Activity Title:

Touches to achieve space
U11-U13

Activity Name: The Cross - Outside touches

Activity Setup: Make a diamond with cones 10yds apart for every 4 players. Place a cone at the center of the diamond. A player with a ball at each outside cone.

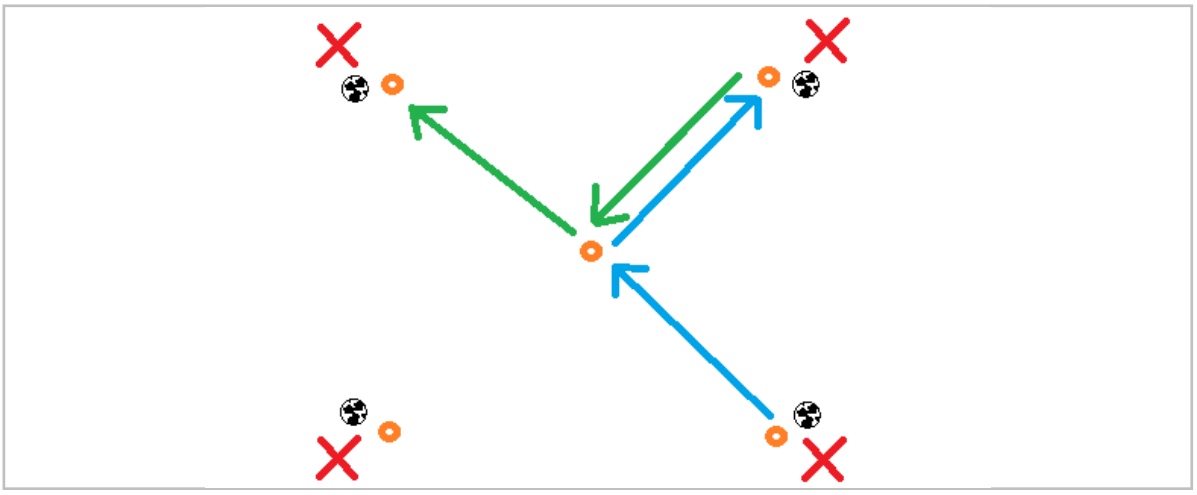
Activity Description: Player with the ball at the cone will drive in to the center cone. Using the outside of the right foot on the ball, they will explode to the cone to their right. Two minutes of repetitive activity on command or dynamic. Two minutes of left foot. Three reps each.

Emphasis:

Explode to space
Body with ball
Change of pace

Cue Words:

(your choice)
Pop the touch
Plant foot



Activity Name: The Cross - Outside touches w/light pressure

Activity Setup: Make a diamond with cones 10yds apart. 2-3 players on opposite cones. No more than 5 players per diamond. Several balls on one cone with players.

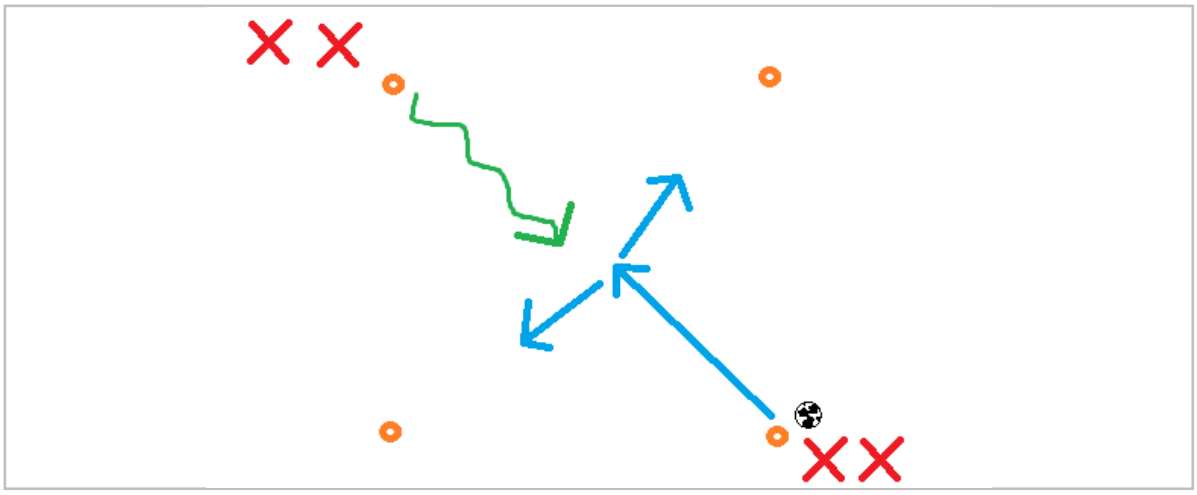
Activity Description: Player w/ball at cone dribbles towards opp. cone. Player at opp. cone w/o ball jogs towards player w/ball. Player w/ball will use the outside of left or right foot to escape to a left or right cone. Player w/ball returns ball and goes altcone. Player w/o ball alt cone

Emphasis:

Explode to space
Body with the ball
Change of pace
Timing

Cue Words:

Pop the touch
Plant foot



Activity Title:

Touches to achieve space
U11-U13

Activity Name: The Cross - Outside touches w/ Active Pressure

Activity Setup: Make a diamond with cones 10yds apart. 2-3 players on opposite cones. No more than 5 players per diamond. Several balls on one cone with players.

Activity Description:

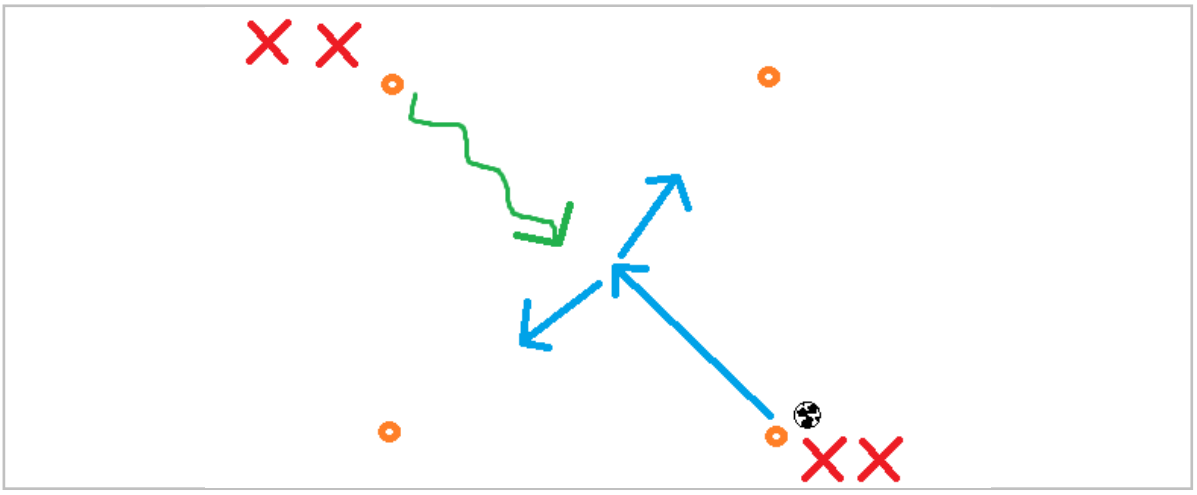
Player w/ball at cone dribbles towards opp. cone. Player opp. cone w/o ball defends player w/ball from cones. Player w/ball escapes to a left or right cone. Player w/ball returns ball and goes altcone. Player w/o ball alt cone

Emphasis:

Explode to space
Body with ball
Change of pace
Timing

Cue Words:

Pop the touch
Plant foot



Activity Name: 4v4 play small field

Activity Setup:

Activity Description:

Emphasis:

Explode to space
Body with ball
Change of pace
Timing

Cue Words:

Pop the touch
Plant foot