

Name _____ Coach _____ Team _____ Season _____



U10+ Girls Travel Soccer Skills Checklist

Check boxes you know and can demonstrate to a coach. Learn skills from your coach or at skills.leominsteryouthsoccer.org

Touch / Fast Footwork with ball: (3+ Coerver Drills from skills webpage)

- _____
- _____
- _____

Kicking with Wall: (Write "R" in blank for right foot and "L" for left foot.)

I have kicked a ball against a wall:

Inside of my foot: _____ 10 times _____ 50 _____ 100

Laces of my shoe: _____ 10 times _____ 50 _____ 100

Outside of my foot: _____ 10 times _____ 50 _____ 100

Individual, 2-player skills, and fooling opponents:

- I can defend in a 1v1 situation
- I can defend in a 1v2 situation (2 defenders)
- I can get past a defender in 2v1 situation (2 offensive players)
- I know _____ ways to keep the ball in a 1v1 situation

Games / Scrimmages:

- I can explain "one to the ball" and "pressure the ball"
- I can explain how team shape/formation moves as a unit as the ball moves around the field
- I know we ALWAYS want the ball far from our goal
- I know we want the ball near their goal
- I can explain how to play forward, midfield, and defense

Agility:

- I know how to run in place for 15 seconds.
- I can do shuttle-steps/criss-cross the width of the field.
- In 15 seconds I can run a 5-cone slalom _____ times
- I can sprint from midfield to goal in _____ seconds
- I know to "3-step slow down" from sprinting to stop
- I can back pedal a field width _____ seconds

Shooting:

I can score 5 penalty shots in a row:

- by kicking the ball on the ground
- by kicking the ball over head-height
- using both feet

I can score 5 goals in a row from outside the penalty area:

- by kicking the ball on the ground
- by kicking the ball over head-height
- using both feet

I can start at midfield and score in _____ seconds

Good Habits and Decisions:

- I NEVER kick the ball in front of our goal
- I know it's better to KEEP the ball than kick it without looking and thinking first (EXCEPT if the other team might score ☺)
- Win or lose, I play soccer to have fun and learn more!!

Goalie:

- I know where to stand to cut off scoring angles
- I know how to stop a low shot
- I know how to stop a high shot
- I know when to use my hands and when to use my feet
- I know never to throw the ball in front of our goal
- After I control the ball I can quickly move to the edge of the penalty area and get the ball to a player on my team
- I can throw the ball high and far towards the side of the field and mid-line
- I can punt the ball to mid-field