




Soccer for Life


Individual Skill Development

Grassroots Development U13-U17 Players



L.T.P.D.
Long Term Player Development

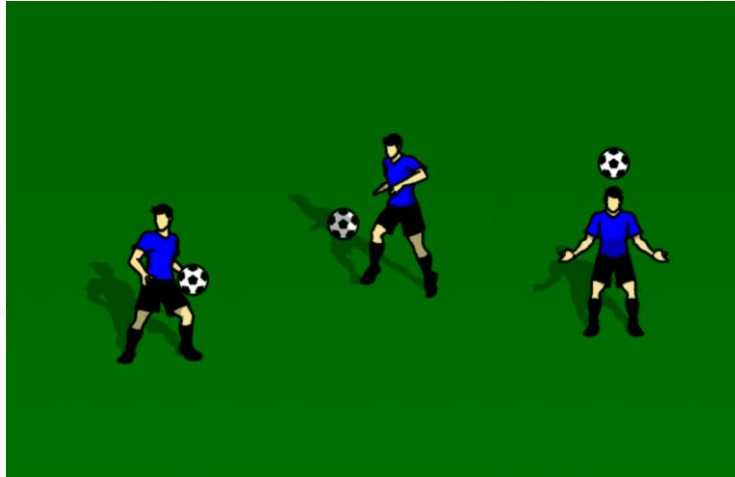
Soccer For Life
"Soccer for health and growth"



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



SOCCER FOR LIFE



Equipment: 1 ball



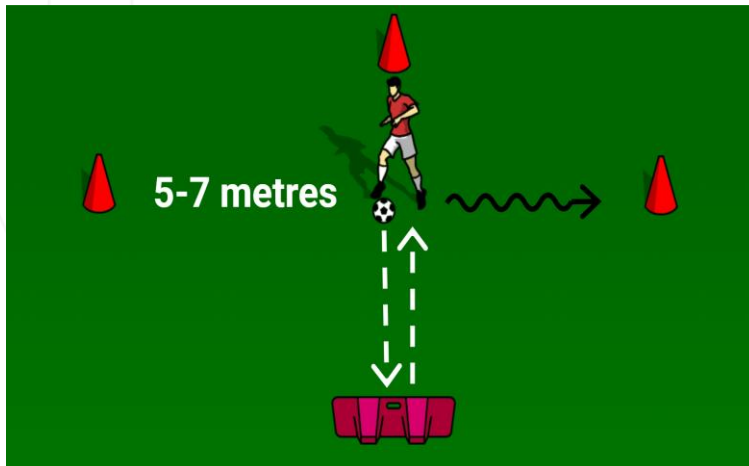
What to do: Keep the ball up without the ball touching the ground. Use your foot, thigh, shoulders, chest, head.



Variations/Progressions: Tricks to try: around the world, balance the ball on head, foot, back of neck



Keep in mind: Challenge yourself - Alternate feet when juggling.



Equipment: 1 ball, 3 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.