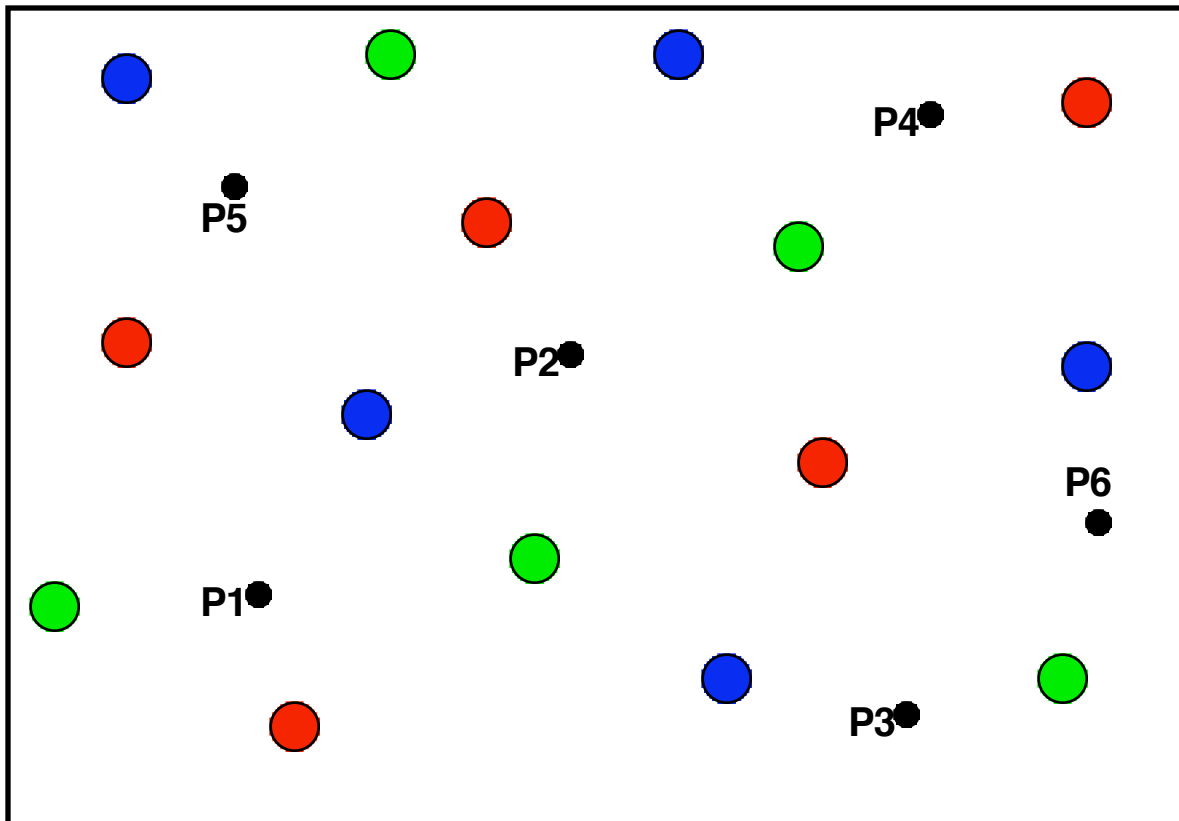


## "CONE ATTACK"

The following drill is designed to teach players to attack defenders (cones), via **dribbling**, perform "Pull-Backs" and then "Speed Dribble" away



**GRID SIZE:** rectangular, 30/40 yards long x 20/30 yards wide

**NUMBER OF PLAYERS:** entire squad, each player with ball

**NUMBER OF CONES:** 3-4 sets of different colored cones, spread throughout the grid

### DRILL

- > players dribble around grid, trying to avoid dribbling into a cone
- > coach calls out a color
- > players must then dribble at that color cone
  - once they get close to that color cone, they perform a "pull-back" and then "speed dribble" away to another cone of same color and continue to do so until coach commands "dribble" to which players resume basic dribbling