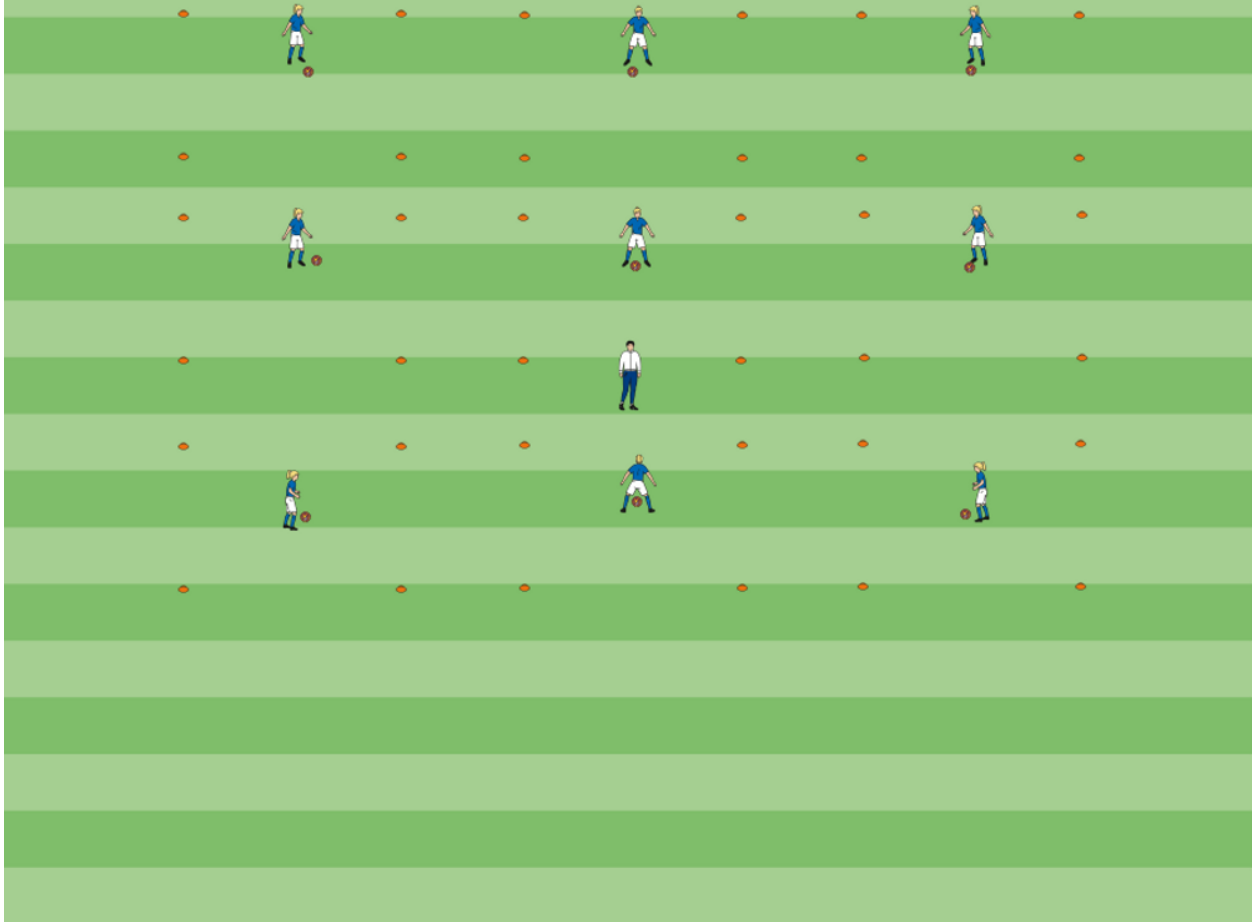


## Individual Skills



### Organization:

Set up 15x10 individual grids for each player. Size of grids may vary based on number of players and size of space for training. Place players in their individual grids with a ball.

### How to Play:

Coach ask players to perform specific ball skills. (Ex. Brazilian Toe Taps, V cut, L Turn- Drag Push)

### Why:

Improve individual ball skills, creativity and confidence on the ball

### Variations:

- Vary ball skills and difficulty
- Allow players to choose what they would like to work on
- Allow players to put different skills together to create their own combinations
- Challenge players to see how many touches/skills they can perform in 30 seconds

### Coaching Points:

- Be Positive
- Assist players with proper techniques
- Encourage players to get their heads up – walk around and ask individual players how many figures you are holding up