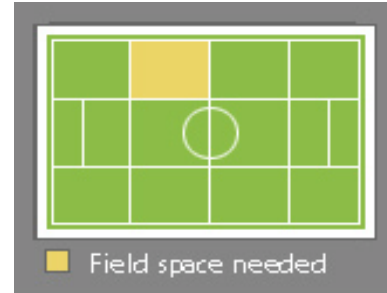




### Materials Needed



#### Cones

- Soccer balls

## Foot skills (Warm up)

### Description:

This will be done in a 20x20 grid.

1 ball to 1 child, encouraging lots of touches on the soccer ball.

### Coaching Points

- Close control around grid
- Small touches
- Keep head up

- Use both feet
- Change direction
- Dribble into space

### Progressions:

Start the drill with free dribbling around the grid.

Introduce a condition for 2-3 minutes...

-Left foot only

-Right foot only

-Inside part of the foot only

-Outside part of the foot only

-Sole of the foot only

-Laces only

-Inside then outside on left foot

-Inside then outside on right foot

Introduce combinations like inside inside outside/outside outside inside.

Introduce turns-inside hook/outside hook/drag back/Cruyff

Introduce moves-fakes/drag/step overs/scissors/maradona

Add any other footskills/turns or moves that you or the children know.