



TAOS SOCCER ACADEMY

FUNCTIONAL SKILLS TRAINING

Technical Skills Director: Michael Hensley



The Foundation: Star Pattern

Emphasis On: Accurate Technical Execution, Foot Speed, Balance, Coordination, and Agility

The Foundation: Figure 8's

(All exercises to be done with the right and left foot)

(Assess in (30) second timed intervals, place cones five yards apart)

Two cone variation:

Lace Dribble w/pace Inside & Outside Twist Off (Use only the right foot, Use only the left foot)

Lace Dribble w/pace Helicopter Turn

Three cone variation: (Moves to beat an opponent)

Lace Dribble w/pace Scissors at the middle cone, Helicopter Turn at The End Cone

Lace Dribble w/pace Step Over at the middle cone, Helicopter Turn at The End Cone

Lace Dribble w/pace Roll It Step Over at the middle cone, Helicopter Turn at The End Cone