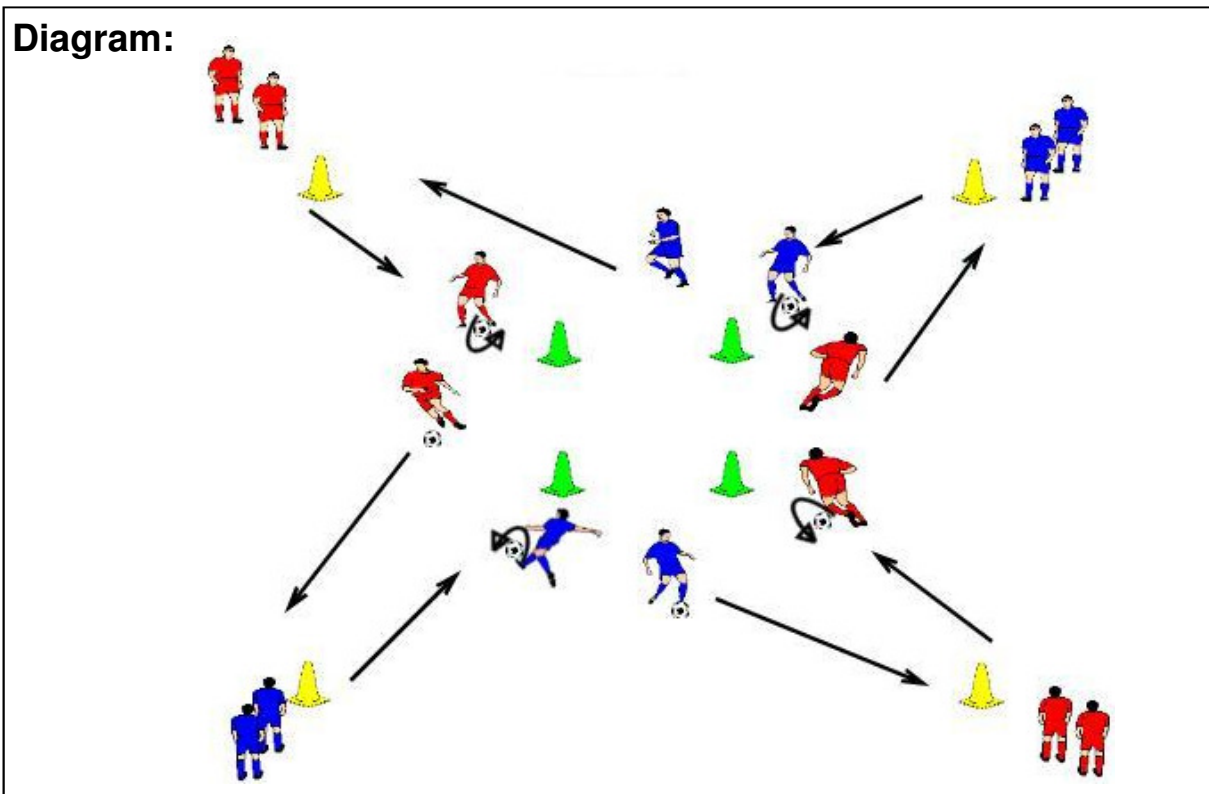


Topic: 1 v 1
Drill Name: Scissors

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: The scissor is a move that is completed in two parts. In the first part of the move, the player dribbles the ball towards the cone in the middle (pretend defender) and steps around the ball to create a fake. Player then uses the outside of their other foot to take the ball away into space.

Progressions: Cone in the middle is replaced with a passive defender to create limited pressure

Coaching Points: Players use the top half of their body to sell the fake. The take away is with the outside of the players other foot.