



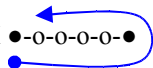
## Ball Feeling

**Emphasis:** *Developing a Feeling for the Ball, Balance & Coordination*

(All exercises to be done with the right and left foot: Repetitions of 40 each.)

- Roll the Ball Forward and Backward Using the Sole of the Foot:
  - (Advanced: Do while hopping on the standing leg.)
- Inside, Outside Foot Roll: With the inside of the foot touching the ball and the sole of the foot on the ground, roll the inside of the foot over the ball, to the outside of the foot until the sole of the foot re-touches the ground.
- Roll the Ball Side to Side:
  - (Advanced: Do while hopping on the standing leg.)
- Pullback: Side to side across the body using the sole of the foot.
  - (Advanced: Two happy feet between movements.)
- Four Happy Feet Double Pullback:
- Two Lace Dribbles Pullback: (Left laces, left pullback: Right laces, right pullback.)
- Pullback: Feint a pass across body using the instep.
  - (Advanced: Two happy feet between movements.)
- Inside Cut: While standing over the ball, step on and cut with inside of the foot.
  - (Advanced: With a hop.)
  - (Advanced: Two happy feet, hop, double inside cut)
- Roll Back, Tap Forward: Alternate feet each time.
  - (Advanced: Do with a hop.)
- Circle Roll or Swivel: Roll in a circle using the forefoot, clockwise/counter clockwise.
- Two Inside Touches, Matthews:
- Two Inside Touches, Fake Matthews, Scissors:
- Two Inside Touches, Step Over:
- Two Inside Touches, Lunge:
- Push Out as if to Make an Instep Pass, Cut Behind the Standing Leg:
- Push Out as if to Make an Instep Pass, Conti:
- Pullback with a Cut Behind the Leg:
- Pullback with a Step Over:
- Step On, Drag Through:
- Helicopter, with Two Happy Feet:
- Roll it, Stop it, Tap it:
- Cruyff: Fake cross, cut with the inside of the foot behind the standing leg.
- Cruyff: Fake shot, cut with the outside of the foot. (Outside twist off)
- Cruyff: Fake shot; chop the ball in front of your body.

\*\* U-8 (age 8 & under): Step On: With many balls. XXX ●-o-o-o-o-●



- ◆ Step on balls with the right foot, run past the cone, perform a somersault, return stepping on the balls with the left foot.



# Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



## Star Drill: Across The Box

**Emphasis:** *Accurate Technical Execution, Foot Speed, Balance & Coordination with a Ball*

- Lace Dribble Jogging:
- Curl Walk:
- Curl Walk, Skipping:
- Curl Walk Running:
- Reverse Curl Walk: (Balance & coordination exercise)
- Happy Feet Forward/Backwards: (1/2 way switch from forward to backward)
- Four Touch Turning: (alternate feet)
- Happy Feet Sideways: (four touches then turn in opposite direction-4 touches to turn)
- Step On, Tap Forward: (one touch variation, alternate feet)
- Roll It, One Happy Feet, Roll It:
- Inside Outside: (twist off ½ way, step over turn at the ends)
- Roll It, Inside Outside:
- Inside Right, Outside Left: (double scissors ½ way, step over turn at the ends)
- Inside Outside Right, Inside Outside Left: (“ “ “”)
- Toe Touches Forward Come Back Backwards:
- Four Lace Dribbles, Pullback:
- Alternating Cut Behind the Leg:
- Matthews: (alternating feet) Hop to Inside take with Outside
- Ronaldinho: (alternating feet) Feint to take with Outside take with Inside
- Fake Matthew’s w/Scissors: (alternating feet)
- Fake Matthew’s w/Lunge:
- Infinite Scissors:
- Lace Dribble (four Touches) Double Lunge:
- Scissors Right, Matthew’s Left-Scissors Left, Matthew’s Right: (alternating feet)
- Roll It, Stop It w/Opposite Foot:
- Roll It, Stop It w/Same Foot:
- Roll It:
- Roll It Step Over: (alternating feet)
- Roll It Step Over, Step Over: (alternating feet)
- Roll It Step Over, Scissors: (alternating feet)
- Roll It Step Over, Scissors, Double Scissors: (alternating feet)
- Lace Dribble Draw Back (three touches) Pass Around:
- Juninho:
- Step On, Step Over:
- Step On, Step Over, Step Over, Lunge:
- Step On, Lunge:
- Step On, Side Scissors:
- Step On, Drag Through:
- Step On, Toe Poke:
- Step On, Roll It: (with the sole of the foot)
- Juggle:
- Rainbow Kick:
- Lace Dribble (Sprinting)

**\*\*Game:** Simon Says (turn right, turn left, hop, inside twist off, outside twist off, step over, cut behind the leg, scissors, helicopter, curl walk, double scissors, double step over, step on drag through inside outside, inside right/outside left,)



# Developmental Skills

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## Star Drill: Across The Box

**Emphasis:** *Accurate Technical Execution, Foot Speed*

**Note:** *All "Across the Box" exercises can be done in this formation*

➤ **Across The Box In A Star Examples:**

Curl Walk, Skipping:

Roll It, One Happy Feet, Roll It:

➤ **Sprint to Center Return to the Cone:**

➤ **Sprint to Center Move To Adjacent Cone:**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

➤ **Sprint to Center (pass, pass, pass) Return to the Cone**

➤ **Sprint to Center (pass, pass, pass) w/Adjacent Partner, Move To Adjacent Cone**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

➤ **Moves To Beat An Opponent In A Star** (see attached sheet for moves to beat an opponent)



## Moves To Beat An Opponent

**Emphasis:** *Accurate Technical Execution, Selling Your Feint, Exploding With Pace, Knowing When, Where, and Why*

- Lunge (Head and Shoulders):
- Double Lunge (Head and Shoulders):
- Scissors:
- Double Scissors:
- Step Over:
- Matthews:
- Fake Matthews' w/Scissors:
- Fake Matthews' w/Lunge:
- Scissors (right), Matthews (Left):
- Scissors (Left), Matthews (Right):
- Scissors, Helicopter:
- Roll It, Step Over:
- Roll It, Step Over Scissors:
- Roll It, Step Over Scissors, Double Scissors:
- Roll It, Step Over, Step Over:
- Step Over, Scissors:
- Step Over, Lunge:
- Step On, Drag Through:
- Step On, Drag Through, Scissors:
- Step Over, Helicopter:
- Helicopter:
- Step On, Drag Through, Matthews:
- Step On, Drag Through, Fake Matthews w/Scissors:
- Step On, Fake the Drop, Cruyff:
- Pass Around:
- Cut Behind The Leg: (Zig Zag pattern)



## Fast Footwork Through The Cones

**Emphasis:** *Accurate Technical Execution, Change Of Direction, Shielding the Ball from an Opponent, Balance & Coordination with a Ball*

- Front Step On:
- Reverse Step On:
- Inside Twist Off:
- Outside Twist Off:
- Helicopter:
- Pullback:
- Cut Behind The Leg:
- Pullback, With A Cut Behind The Leg: (right leg first, then left)
- Step Over, With A Pullback:
- Step Over, With A Turn:
- Chop:
- Conti:
- Side Roll: (Roll It, Stop It, Tap It)

\*\* Clap Drill In a Star: (coach is to stand central)

- Matthews:
- Fake Matthews, With a Scissors:
- Scissors (right), Matthews (right):
- Scissors (left), Matthews (left):
- Scissors (right), Matthews (left):
- Scissors (left), Matthews (right):