

Soccer Skills

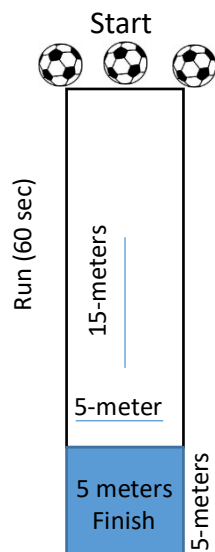
Athletes in this program are learning basic soccer skills. Athletes new to soccer will typically start at the skills level. Many of the athletes in skills require more attention than the team based soccer programs.

Intro: Soccer Skills for Low to High ability athletes will consist of three activities to: Dribbling, Passing, and Shooting. The athlete's final score is determined by adding together the scores achieved in each of these events.

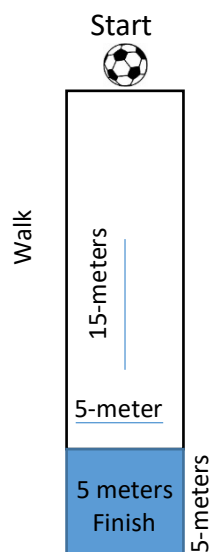
ACTIVITY 1: DRIBBLING

1.1 Soccer Dribbling for Lower Skilled Level Athletes

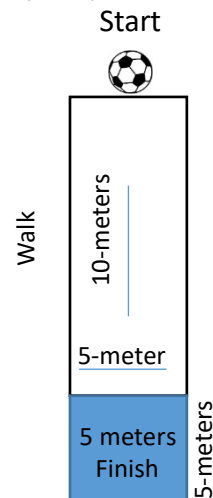
1.1a – 15-meter dribble
(Run-60sec)



1.1b – 15-meter dribble
(walk)



1.1c – 10-meter dribble
(walk)



Equipment: 2 Soccer Balls; Chalk (Mark distance)

Set up: Athlete, or coach, will measure out course by either marking with cones and/or chalk. The Finish area should be a box 5x5meters (about 17 feet width and height). The soccer ball will be at the opposite end where the Start line is located. If the dribbling course is 10-meters, measure out by walking 33 feet (if you do not have measuring tape). If the dribbling course is 15-meters, measure out by walking 49 feet.

Description:

1.1c -1.1b - From the Start position, the athlete will dribble the ball down the 10 or 15-meter stretch where he/she will stop inside the Finish zone. The athlete and ball must come to a complete stop inside of the 5-meter Finish area at the end of the course.

1.1a – Start position will have multiple balls in place. Athlete has 60 seconds to see how many rotations he/she can do the course without stopping. As soon as the ball is dribbled down the

course and stopped inside the Finish zone, the athlete will run back to the start to do it again. This will be done until the clock stops at 60 seconds. If athlete only have one ball, athlete will pick up their ball once in the finish box, run back to the start, drop their ball and go again until the 60 seconds at up.

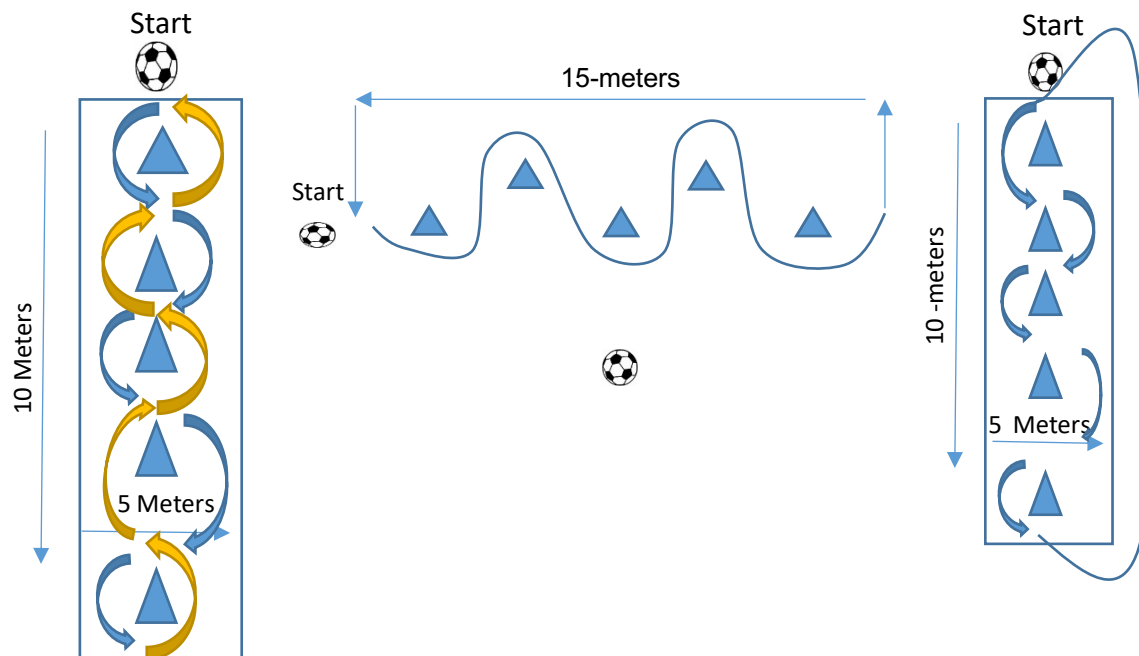
Scoring: Athlete will have 60 seconds to complete as many rotations as possible. Each successful cone is 5 point with a total of 25 points for each complete rotation.

1.2 Soccer Dribbling for Middle to High Skilled Level Athletes

1.2a – 10m two leg dribble

1.2b – 15-meter dribble

1.2c -10m dribble



Equipment: 1-2 Soccer Balls; Chalk (Mark distance); 5 Cones

Set up: Athlete, or coach, will measure out course with chalk. Cones will be spaced out to fill the entire length of the course. Ball will be placed on Start line at the top of the course.

1.2c -1.2b -From the Start position, the athlete will dribble the ball down the 10 or 15-meter stretch dribbling in and out of the cones. Once the athlete has dribbled around the last cone, he/she will dribble the ball back to the Start and repeat.

1.2a – Athlete will have 60 seconds to complete as many rotations of the course as possible. The challenge of the activity will be for the athlete to dribble one way through the cones using right leg only and come back only using the left. All the way down and back will result in 1 completed rotation.

Scoring: Athlete will have 60 seconds to complete as many rotations as possible. Each successful cone is 5 point with a total of 25 points for each complete rotation.

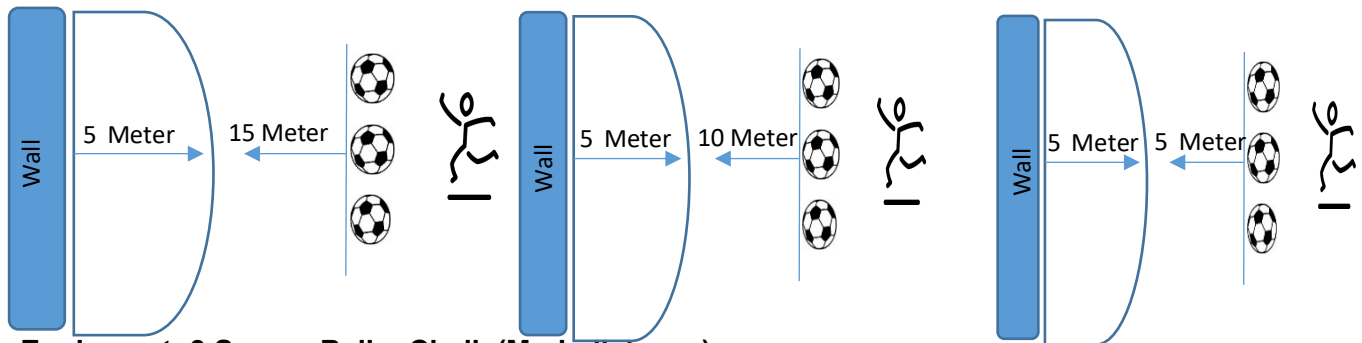
ACTIVITY 2: PASSING

2.1 Soccer Passing for Lower Skilled Level Athletes

2.1a – 15-meter run & pass

2.1b – 10m run & pass

2.1c – 5m run & pass



Equipment: 3 Soccer Balls; Chalk (Mark distance)

Set up: Athlete, or coach, will measure out distance from wall and starting line with chalk. All 3 balls will be placed on Start line.

2.1c -2.1a –Athlete will run and kick-pass the ball from the Kicking Line to the Wall. Athlete will kick all 3 balls. When balls have been reset back on the line, the athlete can start a new rotation of passes.

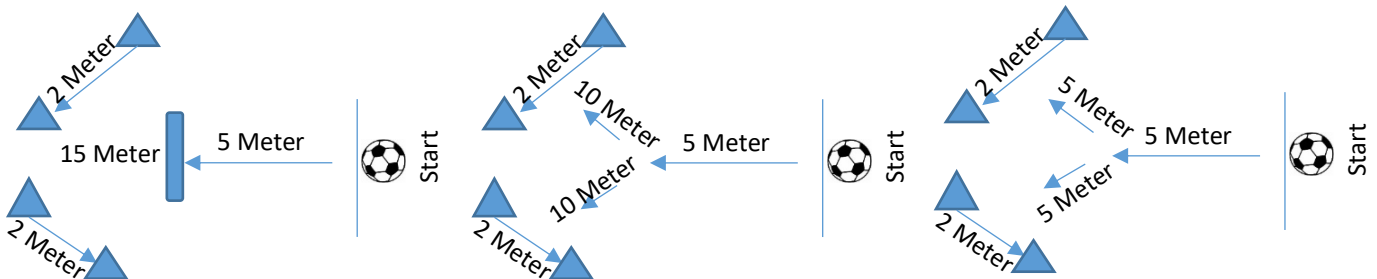
Scoring: Athlete has 60 seconds to complete as many rotations as possible. Each successful rotation equals 5pts.

2.2 Soccer Passing for Middle & High Skilled Level Athletes

2.2a - 15-meter Run & Pass

2.2b - 10-meter Run & Pass

2.2c - 5-meter Run & Pass



Equipment: 1 Soccer Ball; Chalk (Mark distance); 4 Cones

Set up: Athlete, or coach, will measure out distance from Start Line to Passing Line. Two cones will be set 2-meters apart to the left of the divide and the other two cones will be set 2-meters apart to the right of the divide.

2.2c -2.2b: Athlete will run, dribbling the ball, from the Start Line going 5-meters straight until he/she will turn to kick-pass the ball between one of the targets. Athlete can kick-pass from any point of the divide all the way up close to the target. Athlete will return the ball back to the Start Line to go again. Athlete will alternate target on the following rotation. Ex: If athlete first passes the ball between the two cones on the left, he/she will pass the ball through the cones on the right on the next go.

2.2a: Athlete will run, dribbling the ball, from the Start Line going 5-meters straight until he/she will turn to kick-pass the ball between one of the targets. Athlete must stop at the Kicking Line and pass the ball from the mark to one of the targets. Athlete will return the ball back to the Start Line to go again. Athlete will alternate target on the following rotation.

Scoring: Athlete will have 60 seconds to complete as many rotations as possible. 1 full rotation is a successful pass to the left target and then a successful pass to the right target. Athlete will keep going until the timer stops at 60 seconds. Each successful rotation equals 5pts.

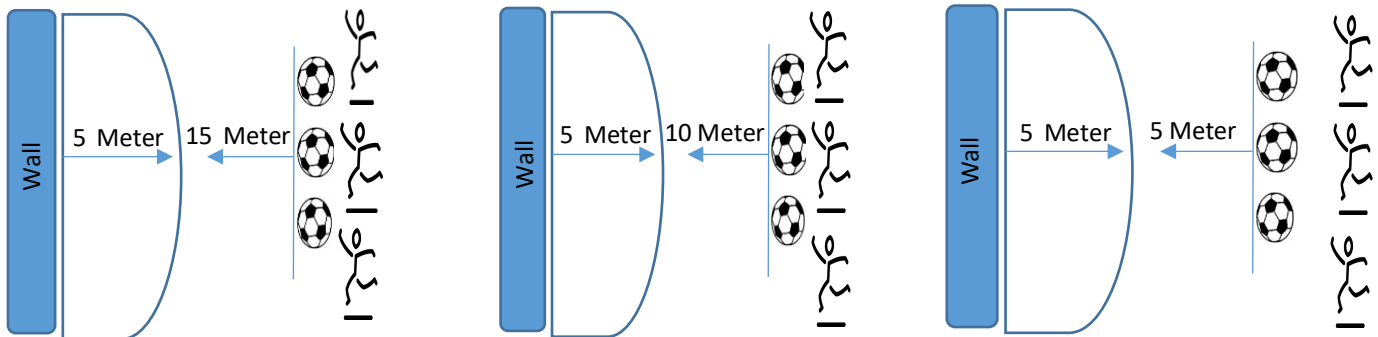
ACTIVITY 3: SHOOTING

3.1 Soccer Shooting for Lower Skilled Level Athletes

3.1a – 15-meter shooting

3.1b – 10-meter shooting

3.1c – 5-meter shooting



Equipment: 3 Soccer Balls; Chalk (Mark distance)

Set up: Athlete, or coach, measure out distance from Start Line to Shooting Line. The Shooting Line will always be 5 meters away from the wall (target). All three balls will be placed on Start Line, a few feet apart from each other.

3.1c -3.1a: Athlete will start behind Start Line and wait for signal from coach for when to start. At the start of the timer, athlete will dribble a ball up to the Shooting Line and kick the ball to the target. Ball must reach and hit target to count as a successful rotation. Athlete will run back to Start Line to complete another rotation. This will continue until clock reaches 60 seconds.

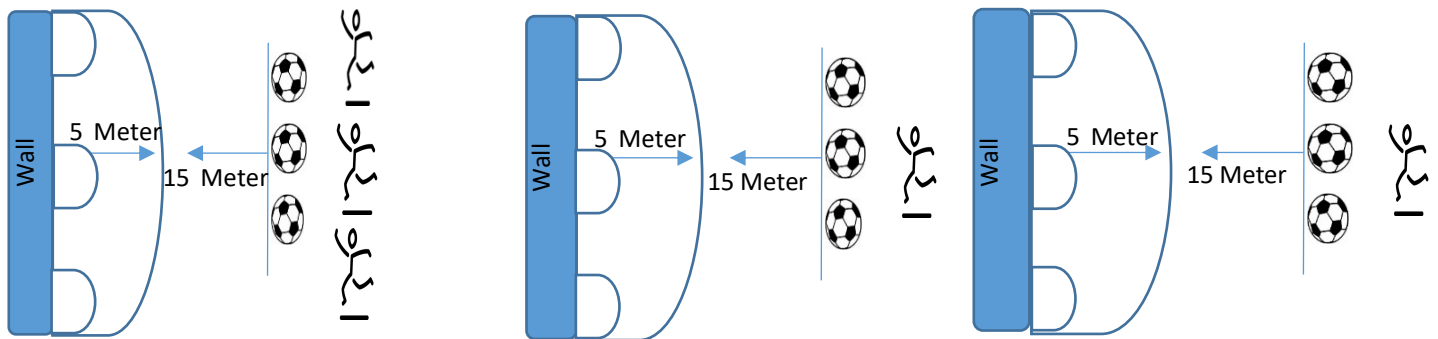
Scoring: Athlete will have 60 seconds to complete as many rotations as possible. 1 full rotation is a successful shot to the target. Athlete will keep going until the timer stops at 60 seconds. Each successful rotation equals 5pts.

3.2 Soccer Shooting for Middle & High Skilled Level Athletes

3.2a – 15-m shooting ball in air

3.2b – 15-m shooting ball on ground

3.2c – 15-m shooting



Equipment: 3 Soccer Balls; 6 cones, Chalk (Mark distance)

Set up: Athlete, or coach, measure out distance from Start Line to Shooting Line. The Shooting Line will always be 5 meters away from cone goals (targets). For activities 3.2c and 3.2b, Cones will be placed in pairs against the wall creating 3 separate goals. One to the left, one in middle, and one to the right of the wall (goals should be about 5 feet wide). All three balls will be placed on Start Line, a few feet apart from each other. For **3.2a**, cones will be spaced out in a line between the Shooting Line and the wall. Use the chalk to mark three X's on the wall to signify targets (one to the left, one in the middle, and one on the right side of the wall).

3.2c -3.2b: Athlete will begin behind Start Line and wait for signal from coach for when to start. At the start of the timer, athlete will dribble a ball up to the Shooting Line and kick the ball in between one of the targets. Ball must go in between the target to count as a successful rotation. Athlete will run back to Start Line to complete another rotation. This will continue until clock reaches 60 seconds.

3.2a: Athlete will start behind Start Line and wait for signal from coach for when to start. At the start of the timer, athlete will dribble a ball up to the Shooting Line and kick the ball over the cones to the target on the wall. Ball must stay in the air when reaching target. If ball hits the ground before reaching the target on the wall, the rotation does not count for points. The coach will collect kicked balls and place back on Start Line during the 60 second time trial.

Scoring: Athlete will have 60 seconds to complete as many rotations as possible. 1 full rotation is a successful shot to the target. Athlete will keep going until the timer stops at 60 seconds. Each successful rotation equals 5pts.

Equipment Needed:

- **1 Stopwatch**
- **3 Soccer Balls**
- **6 Cones**
- **Chalk**

Safety Precautions:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat