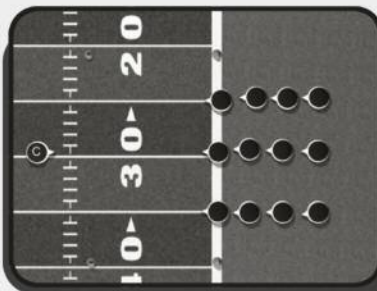
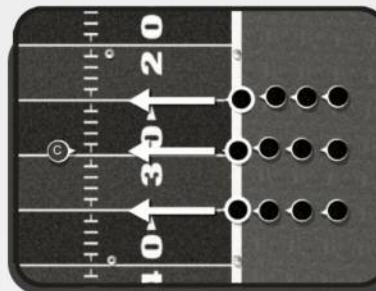


Back Kicks



01 ★

Form lines of equal-numbered players.



02 ★

The 1st person in line stands on sideline and faces across the field.



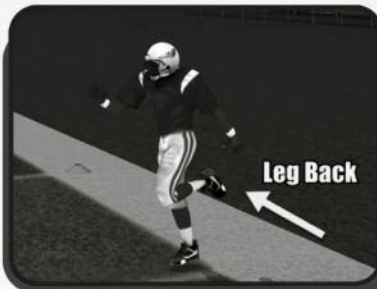
03 ★

Start in a balanced two-point stance.



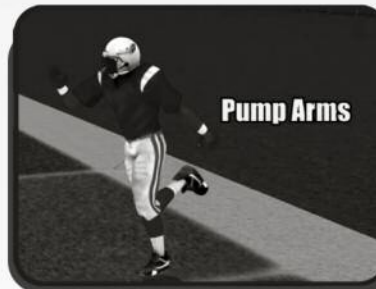
04 ★

Keep your head still.



05 ★

On 1st whistle, run at 1/4 speed, bringing each leg back to touch the buttocks.



06 ★

Pump arms forward in a natural running motion.

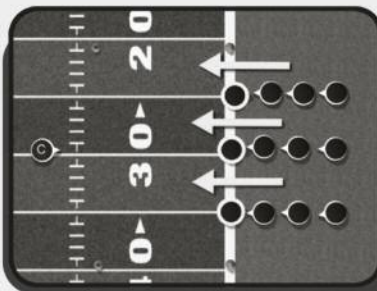


07 ★

On 2nd whistle, run at 1/2 speed, repeating the motion.

Notes:

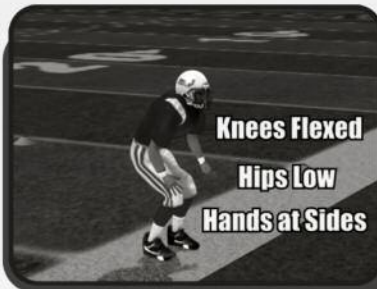
Back Pedal



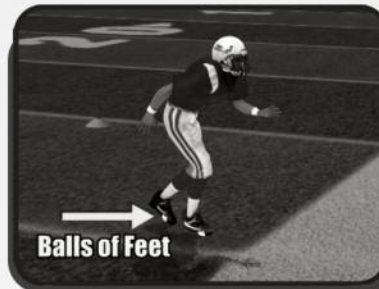
01 ★
Form lines of equal-numbered players.



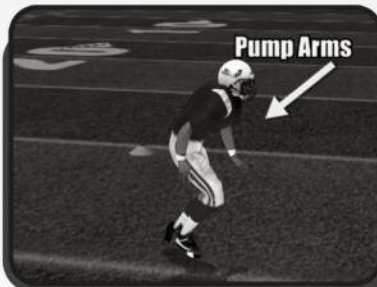
02 ★
The 1st person in line turns backwards in 2-point running stance.



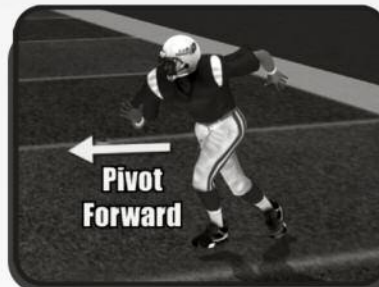
03 ★
Knees flexed, hips low and hands at sides.



04 ★
On 1st whistle, run backwards, staying on balls of feet.



05 ★
Pump arms in natural running motion.



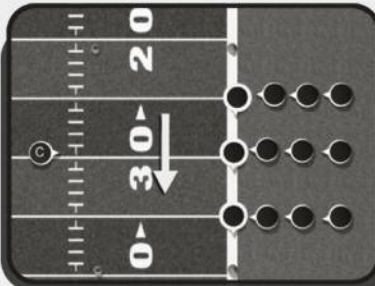
06 ★
On 2nd whistle, pivot and face forward.



07 ★
Run the remainder of the distance.

Notes:

Carioca



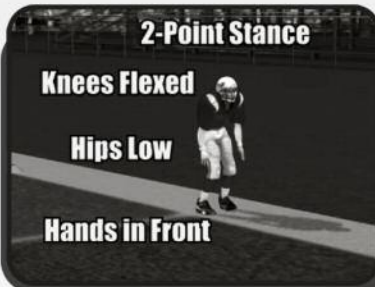
01 ★

Form lines of equal-numbered players.



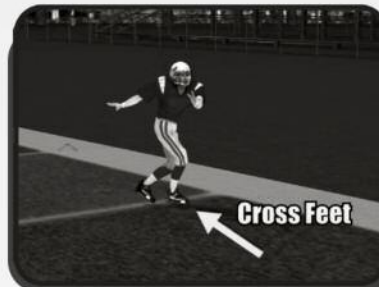
02 ★

The 1st person in line turns sideways in 2-point tackling stance.



03 ★

Knees flexed, hips low and hands in front.



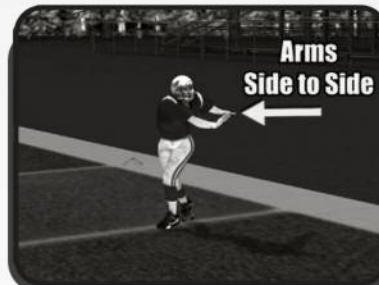
04 ★

On 1st whistle, move sideways by crossing 1 foot in front of the other.



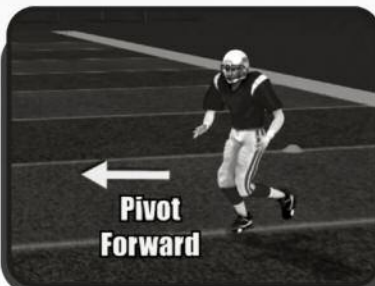
05 ★

Hips swing wide open each time feet cross.



06 ★

Arms swing side to side to match crossing motion of feet.



07 ★

On 2nd whistle, pivot with lead foot and face forward.



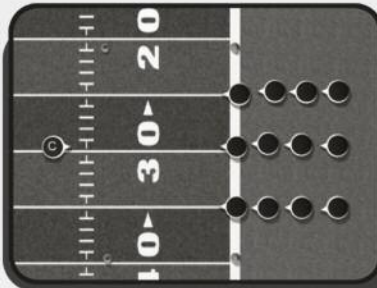
08 ★

Run the remainder of the distance.

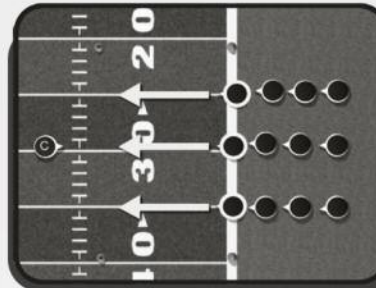
Notes:

Blank area for notes.

High Knees



01 ★
Form lines of equal-numbered players.



02 ★
The 1st person in line stands on sideline and faces across the field.

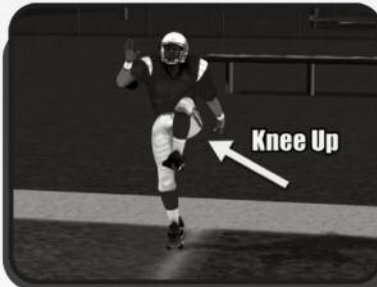


Two-Point Stance

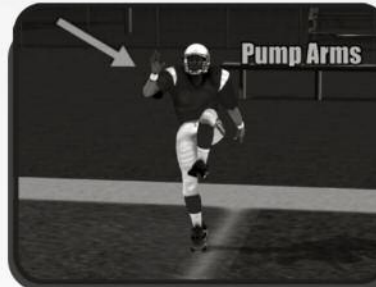
03 ★
Start in a balanced two-point stance.



04 ★
Keep your head still.



05 ★
On 1st whistle, run at 1/4 speed, bringing knees up high.



06 ★
Pump opposite arm forward, other arm back with each stride.

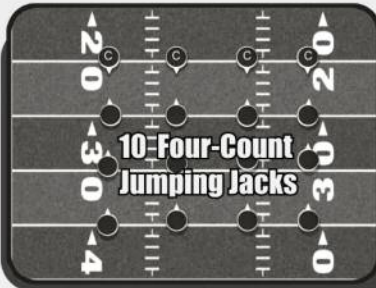


07 ★
On 2nd whistle, run at 1/2 speed, repeating the motion.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.

Jumping Jacks



01 ★
On command, team executes 10 4-count jumping jacks, counting off in unison.



02 ★
Each count of 4 is comprised of 2 jumping jacks.



03 ★
The count is "1, 2, 3, 1... 1, 2, 3, 2" and so on.



04 ★
Each player begins with his feet together and hands at his sides.



05 ★
In one motion, he jumps and spreads his legs wider than shoulders and swings his arms over his head. As he does this, he counts out "1."



06 ★
At height of his jump, he swings his arms to his sides and brings legs together to land in starting position. As he does this, he counts out "2."

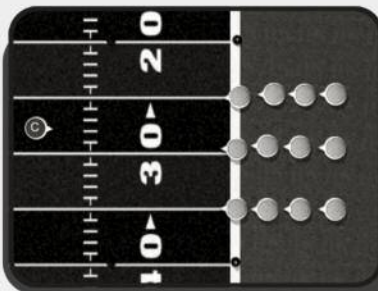


07 ★
He repeats the motions, counting "3" on his way up and "4" as he touches down.

Notes:

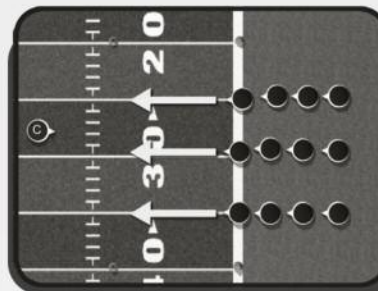
For more useful tips on coaching youth football, log on to www.usafootball.com.

Leg Kicks



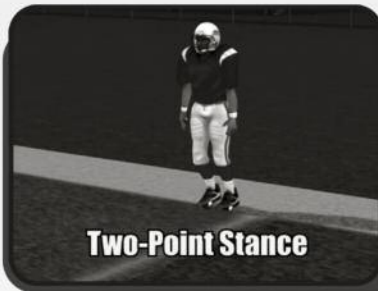
01 ★

Form lines of equal-numbered players.



02 ★

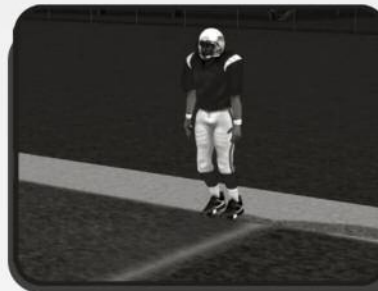
The 1st person in line stands on sideline and faces across the field.



Two-Point Stance

03 ★

Start in a balanced two-point stance.



04 ★

Keep your head still.



05 ★

On 1st whistle, walk to center of field.



06 ★

On each step, kick leg as high as possible.



07 ★

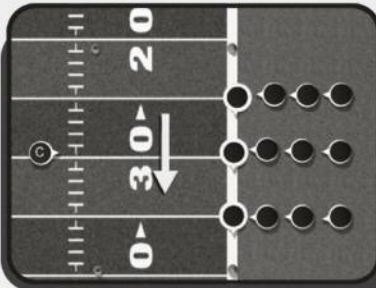
On 2nd whistle, go to half speed and skip the rest of the way.

Notes:

[Empty space for notes]

DRILLS

Shuffle



01 ★

Form lines of equal-numbered players.

2-Point Stance

02 ★

The 1st person in line turns sideways in 2-point tackling stance.

2-Point Stance
Knees Flexed
Hips Low
Hands in Front

03 ★

Knees flexed, hips low and hands in front.

Shuffle Sideways

04 ★

On 1st whistle, shuffle sideways in gliding motion.

05 ★

Do not hop.

Second Whistle

Pivot Forward

06 ★

On 2nd whistle, pivot with lead foot and face forward.

07 ★

Run the remainder of the distance.

Notes:

[Empty space for notes]

For more useful tips on coaching youth football, log on to www.usafootball.com.