



## Daily 7 Minutes of Skills for U7-U13 In House Players

### Foundation Touches

- 1 - Toe Taps – alternating feet 10 total
- 2 - Toe Taps – travel in a circle around the ball 10 total each direction
- 3 – Inside – Inside (Stationary) –10 total
- 4 – Inside – Inside /pull back turn, inside – inside/pull and roll behind, inside-inside/sole roll – 4 each foot

### Dribbling

- 1 – Laces dribbling – 10 each foot
- 2 – Inside of the foot dribbling – 10 each foot
- 3 – Outside of the foot dribbling – 10 each foot
- 4 – Inside/Outside, Zig Zag dribbling – 10 each foot
- 5 – Inside/Outside dribbling with both feet – 20 total

### Moves

- 1 – Scissors – 4 each foot
- 2 – Stepover – 4 each foot
- 3 – Stepover 180 – 4 each foot
- 4 – Pull Cruyff – 4 each foot

### Turns

- 1 – Pull back turn – 4 each foot
- 2 – Inside of foot turn – 4 each foot
- 3 – Outside of foot turn – 4 each foot
- 4 – Pull and Roll Behind – 4 each foot
- 5 – Cruyff turn – 4 each foot

**Settling Aerial Balls** – with the ball in hands jog forward, toss ball up and forward, settle the ball, dribble 2 or 3 times, and repeat. 4 each foot

- 1 – Sole of the foot
- 2 - Inside of the foot
- 3 –Outside of the foot
- 4 – Instep of the foot

### Add a little extra

**Juggling** – 5 minutes of juggling.

## Description of Skills

### Foundation Touches

1. Toe Taps - Lightly touch the ball with bottom of right foot then with left. Ball should remain still.
2. Toe Taps - Lightly touch the ball with bottom of right foot then with left. Ball should remain still. The player should touch the ball 10 times while traveling in a circle around ball.
3. Inside – Inside - Pass the ball from inside of left to inside of right and continue. Try to keep the ball back by your ankle bone.
4. Inside – Inside/Turns
  - A- Inside – Inside/Pull Back Turn - Pass the ball from inside of left to inside of right 4 times. Try to keep the ball back by your ankle bone. Then with the sole of the foot, pull the ball behind you turning the same direction, following the ball with your eyes. Repeat 4 times each foot.
  - B- Inside – Inside/Pull and Roll Behind - Pass the ball from inside of left to inside of right 4 times. Try to keep the ball back by your ankle bone. Pull the ball back with the sole of the foot. Rolling the ball underneath you past the inside of your standing leg with the sole of the foot. Repeat 4 times each foot.
  - C- Inside – Inside/Sole Roll - Pass the ball from inside of left to inside of right 4 times. Try to keep the ball back by your ankle bone. Then use the sole of the foot to rake across the ball in front of you to the other foot. Repeat 4 times each foot.

### Dribbling

1. Laces Dribbling with one foot – Toe pointed down dribble the ball forward with the ball touching laces. Switch feet 10 each foot.
2. Inside of the Foot Dribbling with one foot – Toe pointed up ball back by the ankle bone. Switch feet 10 each foot.
3. Outside of the Foot Dribbling with one foot – Toe pointed down and pigeoned in dribble the ball forward with the ball touching the outside foot. Switch feet 10 each foot.
4. Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot one touch, to the outside of the foot one touch continuously. Then repeat 10 times with other foot.
5. Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of you left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. Repeat 20 times each foot.

## Moves

1. Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to accelerate away with the ball. Repeat using each foot 4 times.
2. Step Over – Dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward. Repeat using each foot 4 times.
3. “Step Over 180 turn” - Start with the ball between your feet, as it is during your "inside-inside". Put your weight on your left foot as you swing your right foot up and over the ball (**turning counter-clockwise** towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "step over" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (**turning clockwise this time**) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction. Repeat using each foot 4 times.
4. Pull Cruyff – With the ball in front of you pull the ball with the sole of the foot backwards past the plant foot. Use the same foot to pass/cruyff the ball using the inside of the foot pass the ball behind the plant foot. Repeat using each foot 4 times.

## Turns

1. Pullback Turn – Dribble the ball forward. With the sole of the foot, pull the ball behind you turning the same direction, following the ball with your eyes. Repeat using each foot 4 times.
2. Inside of Foot Turn – Dribble ball forward, move past the ball and turn toward the ball and take it with the inside of the foot in the opposite direction. Repeat using each foot 4 times.
3. Outside of the Foot Turn – Dribble the ball forward, move past the ball and turn toward the ball while taking it with the outside of the foot with the toe up and in front of the ball in the opposite direction. Repeat using each foot 4 times
4. Pull and Roll Behind – Dribble the ball forward and pull the ball back with the sole of the foot. Rolling the ball underneath you past the inside of your standing leg with the sole of the foot. Control the ball with the other foot. Repeat using each foot 4 times.
5. Cruyff Turn – Dribble the ball forward and pull the ball with the sole/toe of the foot, passing the ball behind the standing leg. The easiest way to teach kids this move for the first time is to use the inside of the foot to pass the ball back past the standing leg (instead of using the sole/toe). Control the ball and dribble away 180 degrees the other way. Repeat using each foot 4 times.

## **Settling Aerial Balls**

1. **Sole of the foot Settling** - With the ball in hand jog forward, toss ball up and forward, settle the ball using the sole of the foot. The ball should hit the ground the foot then goes immediately over the ball. The ball should be cushioned by the foot just under the toes. The ball should be on the ground about 2 to 3 feet in front of you. Dribble 2 or 3 times pick the ball up and repeat using each foot 4 times.
2. **Inside of the Foot Settling** - With the ball in hand stand stationary, toss ball up and forward a little, settle the ball using the inside of the foot. The ball should hit the ground, the player then should have the inside of their foot facing downward with the toe of the foot up come over the top of the ball immediately settling/cushioning the ball to the side. The players toe should be in front of the ball when settling it. Repeat using each foot 4 times.
3. **Outside of the Foot Settling** - With the ball in hand stand stationary, toss ball up and forward a little, settle the ball using the outside of the foot. The ball should hit the ground, the player then should have the outside of their foot facing downward with the toe of the foot up come over the top of the ball immediately settling/cushioning the ball to the side. The players toe should be in front of the ball when settling it. Repeat using each foot 4 times.
4. **Instep of the Foot Settling** - With the ball in hand stand stationary, toss ball up and forward a little, settle the ball using the instep/laces of the foot. The ball should not hit the ground first, instead catch/cushion the ball with the foot toe up just a little when the ball hits the foot. The ball should land just in front of the player and bounce very little if done properly. Repeat using each foot 4 times.

**Juggling** - Hand – thigh – catch, a couple of times. Hand – foot – catch a couple of times. Hand – bounce – foot –bounce -foot... Hand – feet – (no bounce) - ...  
“The ultimate goal is to start with the ball on the ground and juggle.”