WORLD CUP 4 CORNERS

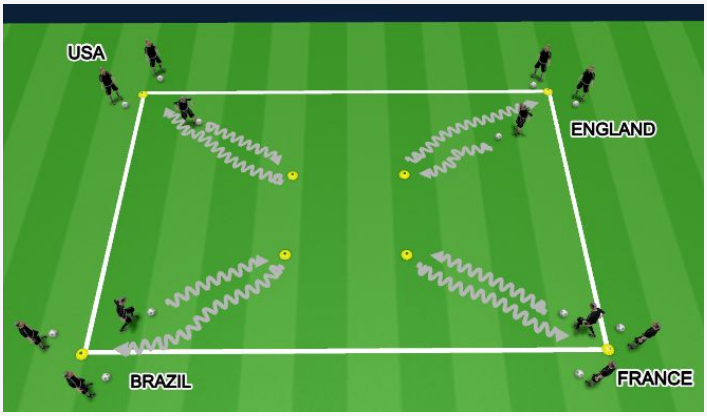
Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Description

4 CORNERS WORLD CUP ACTIVITY

4 Corners (Ball Familiarity) (15 mins)



Organization: MAKE IT A RACE AFTER YOU HAVE GONE THROUGH EACH ROTATION

- 12x12 grid with inside square only 3-4 yds apart
- Objective is for each player to practice their touches on the ball using all parts of the foot.
- Players will rotate after each turn working different moves such as: CRUYFF, FAKE and TAKE, STOP and GO, STEP OVER, SCISSORS, PULL BACK (V Cut), INSIDE / OUTSIDE, ROLLOVER

Progression:

- Use only left foot
- Free style (let them do their own moves for a few mins)

Coaching Points:

- Head up
- Quick change of direction