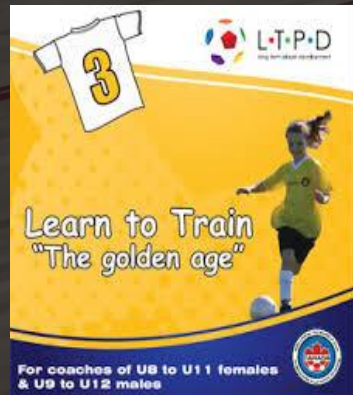




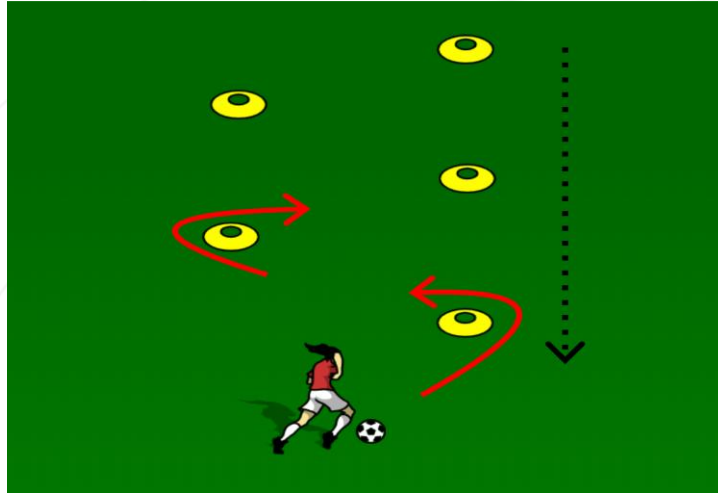
# Learn to Train

## Individual Skill Development

*Grassroots Development U9-U12 Players*



# LEARN TO TRAIN



**Equipment:** 1 ball and 5 cones



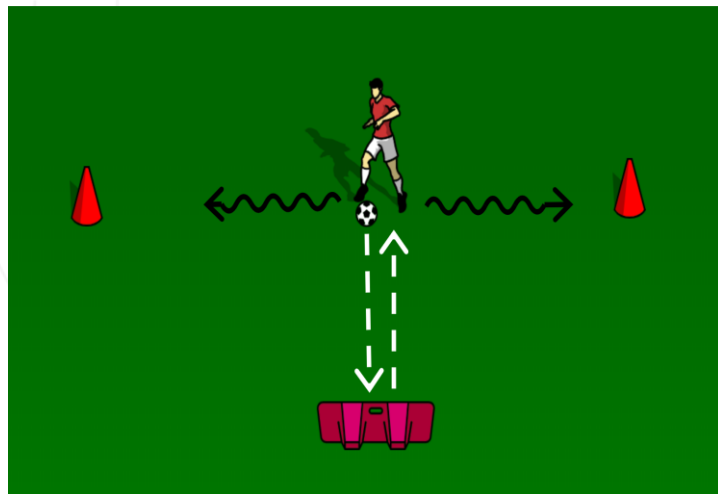
**What to do:** Dribble in a zig-zag pattern. When you reach the end, dribble straight back and repeat.



**Variations/Progressions:** Use different parts of your feet when turning/cutting. Time yourself and try to beat your time completing the course.



**Keep in mind:** Keep the ball close to your feet and touch the ball slightly in front when dribbling. Sharp turns and dynamic movements.



**Equipment:** 1 ball, 2 cones, and a wall/flat surface.



**What to do:** Play the ball against the wall. Receive the ball and take a touch towards either cone. Dribble to the cone and back. Repeat.



**Variations/Progressions:** Receive the ball with the inside/outside of the foot.



**Keep in mind:** Play the first touch in the direction of a cone to minimize the number of touches towards the cone.

