weight of pass (Not too strong and not too weak)
- Fast Movement after pass
- Open the body to field
- Receive Across your Body
- Head Up and Check shoulder
- Communication

