



# 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*

**Note:** All “Across the Box” and “Moves To Beat An Opponent” activities may be done in this formation

#### **Sprint to Center Return to the Cone:**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

#### **Sprint to Center Move To Adjacent Cone:**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

#### **Sprint to Center, Turn: (pass, pass, pass) Return to the Cone**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn

#### **Sprint to Center, Turn: (pass, pass, pass) w/Adjacent Partner, Move To Adjacent Cone**

Lace Dribble w/pace Outside Twist Off

Lace Dribble w/pace Inside Twist Off

Lace Dribble w/pace Helicopter Turn