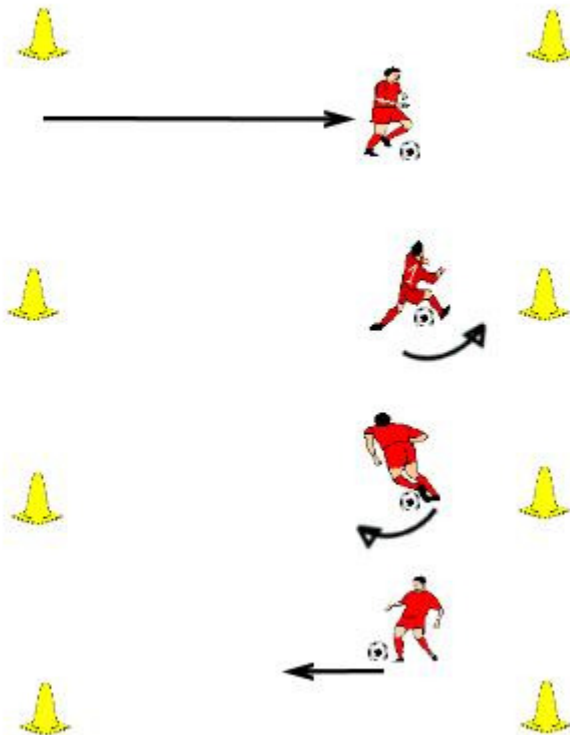


Topic: 1 v 1
Drill Name: Inside Cut

Age Group: U/8 to U/9

Objectives: A 1 v 1 activity that increase coordination and spatial awareness
 While improving social interaction

Diagram:



Description: Players dribble the ball towards the end line of cones, when the player gets within tackling range of the cone (pretend defender) the attacker reaches out and cuts the ball back with the inside of their foot. Player then turns their body to protect the ball by putting their body between the ball and the defender.

Progressions: Introduce a passive defender instead of the cone to create limited pressure.

Coaching Points: Players take a long last stride to reach out for the ball and cut it back. The take away is with the outside of the players other foot.