**TYPICAL Soccer Skills Session**

**Warm-up: 15 minutes**

**Each week use movement & skills from the provided sheets. Every move should be done with the left & right feet. Demonstrate as needed and correct for poor execution.**

* **FIFA 11+**
* **Dynamic Skills Warm-up**
* **First touch control**

**Dribbling: 10 minutes**

* **Weaving - use individual cones (handed out as players arrive)** [**https://www.youtube.com/watch?v=fKCvB6rAxQc**](https://www.youtube.com/watch?v=fKCvB6rAxQc)

1. **One foot only – alternate left then right**
2. **One touch between feet per cone**
3. **Outside of feet only**
4. **Inside roll – use inside of foot and roll foot (soul) over ball**
5. **Higher level:** [**https://www.youtube.com/watch?v=Q7vUtARlRgY**](https://www.youtube.com/watch?v=Q7vUtARlRgY)

* **Grid – dribble inside of grid**

1. **Speed & slow on coach command**
2. **Colour call – coach calls out a colour and players sprint/dribble around that cone then back to start position**

**Feints: 10+ minutes**

* **Each week review previous week’s feint then introduce 1 new move and practice until everyone gets success then dribble at cone defenders make the feint etc. Repetition is key to mastery!**

1. **Outside push -** [**https://www.youtube.com/watch?v=OX4WUr3TCfA**](https://www.youtube.com/watch?v=OX4WUr3TCfA)
2. **Inside push -** [**https://www.youtube.com/watch?v=OX4WUr3TCfA**](https://www.youtube.com/watch?v=OX4WUr3TCfA)
3. **Inside Outside push -** [**https://www.youtube.com/watch?v=OX4WUr3TCfA**](https://www.youtube.com/watch?v=OX4WUr3TCfA)
4. **Step over -** [**https://www.youtube.com/watch?v=OX4WUr3TCfA**](https://www.youtube.com/watch?v=OX4WUr3TCfA)

[**https://www.youtube.com/watch?v=lUNkEHw\_kXE**](https://www.youtube.com/watch?v=lUNkEHw_kXE)

1. **La Croqueta -** [**https://www.youtube.com/watch?v=\_uuqsGCiM9I**](https://www.youtube.com/watch?v=_uuqsGCiM9I)

[**https://www.youtube.com/watch?v=Q-otzeksAlo**](https://www.youtube.com/watch?v=Q-otzeksAlo)

1. **Stop & Start -** [**https://www.youtube.com/watch?v=\_uuqsGCiM9I**](https://www.youtube.com/watch?v=_uuqsGCiM9I)
2. **Matthews -** [**https://www.youtube.com/watch?v=uUyTRzxScAk**](https://www.youtube.com/watch?v=uUyTRzxScAk)
3. **Cruyff -** [**https://www.youtube.com/watch?v=V9klCWR\_nKk**](https://www.youtube.com/watch?v=V9klCWR_nKk)
4. **V-cut -** [**https://www.youtube.com/watch?v=tVTi54D71Ls**](https://www.youtube.com/watch?v=tVTi54D71Ls)

[**https://www.youtube.com/watch?v=twnWfyJN5OY**](https://www.youtube.com/watch?v=twnWfyJN5OY)

1. **Chop -** [**https://www.youtube.com/watch?v=rr2QNc2XgmM**](https://www.youtube.com/watch?v=rr2QNc2XgmM)
2. **Maradona -** [**https://www.youtube.com/watch?v=BqZfsuMw9r0**](https://www.youtube.com/watch?v=BqZfsuMw9r0)

[**https://www.youtube.com/watch?v=oqdFz4aJRSM**](https://www.youtube.com/watch?v=oqdFz4aJRSM)

**Additional Foot Skill Resources:**

[**https://www.youtube.com/watch?v=s5a9g1aIHmQ&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=2**](https://www.youtube.com/watch?v=s5a9g1aIHmQ&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=2)

[**https://www.youtube.com/watch?v=yHaPNs\_CL7k&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=3**](https://www.youtube.com/watch?v=yHaPNs_CL7k&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=3)

[**https://www.youtube.com/watch?v=TiQrdVjT-xw&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=6**](https://www.youtube.com/watch?v=TiQrdVjT-xw&list=RDCMUCkyywhlqhEGTYdAebSXGaBQ&index=6)

**Passing & Receiving: 15 minutes**

**How it looks - follow BCSA passing sheets provided. Start slow and work over the 8 weeks to more complicated patterns.**

**Passing focus on using both left and right foot, accuracy, proper weight (how hard the pass needs to be to reach partner (close/far)) and passing from a dribble (don’t standstill).**

**\*\*Good demos, explanations (passing/receiving) and use of cones; can be done with partner passing not a wall.** [**https://www.youtube.com/watch?v=YKd9fYNAvHk**](https://www.youtube.com/watch?v=YKd9fYNAvHk)

**Receiving, individual skills to train:**

1. **Use both feet, left and right**
2. **One & two touch**
3. **Receive in motion (run forward to meet the ball & pass, jog backwards and set to receive)**
4. **Receive with inside and outside of foot – great little colour game =** [**https://www.youtube.com/watch?v=eW9XAiYWnPw**](https://www.youtube.com/watch?v=eW9XAiYWnPw)
5. **Receive on the half turn -** [**https://www.youtube.com/watch?v=Exs7WDRsBpo**](https://www.youtube.com/watch?v=Exs7WDRsBpo)
6. **Receive on the back foot, turn and… dribble/sprint or pass -** [**https://www.youtube.com/watch?v=kaLe2YWsd9w**](https://www.youtube.com/watch?v=kaLe2YWsd9w)[**https://www.youtube.com/watch?v=yF07mSxIxyc&list=PLUb36cRJxXjKnxu\_bzrzUY09ahDy11Fq7&index=4**](https://www.youtube.com/watch?v=yF07mSxIxyc&list=PLUb36cRJxXjKnxu_bzrzUY09ahDy11Fq7&index=4)
7. **Receive away from the body (L&R, inside & outside of foot, out to the side & across the body )-** [**https://www.youtube.com/watch?v=qx1rtko44lw**](https://www.youtube.com/watch?v=qx1rtko44lw)

**Cool Down 5 minutes**

**Light movement – perform between cones, each movement is done for one pass through:**

* **Jog**
* **Skip with big arms**
* **Sweep (as you walk bend at the waist sweep the ground with hands, stand up take 2 steps repeat)**
* **Open Leg (knee up in front swing out to the side – open the gate – L&R as you walk)**
* **Close Leg (knee up to the side swing to the front of body – close the gate – L&R as you walk)**
* **Lunges**
* **Calf stretch (point toe to sky, hold 3 sec walk 2 steps repeat alternating feet)**