




Soccer for Life


Individual Skill Development

Grassroots Development U13-U17 Players




L.T.P.D
Lions Training Program Development

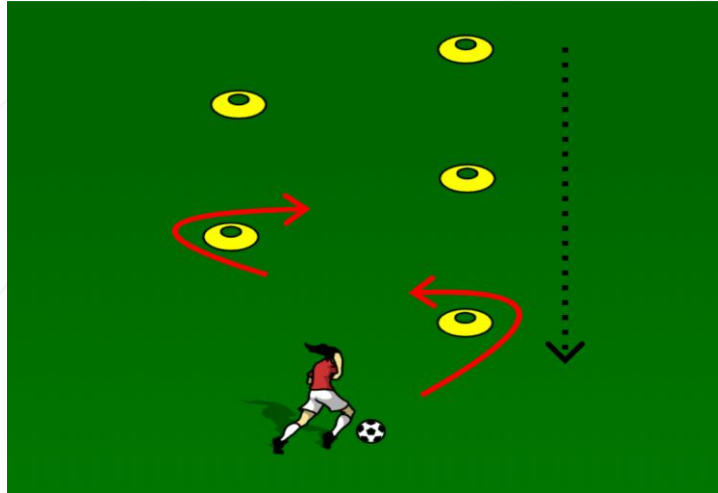
Soccer For Life
"Soccer for health and growth"



For coaches of U12 and older females & U13 and older males




SOCCER FOR LIFE



Equipment: 1 ball and 5 cones



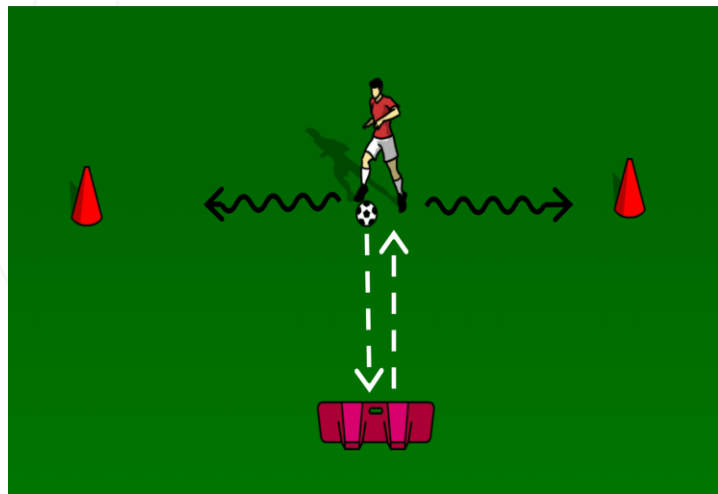
What to do: Dribble in a zig-zag pattern. When you reach the end, dribble straight back and repeat.



Variations/Progressions: Use different parts of your feet when turning/cutting. Time yourself and try to beat your time completing the course.



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling. Sharp turns and dynamic movements.



Equipment: 1 ball, 2 cones, and a wall/flat surface.



What to do: Play the ball against the wall. Receive the ball and take a touch towards either cone, Dribble to the cone and back. Repeat.



Variations/Progressions: Receive the ball with the inside/outside of the foot.



Keep in mind: Play the first touch when receiving the ball in the direction of a cone to minimize the number of touches.

