

Individual Soccer Skills Worksheet:

Perform these skills 3-times a week for 30-minutes each session (90 min. a week) to become a better & more confident soccer player.

Ball Juggling:

25 touches right foot- inside, outside, shoelace
25 touches left foot
25 touches alternating feet
25 touches right thigh
25 touches left thigh
25 touches alternating thighs
25 touches head
50 touches any body part

Ball Rolls: (1-minute each foot)

Right foot- sole of foot side to side crossover
Left foot

Dribbling: (1.5 minutes each exercise)

Inside of right foot- step, dribble, step, dribble
Inside of left foot- step, dribble
Alternating inside of feet - with no step in between
Outside of right foot- step, dribble, step, dribble
Outside of left foot- step, dribble
Alternating outside of feet- with no step in between

Passing: (25 passes each foot, strike ball at center of ball to keep on ground, strike ball at bottom half to lift ball in air)

Pass ball with partner or against wall
Right foot- inside of foot pass (locked ankle, point toe up)
Left foot- inside of foot pass
Right foot - instep (shoelace) pass (come across ball at slight angle, toe down, strike ball with laces)
Left foot- instep pass

Skill Moves: (work on 2 moves each week: 1st week - moves 1&2, 2nd week - moves 3&4 & so on. Perform each move for 2 - 3 minutes.)

1. Pull a Vee - Push the ball forward and pull it back with sole of foot while turning and then take the ball with the inside of the same foot.

2. Pull & Take with Outside of Foot - Push the ball forward and pull it back with the sole of then push the ball diagonally forward with the outside of the foot.
3. Pull Turn - Push ball forward with one foot and pull it back with the sole of other foot while turning toward ball and take ball in the opposite direction with the inside of the first foot.
4. Inside of Foot Turn - Push ball forward, move past ball & turn toward ball and take it with the inside of the foot in the opposite direction.
5. Outside of Foot Turn - Push ball forward, move past ball & turn toward ball while taking it with the outside of the foot in the opposite direction.
6. Cruyff - Push ball forward, fake kick w/ inside of foot, but instead pull ball behind the standing leg and change directions.
7. Step-Over Turn - Push ball forward, step over ball with one foot, turn toward ball & take it in opposite direction.
8. Mathews - Fake with inside of foot nudging ball by dipping shoulder, then take ball in opposite direction with the outside of same foot.
9. Scissors Over Ball - Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.

* Playing soccer is fun and practicing soccer should also be fun. These skill drills are designed for you to practice by yourself, or with a friend. Hopefully you will enjoy practicing these skills which should make you a more confident & skillful soccer player.

Have Fun,
Coach Mike