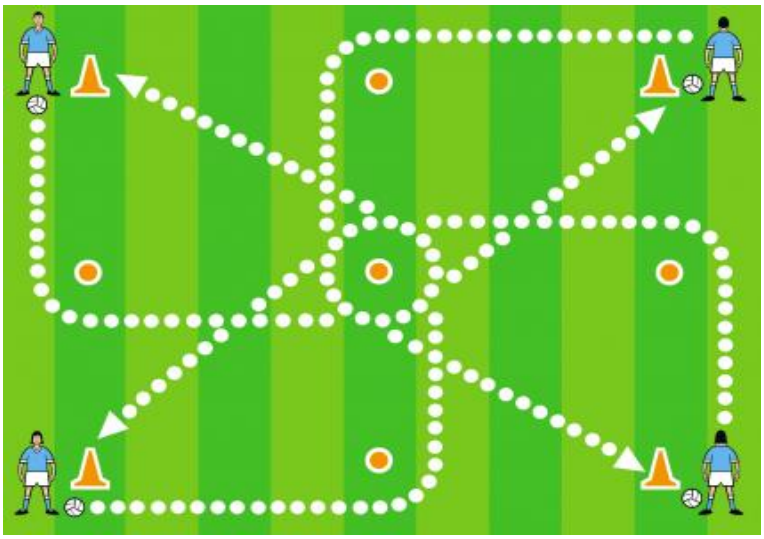
LEVEL 2

SOLO - CRAZY SOLO

— FOOTBALL



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This intermediate drill to practice the Solo technique challenge the peripheral vision of the players

Organisation

- Mark out a grid using cones as shown
- Place a further cone in the centre of the grid
- Divide the players into groups of 3; one ball per group
- Each group of 3 line up at a corner cone
- The first player in each group solos with the ball in an anti-clockwise direction around the next cone, then the centre cone, and back to their corner
- Each player in turn repeats the drill
- The players must be aware of each other's movements as they round the centre cone

STEP Variation

Task – Allow the players to attempt to knock the ball from the other players as they round the centre cone

EQUIPMENT LIST

- Cones
- Football

Notes