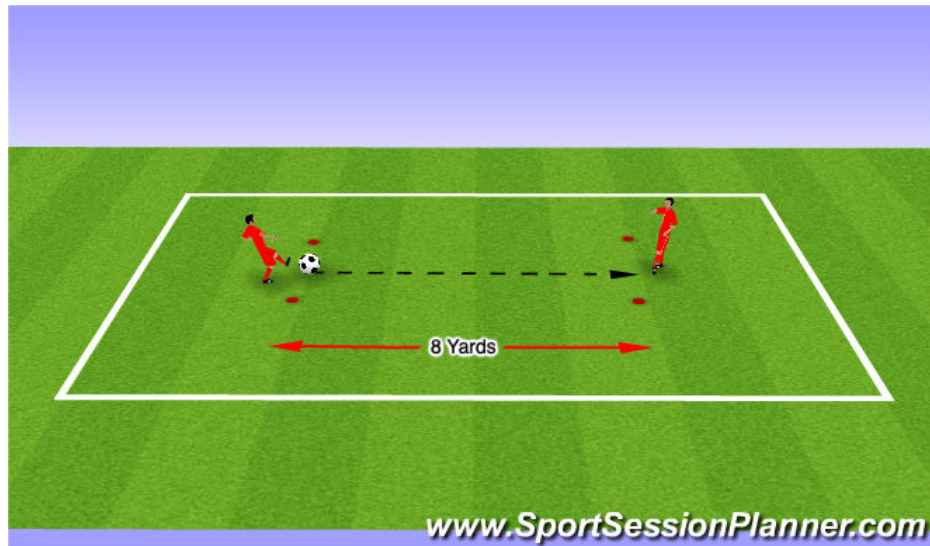




Technical Skills Workouts: Week of April 13
Technical Skills Workout Set-Up: 8 yards and 4 cones



Level 1 – Passing and Receiving

Exercise	Description	Coaching Points	Reps	Sets
1 Touch Passing	Inside of foot passing through the gates	Heel down and toe up, bent knees, passing knee comes up and follows through the ball forward.	8	3
2 Touch Passing – Same Foot	Inside foot trap and pass with the same foot through the gates	Trap the ball with elevated foot using the inside; similar to the body and foot position of a pass	8	3
2 Touch Passing – Opposite Foot	Inside foot trap and pass with the opposite foot through the gates	Trap the ball with elevated foot using the inside; similar to the body and foot position of a pass	8	3
2 Touch Passing – Same Foot	Bottom of the foot trap and pass with the same foot through the gates	Use the bottom of the foot to redirect ball forward	8	3
2 Touch Passing – Opposite Foot	Bottom of the foot trap and pass with the opposite foot through the gates	Use the bottom of the foot to redirect ball forward	8	3
Inside roll to inside foot pass	Roll ball across body and outside of gates, pass the ball with foot through the gates	Use the bottom of the foot to roll the ball across the body and accurately pas the ball outside of the gates and through the far gates	8	3