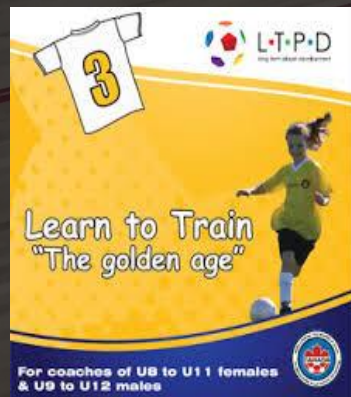




# Learn to Train

## Individual Skill Development

*Grassroots Development U9-U12 Players*



# LEARN TO TRAIN



**Equipment:** 1 ball



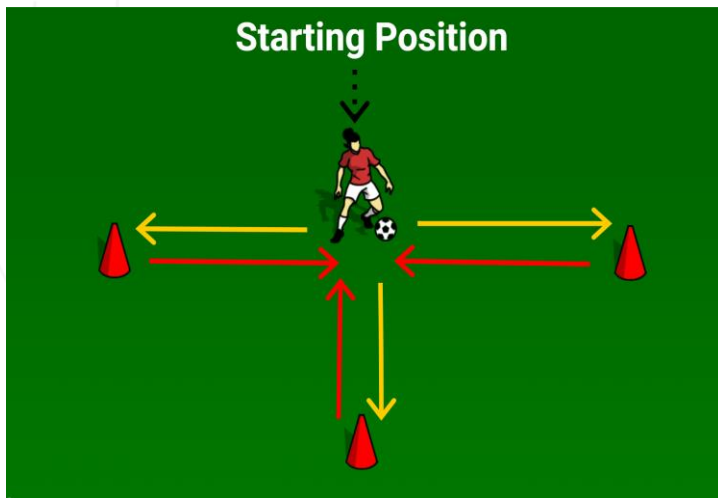
**What to do:** Keep control of the ball for 15 seconds using any parts of the foot. Use different patterns and be creative in manipulating the ball. Ex. Step-over, dribble, toe taps, tik-toks, body feint.



**Variations/Progressions:** Spread out cones as obstacles and try to avoid them while keeping control of the ball.



**Keep in mind:** Small touches to keep the ball close. Make as many touches that you can in the 15 seconds.



**Equipment:** 1 ball and 3 cones.



**What to do:** Dribble to a cone and perform different cuts/turns on the ball. Use different parts of the foot to cut – ex. Inside, outside, sole, Cruyff turn.



**Variations/Progressions:**

- 5x inside right, 5x inside left
- 5x outside right, 5x outside left,
- 5x drag back right, 5x drag back left,
- 5x behind the leg right, 5x behind the leg left



**Keep in mind:** Sharp turns and cut the ball straight back. Accelerate after the cut.

