



TAOS SOCCER ACADEMY

FUNCTIONAL SKILLS TRAINING

Technical Skills Director: Michael Hensley



The Foundation: Moves To Beat An Opponent

Emphasis On: Accurate Technical Execution, Foot Speed, Balance, Coordination, and Agility

Clap Activated Pattern In a Star: (coach is to stand central)

Note: Players on opposite sides move to the center simultaneously at the sound of the clap

Lunge (Head and Shoulders):

Double Lunge (Head and Shoulders):

Scissors: (Scissors Right Take w/Left, Alternate after a set number of repetitions)

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)