



# TAOS SOCCER ACADEMY

## FUNCTIONAL SKILLS TRAINING

Technical Skills Director: Michael Hensley



### **The Foundation: Ball Feeling**

**Emphasis On:** *Developing a feeling for the ball, Balance and Coordination*

**Note:** *All activities to be done with right and left foot*

*Repetitions of (40) each or assess in (30) second timed intervals*

Roll the Ball Forward and Backward Using the Sole of the Foot: (Advanced: Do while hopping on the standing leg.)

Inside, Outside Foot Roll: With the inside of the foot touching the ball and the sole of the foot on the ground, roll the inside of the foot over the ball, to the outside of the foot until the sole of the foot re-touches the ground.

Roll the Ball Side to Side: (Advanced: Do while hopping on the standing leg.)

Pullback: Side to side across the body using the sole of the foot. (Advanced: Two happy feet between movements.)

Four Happy Feet Double Pullback:

Two Lace Drabbles Pullback: (Left laces, left pullback: Right laces, right pullback.)

Pullback: Feint a pass across body using the instep: (Advanced: Two happy feet between movements)

Inside Cut: While standing over the ball, step on and cut with inside of the foot. (Advanced: With a hop.) (Advanced:

Two happy feet, hop, double inside cut)

Roll Back, Tap Forward: Alternate feet each time. (Advanced: Do with a hop)

Circle Roll or Swivel: Roll in a circle using the forefoot, clockwise/counter clockwise

Two Inside Touches, Matthews: Alternating Feet

Two Inside Touches, Fake Matthews, Scissors: Alternating Feet

Two Inside Touches, Step Over (Step Over w/the same foot that does the inside touches,):

Two Inside Touches, Lunge:

Push Out as if to Make an Instep Pass, Cut Behind the Standing Leg:

Push Out as if to Make an Instep Pass, Cut in Front of the Standing Leg:

Pullback with a Cut Behind the Leg:

Pullback with a Step Over:

Step On, Drag Through:

Helicopter, with Two Happy Feet:

Roll it Right Foot, Inside, Inside, Roll it Left Foot:

Cruyff: Fake shot; curl walk the ball in front of your body:

Cruyff: Fake cross, cut with the inside of the foot behind the standing leg:

Cruyff: Fake shot, cut with the outside of the foot: (Outside twist off)