

Fast Foot work or Foundation: Basic Footwork to improve a players close control, and to begin to become comfortable and confident with the ball.

1. Foundation - Small touches between your feet (should be done moving in a little area, not standing still) {iSoccer calls this shuffles}
2. Taps - While Hoping, touch ball with sole of foot every hop (should be done moving in a little area, not standing still)
3. Push Pull - Pull with sole of foot push with instep, laces, and outside of foot
4. Inside, Outside - Small touches should be done every step player takes, ball moves with them. Inside of foot, then outside
5. Outside, Inside - Outside of foot, then inside
6. Inside, Inside, Out - Two Small touches inside of foot and explode with touch outside
7. Outside, Outside, Explode Outside
8. Inside, Inside, Sweep across body and Explode out
9. Small touches with Laces - One foot at a time, small proper touches with laces while moving at game speed, every 6-8 touches they change direction using one of change of direction moves listed below. Go about 3 minutes then change feet.
10. Foundation, push pull - Player touches ball between feet 6-8 touches then push pull, and continue.
11. Foundation, Rake - Player touches ball between feet 6-8 touches and then rakes ball to opposite foot {iSoccer calls this rollies}
12. Foundation-Tuck-Explode: Player touches ball between his feet 6-8 touches, tucks ball behind him and explodes
13. Foundation, Taps Drill - Player starts with Foundation and on coaches command switches to taps. Continuous switching for 1 min.
14. Drag-Cut-Drag step over explode - Player drags ball, cuts, drags again and lets ball step over and explode

Change of Direction: These moves are used to change the point of attack. Stress importance of change of pace after every change of direction. Stress game situations of when and how we change direction. Keep possession, etc.

1. Cut with inside
2. Cut with Outside
3. Step on ball, step over
4. Pull Back
5. Cruyff
6. Step Over, Cut
7. Zico
8. V

Moves to beat players/ Change of direction on angles

9. Step Over / Scissors
10. Pato
11. Double Stepmover / Scissors

14. Ronaldo - While attacking defender, hop over ball and Cruyff ball with ball foot on angle to beat defender inside

15. Double Touch - Take ball inside with one foot and move your hips to bring ball back with opposite foot. Emphasis on hips swivel to sell move

16. Outside, Inside - Player acts like he is cutting ball with outside of foot, but quickly touches ball with inside and explodes

- Some of the fast footwork can also be used as the above
- Attached is sessions that can work on all above

Juggling Ball Work: These exercises below are to be done explaining proper technique of no back spin, proper touches with the laces with ankle locked and no spin. Should be done beginning of every session while players are arriving and waiting for training to start

1. Foot-Catch: Player drops ball onto foot and plays ball eye level and catches it. Use **BOTH feet**

2. Foot-Thigh-Catch

3. Thigh, foot, thigh-catch

4. Foot, thigh, foot-catch

5. Foot, Head-Catch- Proper technique of heading ball for control, taking weight off of air ball

6. Outside of foot, laces-catch

7. Laces,outside, laces-catch

8. Inside, Laces-Catch

9. Laces, Inside-Catch

10. Inside, laces,outside-Catch

11. Laces, inside,laces-Catch

12. 15 feet no spin, control low-Catch

13. Low, High, Low-Catch

14. Low, High Continuous-See how many times in a row player can perform low, high, low, high

15. Low, High, Inside-Catch

16. Low, High, Outside-Catch

17. Low, High, 2 soft touches

* Perform regular juggling below the knee of knee height stressing proper form

* Attached is some ways to teach players how they can use the different parts of the foot for younger ages

Summary:

Everything above colored in Red is for U8, ~ Blue is for U9. U10 and above should be able to attempt to master all the above ball skills. The emphasis as we continue to stress the importance of this starts to focus on 1) How fast can they do the skills(game speed) 2)how quick they can move their feet 3) How they are incorporating there hips, body fakes, etc to really sell the skills and lastly how can they add their own little twist to a move, we dont want robots that just “do” moves, we want soccer players!!!!