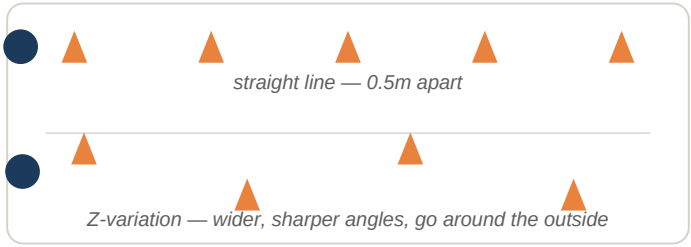
Touch and Train

Cone Dribbling — Printable Weekly Plan

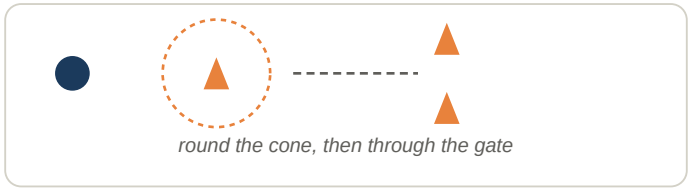
Session 1 — Straight Line + Zigzag

- Straight Line Dribbling: 5-6 cones, 0.5m apart, both feet.
- Zigzag Dribbling: offset the cones, weave behind each one.



Session 2 — Round the Cone + Through the Gate

- Round the Cone: tight full circle around one cone, both feet.
- Through the Gate: dribble through 2-cone gates at different angles.



Session 3 — Figure-Eight, Box Turns & 1v1

- Figure-Eight: 2 close cones, alternate which foot takes you around each one.
- Cone Box Turns: 2x2m square, oriented touch, turn out a different corner each time.
- 1v1 Against a Cone: attack at game speed, improvise the move — don't plan it in advance.

