

- 1) **Foundation** – Fast movement of ball inside right to inside left and back again. Player is in a semi-sitting position and has to develop a rhythm with the ball. Make sure that the knees are slightly bent. This cannot be done correctly, stiff-legged
- 2) **Inside-Out Roll** – Place the outside of the right foot just off the top of the ball. Roll the foot over the ball keeping it in contact. The movement is left to right. The foot rotates so at the end of the stroke the inside of the foot is on the outside of the ball. Reverse the movement so that the outside of foot rolls over the ball right to left. The inside of the foot ends the stroke.

Use the left foot to do the same exercise. Move inside to outside first, then reverse outside to inside. The foot should stay in contact with the ball if possible.

In general, we tend to see our children develop a dominant foot very early. In order to advance in the game of soccer we must get them working the non-dominant foot very early in the game. Therefore all exercises should stress the non-dominant foot over the dominant one. It is difficult, but you must stay on them to try and work this important area.

- 3) **Pull Back to Instep** – With sole of the right foot on top of ball roll ball back and trap with the instep of the right foot. After 10 consecutive rolls, switch to left foot.
- 4) **Pull Back to Inside of Foot** – With sole of right foot on top of the ball, pull back to the LEFT instep. Alternate left sole to right instep. It is important that the non-receiving foot is not planted. Set up a rhythm.
- 5) **Triangle** - Pick a spot about 2 to 3 feet in front of your body. This is the point of a triangle. Your left and right feet are the other two corners.

Start with the right foot. Put the sole of the right foot on top of the ball. Pull the ball back to the right inside foot and then immediately play the ball to the left inside. Serve the ball back with the left inside to the sole of the right foot at the point of the triangle. The idea is to keep the ball moving throughout this exercise

- 6) **Block Ball Inside-Inside and Change Direction** – Push ball out in front of player. Player covers the ball with the inside of the right foot. Swiveling hips he plays the ball to the inside left and changes direction. Tap the ball out in front again and repeat. After 5 successful changes of direction do the same skill with the left foot covering.

- 7) **Block Ball Outside-Inside Same Foot** – This is slightly more advanced than number 6 (above). Push the ball out in front of the player. Player blocks ball with the outside of the right foot and plays it AWAY from pressure to the inside of the SAME foot. When dominant foot is working well switch to the non-dominant foot.
- 8) **Brushes** - Starting with the right foot player brushes the top of the ball across his body (i.e. right to left). The right foot ends up crossed over the left. The left foot moves behind the right to the opening position and the next brush takes place. Once a player gets the rhythm right he/she should be able to put 5 consecutive brushes together without the ball running away. Switch dominant and non-dominant feet.
- 9) **Brush Tap** – The same basic movement as the brush but instead of making a second brush the player taps the ball to a halt with the inside of the other foot. i.e. if you are Brush-Tapping right, the right foot brushes and the left foot taps.
- 10) **Tap- Tap – Brush** – Start with the ball on the inside of either foot. Tap the ball to the inside of the opposite foot and then back again to the starting foot. The starting foot then brushes the ball to the opposite foot. The sequence is then re-started with the next tap. It is important to develop a rhythm and be on your toes for this skill.
- 11) **Tap-Tap-Tap- Step Over Push Outside** – Three (3) taps in this drill. After the third tap the opposite foot steps over the ball and pushes it to the outside with the outside portion of the foot. The skill is then repeated.
- 12) **Step Across – Play Outside Away from Pressure** – Push the ball out ahead. Stop it with the sole of the right foot, then immediately step past the ball with the same foot. Ball is now near the back (in this case, the left) foot and the right foot/leg is shielding the ball. Then lift the left leg over the ball and play it back with the outside of the foot.
- 13) **Pull Back – Play Behind – Change Direction** – Push the ball out front. Stop it with the sole of the right foot. Pull it back past the left ankle. Play it behind the left ankle with the inside of the right foot. Left outside receives the ball and moves off in a different direction. Tap the ball with the instep twice and then repeat using the left sole to stop the ball, pull it back, etc.
- 14) **Inside-Outside** – Dribble the ball with one foot alternating the inside of the foot with the outside. Use dominant foot first and then the less dominant foot. When single foot mastery is achieved use both feet going inside-outside-outside-inside.

- 15) **Pull Across – Outside** – Start with the right foot on top of the ball. Pull it across your body and then push it outside with the left. Stop the ball with the sole of the left foot and pull it back across your body then push it outside with your right foot.

- 16) **Figure 8's** – The outside of the foot is extremely important in guiding the ball away from pressure. Have your players do 360° turns with four sharp touches on the ball with the outside of the right foot and then again with the outside of the left, making a figure 8 on the field.