**Technical Foot skills**

**“Big Toe”**- Inside of the foot touches back and forth between your big toes.

**“Sole Taps”**- Touch ball with the soles of both feet. Start stationary, moving backwards, moving forwards in space.

**“Chop”**- Chop the ball with the inside of the foot across body at an angle (45 degrees) while on the dribble.

**“Cut”**- Cut the ball with the outside of the foot away from body at an angle while on the dribble.

**“Step-Over”**- Right foot over (swing leg over out to in) and immediately touch with outside of right foot. Players must check shoulder before. Step-over. \*Please show with both feet.

**“Step-Turn”**- (same foot turn), right foot over (swing leg over/ out to in) and turn with outside of right foot. \*Please show with both feet, opposite direction.

**“Step-Turn”**- (opposite foot turn), left foot over (swing leg over/ out to in) and turn with inside of right foot. \*Please show with both feet, opposite direction.

**“Matthews”**- While dribbling forward, chop ball inside of foot and then immediately touch with outside of same foot at an angle to accelerate. \*A plant foot hop is natural.

**“Pull Back”**- Open up”- (ball placed outside right foot), use sole of right foot, pull ball back across body, (as ball is rolling back plant foot pivots out of the way), touch inside left foot (roughly 160 degrees), repeat opposite foot, opposite direction.

**“The V”**- (ball starts in front of left foot) pull back sole of right foot across body, touch at 45 degree angle away from body with inside of right foot, pull ball back left foot across body, touch at 45 degree angle away from body with inside of left foot- repeat. \*Players are moving ball in a V shape. Open hips.

**“Pull Back- Cruyff”**- pull ball back with sole of right foot (plant foot changes places with ball as it rolls back), touch ball 90 degrees with inside of right foot. \*Progression- add in a touch with outside of plant foot. Repeat with opposite foot. \*Please show with both feet, opposite direction.

**“Laterals”**- Inside chop right at angle across body, outside touch left, sole trap left, inside left, outside right, sole trap right- repeat. \*Progression- remove sole trap and move.

**“Scissors”**- swing left foot inside and around the ball in a counter-clockwise direction, prep with top/outside of right foot and accelerate. \*Please show with both feet, opposite direction.

**“L”** = pull the ball back and then use the outside of that foot to push it out laterally.

**“Backwards L**” - pull the ball from front to back and when it is further back than your plant foot, tap it with the inside to go behind your plant leg and out to the side.

**U8** -- Practice big toe, sole taps, pull backs, step over, Matthews, laterals, and Scissors. Tons of practice in ball work. Work on all of these moves each week. Dribble cones. play 1v1, and shooting to goal.

u8 soccer is all about the players taking on opponents 1v1 and defending 1v1. Don’t emphasize passing, it will naturally happen. You can teach passing when players are in the attacking corners; that is the time to cross it. Goal kicks should be a pass, too.

**U9 and U10** -- Players should continue to practice all u8 moves, and ballwork should be a major part of each practice. One player, one ball for a good portion of practice. Simple passing combinations is ok.

Shielding should be taught.

Receiving a ball with different parts of the foot and different body parts should be practiced.

Team defending taught where first defender is player closest to ball (slow down attacker, and win ball if you can). Next defender tucks behind in case 1st defender was beat or there is a big dribble.