



## ONE FOOT BIG SLALOM

Ball Control: Dribbling

### COACHING GOALS

During this drill, my team will:

- Learn how to better maneuver the ball under control with the inside and outside of the foot.
- Learn how to work with focus and determination toward skill development.

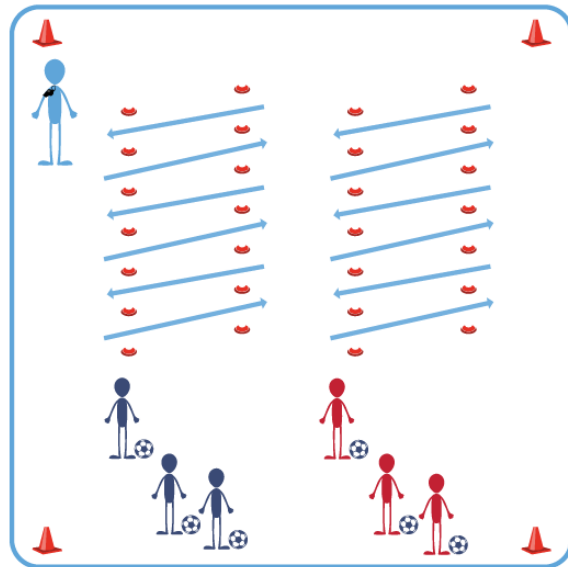
### EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per player
- 12 to 14 low-profile cones per group

Set-Up:

- Create 2 parallel slalom lines 5 paces apart for each group using low-profile cones spaced two paces apart.
- Create groups of 3 or 5 players per group.
- Each player with a ball, standing with their group at a slalom course.



### HOW TO PLAY

1. It's time to for One Foot Big Slaloms. The object of this drill is to dribble zigzag, in and out of the cone course using the inside and outside of only one foot.
2. On the whistle, the first player in line will begin dribbling with the right foot only. Zigzag from one line to the next and back, making your way down the course. Use controlled touches on the ball. Stay focused on every touch.
3. As soon as the first player reaches the mid-way point through the course, the next player will go. Continue this rotation until you hear the whistle.
4. On you next turn, use only your left foot. Continue alternating with each turn.
5. ADD CHALLENGES:
  - Changing the distance between cones changes the dynamic of the drill.
  - Once players demonstrate control, make this activity a race.

### FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: What types of distractions made you lose your focus during this drill?
- Q2: What can you do to minimize or avoid those distractions?
- Q3: What types of distractions might you face during a game? Why is it important to practice focusing during our skill development drills?