PROJECT ELEVEN

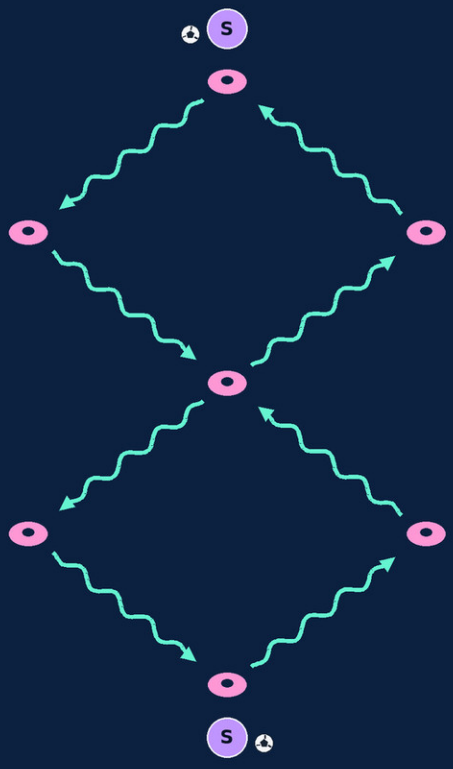
DUSK STUDIO / VIBRANT

TECHNICAL / SEVEN CONE

DRIBBLING

Control the ball. Follow the route. Express your skill.

FOLLOW THE PATTERN



YOUR THREE CUES

01

FOLLOW

Follow the route shown. Use the skill your coach assigns at each cone.

02

TURN

Use your laces to travel straight. Use the inside and outside to turn.

03

CREATE

Add creative skills where appropriate. Keep the ball under control.

CONTROL / TURN / CREATE

Activity reference: Seven Cone / Academy Sports Coach, 2026. Redrawn for Project Eleven.

PROJECT ELEVEN

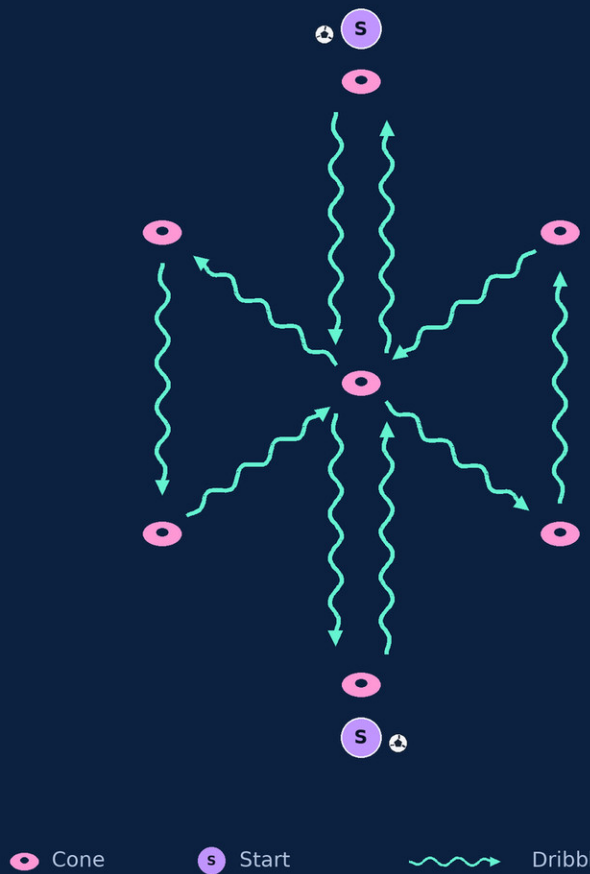
DUSK STUDIO / VIBRANT

TECHNICAL / SEVEN CONE

TURNING SKILLS

Attack the middle. Perform your skill. Change speed.

DRIBBLE INTO THE MIDDLE



YOUR THREE CUES

01

APPROACH

Start at the top and bottom. Dribble toward the middle cone.

02

PERFORM

Use the assigned turning skill with the appropriate foot.

03

ACCELERATE

Change speed toward the next cone. Continue the route and repeat.

APPROACH / TURN / ACCELERATE

Activity reference: Seven Cone / Academy Sports Coach, 2026. Redrawn for Project Eleven.

PROJECT ELEVEN

DUSK STUDIO / VIBRANT

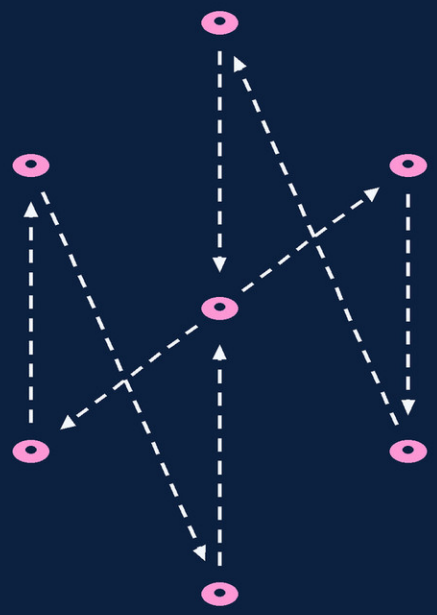
TECHNICAL / SEVEN CONE

PASSING PATTERNS

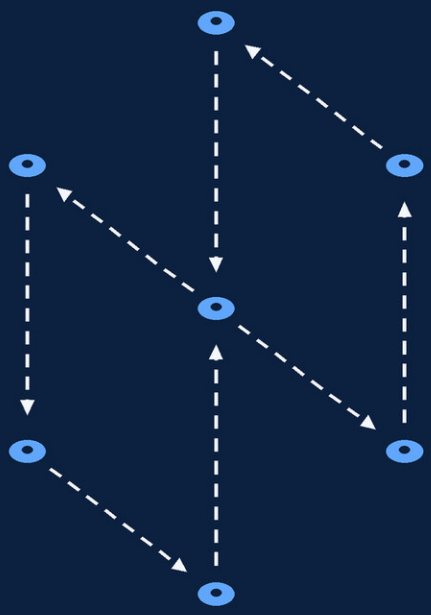
Two passing routes through the same seven-cone shape.

TWO PATTERNS TO EXPLORE

PATTERN A



PATTERN B



Cone Pass

YOUR THREE CUES

01

FOLLOW

Use Pattern A or Pattern B. Follow the dashed arrows in order.

02

RECEIVE

Scan early. Shape your first touch toward the next pass.

03

CONNECT

Pass accurately to the receiving foot. Keep the pattern flowing.

SCAN / RECEIVE / CONNECT

Activity reference: Seven Cone / Academy Sports Coach, 2026. Redrawn for Project Eleven.

Receiving and connection cues are proposed Project Eleven coaching wording.