




# Soccer for Life


## Individual Skill Development

### Grassroots Development U13-U17 Players




**L.T.P.D**  
Lions Training Program Development

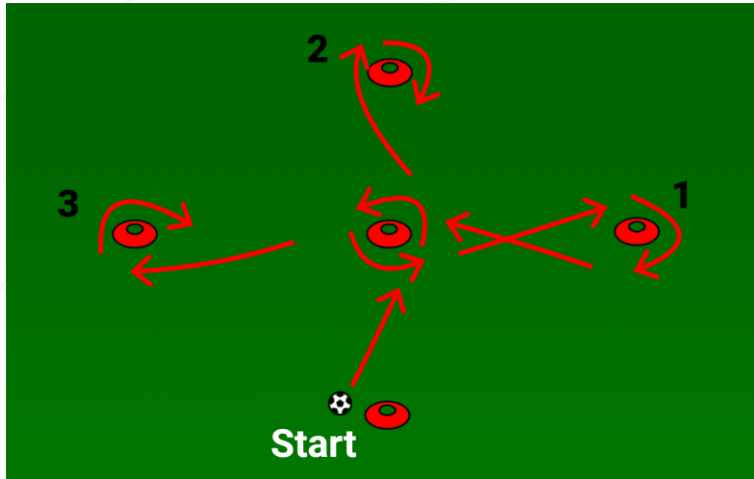
**Soccer For Life**  
"Soccer for health and growth"



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




# SOCCER FOR LIFE



**Equipment:** 1 ball and 5 cones



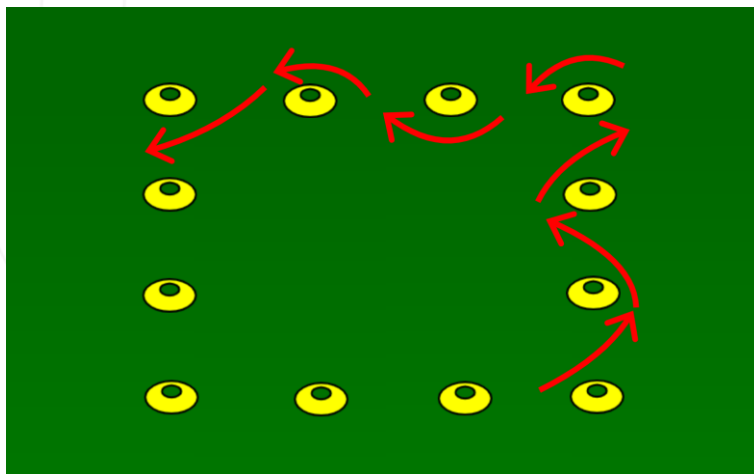
**What to do:** Dribble in a figure 8 pattern as shown in the diagram.



**Variations/Progressions:** Perform different turns and cuts around the cones.



**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 and 12 cones.



**What to do:** Dribble in and out of the cones.



**Variations/Progressions:** Perform different dribbling techniques. Ex. Toe taps, roll overs, only outside/inside of foot, only right/left foot.



**Keep in mind:** Keep close to the cones and make small touches.