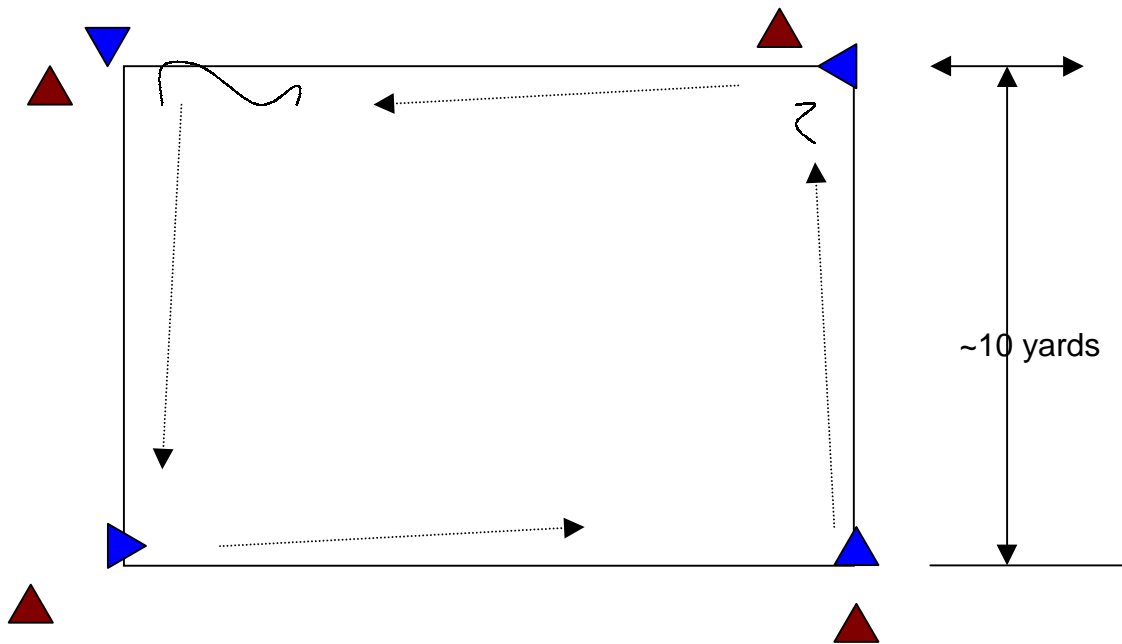


More Advanced Foot Skill Drills

An example of a more advanced foot skill drill is shown below. This type of drill is good for the second phase of any practice warm up.

Place your players in groups of four. Drill number 1 has four players on the inside of a grid of cones about ten yards apart and a second group on the outside of the grid.



Players on the inside of the grid have a ball. Players on the outside are doing static stretching. This is a high intensity drill for the players on the inside. It is important to have the correct work-rest intervals, hence the players on the outside, spelling the players on the inside.

Each inside player dribbles towards a cone ahead of them and at the cone executes a move pre-determined by the coach. Start it off simple, make the first round a move such as brush (left or right).

Have the player then accelerate to the next cone and execute the same move. When the inside player gets to their starting position have the outside player take his/her place and do the same series of moves.

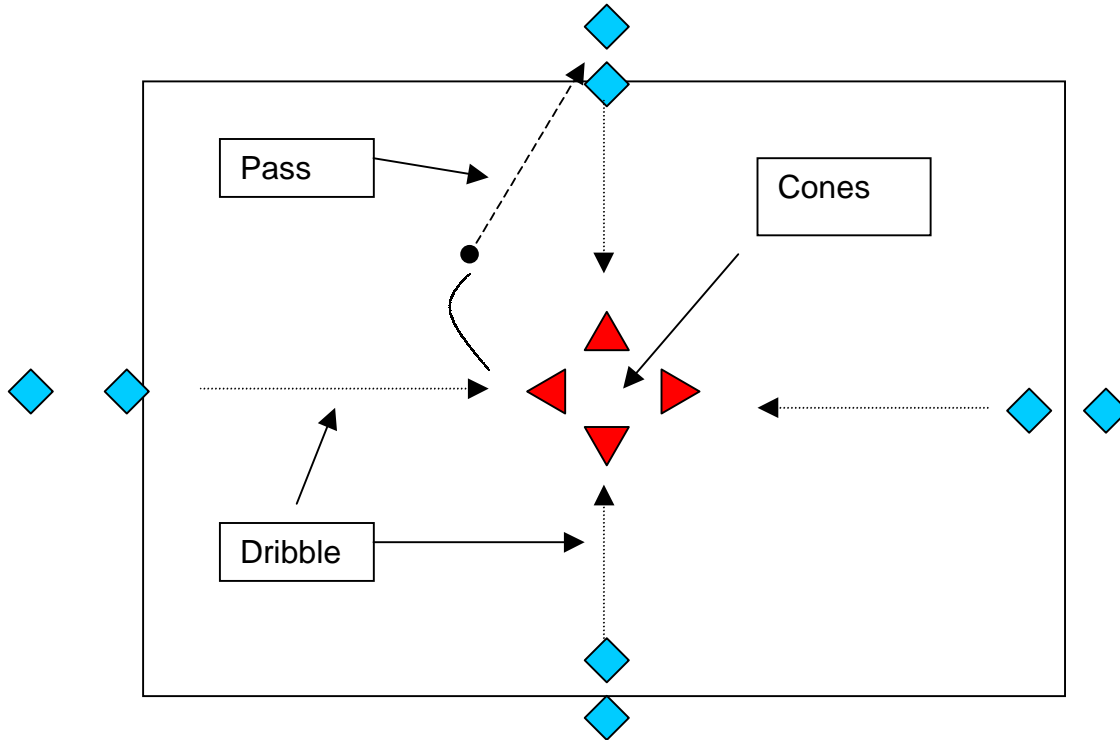
This type of warm-up can use a progression just like any other aspect of practice:

An example progression could be:

- 1) Brush
- 2) Brush Tap
- 3) Tap-Tap-Brush
- 4) Pull a vee and accelerate at right angles

- 5) Pull the ball back – sweep behind and accelerate to the next cone by pushing the ball ahead with the outside of the plant (non-sweeping) foot.

Another easy warm up drill is to have four lines facing a set of cones located in the center.



Players all dribble towards the center cones. As they reach the cones they pull a move towards the left. (Important that all players move in the same direction or collisions will occur.). After the move has been performed the player passes the ball to the next player *in the line to their left*.

This is also a drill where you can use progression of moves from easier to more difficult. One of the types of moves that can really be worked here are ones that use the outside of the foot. A simple one is to stop the ball with the sole and then pull it back out of danger by turning the foot over the ball, swiveling the hips and using the outside of the foot to move to the left (or right) and *AWAY* from pressure, in this case a set of cones.