

Workout H | U13-U19 | Technical

Coach: Chris Crawford

Use 3 cones in a triangle, 5 yards apart for all activities

Coaching point: Keep ball close to you, keep eyes up, accelerate between cones, don't worry about making mistakes just keep going.

1. Dribbling
 - A. Warm up (30 secs)
Dribble to each cone using your right foot only. Use the inside of your right foot to go around each cone.
 - B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)

2. Dribbling
 - A. Warm up (30 secs)
Dribble to each cone using your left foot only. Use the inside of your left foot to go around each cone. Start opposite direction.
 - B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)

3. Dribbling
 - A. Warm up first (30 secs)
Dribble around each cone using your right foot only. Use the outside of your right foot to go around each cone. Start the same direction you did for your left foot.
 - B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)

4. Dribbling
 - A. Warm up first (30 secs)
Dribble around each cone using your left foot only. Use the outside of your left foot to go around each cone. Start opposite direction.
 - B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)

5. Dribbling Combination (both feet)
 - A. Warm up first (30 secs)
Start with your right foot, dribble to the cone on the left. Use the inside of your right foot to go around the cone. Dribble across to the cone with your left foot. Use the inside of your left foot to go around the cone. Dribble back to the starting cone with your right foot. Use the inside of your right foot to go around the cone. Reverse direction.
(right foot, left foot, right foot, reverse your direction: left foot, right foot, left foot)
 - B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)

6. Dribbling
 - A. Warm up first (30 seconds)
Start with your right foot, dribble to the cone on the right. Use the outside of your right foot to go around the cone. Dribble across to the cone with your left foot.

Use the outside of your left foot to go around the cone. Dribble back to the starting cone using your right foot. Use the outside of your right foot to go around the cone. Reverse your direction.

(right foot, left foot, right foot, reverse direction: left foot, right foot, left foot)

B. Do 5 sets (45 seconds as many reps as possible then 15 seconds rest)