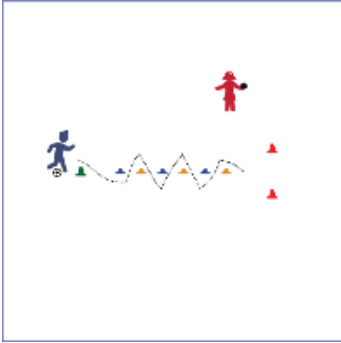


## Soccer Quick Cuts



- 15 spot markers, cones, or pinnies
- 1 soccer ball
- 1 "goal"
- 1 stopwatch

### 1. Set up a speed-dribbling course using the cones:

**Designate a starting cone, and then place 14 cones in a row after it, about 3–5 feet away from each other. The cones must have enough room for a player to dribble in between them.**

### 2. Place a goal at the end of dribbling course. Activity Procedures:

- Soft Touches Keep Control
  - Use All of Your Foot
  - Head Up on the Dribble
1. Today's activity is called Quick Cuts. We are going to have fun practicing our foot dribbling and shooting skills.
  2. 1 person will begin at the starting cone with a soccer ball at their feet. On the signal, "Ready, Set Go!" the clock will start. Start dribbling the course by "cutting" in and out of cones and controlling the ball with your feet. If you miss a cone, you must go back and complete it.
  3. When you reach the end of the course, shoot and until you score in the goal. Once a goal is scored, the clock will stop.
  4. Try to beat your personal time or play with a friend for a competitive dribbling race.
  5. Got it down?? Make a new course and try again.

### Tips:

- Use small touches to maintain control of the ball.
- Use inside, outside, and laces of feet. No toes.
- Use accuracy when shooting at the goal. It's almost like a pass into the net.
- Try to keep your head up when dribbling.