



SKILL PRACTICE LIST & INSTRUCTIONS

PRACTICE 1

Skill Practice: Dribbling, Foundation

Type: Tap the ball between your feet.

Goal: How many times can you tap the ball between your feet in 30 seconds?

Coaching Points: Bend your knees; upper body down; use the inside of feet; keep feet close to body.

Level 1 - 15 Level 2 - 20 Level 3 - 30 Level 4 - 45 Level 5 - 60

PRACTICE 2

Skill Practice: Juggling

Type: Keep the ball in the air as long as possible (no bounces)

Goal: How many times can you consecutively touch the ball while it is in the air?

Coaching Points: Use all parts of your body; no hands; stay relaxed; use controlled touches; you may start with the ball in your hands

Level 1 - 4 Level 2 - 8 Level 3 - 16 Level 4 - 32 Level 5 - 64

PRACTICE 3

Skill Focus: Dribbling, Ball Control I

Type: Rake the ball side to side

Goal: How many times can you rake the ball in the 30 seconds?

Coaching Points: Put one foot on the ball, CROSS your legs and roll the ball, stop it with the other foot, rake the ball back across your body with the foot that stopped it; repeat

Level 1 - 5 Level 2 - 10 Level 3 - 15 Level 4 - 20 Level 5 - 30

PRACTICE 4

Skill Focus: Dribbling, Ball Control II



Type: Push forward, pull back

Challenge: How many times can you pull the ball back in the 30 seconds?

Coaching Points: Begin with the foundation (tick-tocs); when ready, push/pass the ball forward slightly away from you with one foot; put other foot on the ball and pull it back toward your body; count one. Do a few foundation touches and repeat the same process, pulling the ball back with the other foot. Always facing one direction, continue to alternate and count every pull-back

Level 1 - 10 Level 2 - 15 Level 3 - 20 Level 4 - 30 Level 5 - 40

PRACTICE 5

Skill Focus: Dribbling, ball control/change of direction I

Technique: Inside-outside touches moving side to side

Challenge: How many times can you change direction in 30 seconds?

Coaching Points: Facing one way the entire time (or until you run out of room), (1a) Touch/cut the ball across your body with the inside of your right foot; (2a) immediately push the ball to your left side with the outside of your left foot; as quickly as possible, (1b) cut/touch the ball back across your body with the inside of your left foot; (2b) immediately push the ball to your right side with the outside of your right foot; repeat from step (1a). stay on your toes and get low when you change direction; count every time you change direction

Level 1 - 4 Level 2 - 8 Level 3 - 12 Level 4 - 20 Level 5 - 32

PRACTICE 6

Skill Focus: Dribbling, ball control/change of direction II

Technique: Beckenbauer

Challenge: How many times can perform the Beckenbauer in 30 seconds?

Coaching points (1) Begin with 3 foundation touches, or tic-tocs, push the ball forward with the left foot then pull the ball back straight behind you with the right foot; (2) leaning slightly forward, touch the ball with the inside of the right foot to the left side of your body [this movement should be done behind your left leg]; (3) quickly turn to get the ball and repeat from step 1 using opposite feet.

In other words, pull the ball back and touch the ball behind your body or standing leg.

Level 1 - 4 Level 2 - 8 Level 3 - 12 Level 4 - 18 Level 5 - 28



PRACTICE 7

Skill Focus: Moves; *Deception*

Technique: Scissor

Challenge: How many times can perform the Scissor in 30 seconds?

Coaching Points:

THE MOVE: (1) Standing behind the ball and with your feet apart, drag your right foot toward your left foot; (2) move your right foot around the front of the ball and back to the right side; (3) your body-weight should be on your right foot now

KEY POINTS: keep your moving foot close to the ground, shift your weight, bend your knee and DO NOT simply kick your foot around the ball.

THE DRILL: Touch the ball across your body with your right foot, then scissor with your right foot; immediately touch the ball across your body with your left foot, then scissor with your left foot; repeat. Count every scissor; keep the ball moving.

Level 1 - 5 Level 2 - 10 Level 3 - 15 Level 4 - 25 Level 5 - 40

PRACTICE 8

Skill Focus: Foot speed/control

Technique: Inside-outside

Challenge: How many times can you touch the ball in 30 seconds?

Coaching Points:

Begin with your right foot, touch (move) the ball side to side using the inside, then outside of your right foot. After ten touches, switch feet. Complete ten more touches (inside-outside-inside-outside....) with your left foot, then switch the ball to the other foot and repeat. Move your foot as quickly as you can and make sure the ball is moving!

Level 1 - 10 Level 2 - 20 Level 3 - 40 Level 4 - 70 Level 5 - 100

PRACTICE 9

Skill Focus: Moves/Ball control I

Technique: Cruyff

Challenge: How many times can you Cruyff the ball in 30 seconds?

Coaching Points:

Begin with three foundation (tic-toc) touches. Lift your knee and point it sideways. Keeping your foot flexed (toe up), move it to the front of the ball. Now point your knee in the complete opposite direction (across your body), and pass the ball behind your



standing leg. Do at least 3 foundation touches before each Cruyff.
Level 1 - 5 Level 2 - 10 Level 3 - 15 Level 4 - 25 Level 5 - 35

PRACTICE 10

Skill Focus: Moves/Ball control II

Technique: “Matthews”

Challenge: How many times can you perform the Matthews in 30 seconds?

Coaching Points:

Begin by dribbling the ball. Using the inside of your right foot, touch the ball across your body. Keep your right foot in the air (standing on your left leg). Hop in the same direction the ball is moving. Now use the outside of your right foot to quickly change direction toward your right side (inside touch-HOP-outside touch). Be sure to push off your left foot to accelerate quickly. Dribble again and perform the Matthews with your left foot. Alternate every time.

Target 1 - 6 Target 2 - 12 Target 3 - 20 Target 4 - 25 Target 5 - 35

PRACTICE 11

Skill Focus: Ball control

Technique: Lifts

Challenge: Can you perform all lifts and 5 juggles after each?

Coaching Points:

These are ways to get the ball from the ground into the air without using hands.

Level 1: roll the ball back, let it roll on top of your foot, point your toe up, lift your leg

Level 2: lift the ball with no roll, get under the ball and lift your foot forward and up

Level 3: stand with your heels close together and your toes far apart, place the ball between the insides of your feet, now VERY quickly bring your toes together and the ball should pop straight up in the air

Level 4: “half rainbow” with the ball firmly between your feet, begin by leaning and rolling the ball up the inside of one leg quickly with the inside of your other foot, hop onto the foot that rolled the ball, and kick your standing heel straight up in the air

Level 5: with the ball firmly between your feet, begin by rolling the ball up the inside of one leg with the inside of your other foot (no leaning), let the ball go, smash the ball straight into the ground with your heel [DO NOT STEP ON THE BALL], the ball will hit the ground and bounce back up for you to juggle

-Target 1 -Target 2 -Target 3 -Target 4 -Target 5

On the foot skills 1 through to 11 you work for 30 seconds and record your score

each day. Have a few practice runs before timing yourself. For Descriptions on the exercise see below. Make sure to do all exercises on the balls of your feet and with speed.

For the juggling exercises (12 through to 15) you work on the skill for 5 minutes each day and record your best score.