



## WINTER SKILLS CHECKLIST

### Footwork and Dribbling:

1. DRIBBLING Using any part of the foot to move the ball around.
2. FOUNDATION Tapping the ball between your feet.
3. FREEZE Stop the ball and remain as still as possible.
4. LEFT FOOT Dribbling the ball and using the left foot only.
5. RIGHT FOOT Dribbling the ball and using the right foot only.
6. FOUNDATION 2 Same as foundation only add movement.
7. TOE TAPS Alternating touches on top of the ball with the sole of the foot.
8. TOE TAPS 2 Same as toe taps only add forward movement.
9. TOE TAPS 3 Same as toe taps only add backward movement.
10. TOE TAPS 4 Same as toe taps but first use just the left then just the right foot.
11. ROLLING Roll the ball sideways using first the right then the left foot.
12. 360 INSIDE Dribble the ball in a full circle using the inside of your right foot then your left foot.
13. 360 OUTSIDE Same as 360 inside only use your outside part of the foot.
14. 360 SOLE Pull the ball with the sole of your foot in a full circle. Use both your left foot then your right foot.
15. CIRCLE Standing on one foot use your other foot to work the ball around the standing foot. Alternate feet.
16. REVERSE "L" Pull the ball back behind your left foot. Repeat with the other foot.
17. CUT Cut the ball back with a sweeping motion almost going a 180 to where you came from.

18. SCISSORS Step over the ball from inside to outside then dribble in the opposite direction.
19. SCISSORS 2 Same as scissors only use the left and then the right.
20. OUT-IN-IN-OUT Touch the ball with the outside of your right foot, then the inside of your foot. Repeat with the left foot. Continue.
21. 1,2,3,4 ROLL Four foundations then roll the ball to your other foot. Continue.
22. 1, 2, 3, 90 Three foundations then pull the ball back in a “V.” Continue.
23. 1, 2, 3, REVERSE “L” Three foundations and do a reverse “L.” Continue.
24. INSIDE OUTSIDE Touch the ball with the inside of the right foot then the outside of the right foot. Repeat with the left foot.
25. STEP OVER Step through the ball so your back is to the ball.
26. DRAG Drag the ball with the inside of your right foot and in a skipping motion push with your outside the opposite way.
27. PIROUETTE Put your right foot on the ball hop and put your left foot on the ball while turning 180.
28. CRUYFF In one touch cut the ball back behind your other foot.
29. SOLE TURN Put you foot on top of the ball and quickly turn 180.
30. SOLE TURN 2 Same as sole turn only turn away from the ball.
31. FAKE KICK Fake a shot then dribble on.
32. FOUNDATION 3 Foundation with a heel executed every third touch.
33. FOUNDATION 4 Foundation going backwards.
34. SOLE ONLY Using only the sole of the feet move the ball (i.e., pirouette, roll, drag, toe taps, etc.).
35. DIRECTION Change direction using different moves (i.e., sole cut, outside of the foot, etc.).
36. SPEEDS Slow, slow, fast.
37. DOUBLE TOUCH Touch the ball to opposite foot 90 degrees then dribble other way.
38. SHOULDER DIP Dip shoulder one way and dribble the other way.
39. FAKE PASS Fake a pass then sweep the ball another way.

## Continued:

AGE	Technical Mastery	Dribbling
U5	1-2-3	1-4-5
U6	6-7-8	1-13-14
U7	8-9-10	1-30-31
U8	11-12-15-16	1-18-19-36
U9	17-20-21-34	24-26-27-31
U10	16-22-23-24	28-29-37-39
U11	11-12-25-33	28-30-32-38
U12	18-19-24-35	29-36-37-39
U13	12-26-34-36	17-18-27-38
U14	All (Total Soccer)	All (Total Soccer)

## Juggling and Tricks:

U6	U7
Punt Right High	5 Kick Catches Left and Right
Punt Left High	5 Thigh Catches Left and Right
Punt Right Distance	5 Head Catches Left and Right
Punt Left Distance	Feet Twice
Punt Right off Bounce	Thigh Twice
Punt Left off Bounce	Head Twice
Kick Catch	Scoop Ball for Height
Thigh Catch	Scoop Ball for Distance
Head Catch	Thigh Foot Catch
Head out of Hands	Head Thigh Catch

U8	U9
Feet 5 Times	Feet 10 Times
Thigh 4 Times	Thigh 5 Times
Head 5 Times	Head 5 Times
Punt High Catch Left and Right	Head Thigh Foot
2 Thighs 2 Feet	Kick Over Head Kick Catch
Foot Thigh Foot	Inside Foot Twice
Bounce Kick 5 Times	Bounce Kick 10 Times
10 Feet Catches	High Kick Thigh Foot
10 Head Catches	Head to Shoulder
10 Thigh Catches	Head to Shoulder to Foot

**U10**

Feet 25 Times  
 Thighs 10 Times  
 Head 10 Times  
 ½ Way Around the World  
 2 Left and 2 Right Fast  
 Head Shoulder Head  
 Pick Ball Up with Feet  
 High Punt Foot Foot  
 2 Left and 2 Right Thighs  
 Donkey Kick Up

**U11**

Feet 50 Times  
 Thighs 25 Times  
 Head 25 Times  
 2 Left and 2 Right with Feet X6  
 2 Head Shoulder Heads  
 ½ Way Around the World X5  
 Pick Ball Up with Feet  
 Pick Up Ball Pinch  
 Pick Up Ball Scoop  
 Thighs Left and Right Twice X6

**U12**

Feet 100 Times  
 Thighs 50 Times  
 Head 50 Times  
 2 Left and 2 Right with Feet X12  
 4 Head Shoulder Heads  
 ½ Way Around the World X10  
 Pick Up Ball Outside of Foot  
 Pick Up Ball Jab  
 Pick Up Ball and Knick it  
 Sit and Juggle 4 Times  
 Hold Ball on Foot 10 Seconds

**U13**

Feet 250 Times  
 Thighs 150 Times  
 Head 100 Times  
 3 Overheads  
 6 Head Shoulder Heads  
 ½ Way Around the World X20  
 10 No-Look Thighs  
 Around the World  
 Heel  
 Sit and Juggle 10 Times  
 Hold Ball on Foot 30 Seconds

**U14**

Feet 500 Times  
 Thighs 300 Times  
 Head 200 Times  
 Around the World X5  
 Catch and Hold Ball 10 Seconds  
 Juggle on Run 20 Yards  
 Head on Run 20 Yards  
 Thigh on Run 20 Yards  
 Flick and Catch Behind Neck  
 Balance Ball on Head

**U15**

Juggle 360 Degrees in 7 Touches  
 Around the World and Back  
 Spinning the Ball  
 20 Yards in Air Foot Thigh Head  
 25 Small Juggles Left and Right  
 Juggle on Run 60 Yards  
 Head on Run 60 Yards  
 Thigh on Run 60 Yards  
 12 Catches Behind Neck  
 Balance Ball on Head

**U16 – U17 (in two's then three's)**

Juggling Feet  
 Feet One Touch  
 Feet Two Touch  
 Heading  
 Heading Two Touch  
 Distance  
 One the Run  
 Short Short Long Heading  
 Distance Two Touch  
 Distance Three Touch  
 Left to Right / Right to Left

## **Ball Gymnastics:**

### **With Ball in Hands:**

1. Figure 8 around legs (ball on the ground)
2. Figure 8 around legs (ball in the air)
3. Circle around left or right leg on the ground
4. Circle around left or right leg in the air
5. Circle around the waist
6. Throw ball in the air and catch
7. Throw ball in the air, stand up and catch
8. Repeat #3 and #6 from a seated position (stand up)
9. Repeat #7 from seated position (stand up)
10. Throw ball in the air, so somersault and catch (U10 and above)

### **Off to the Races:**

11. Race carrying 3 soccer balls
12. Race dribbling two soccer balls at the same time
13. Race bouncing the ball all the way
14. Race hopping
15. Race Backwards
16. Race using sole of the foot only
17. Race in crab soccer position
18. Race on all fours
19. Race jumping with ball between feet or thighs
20. Race carrying 2 soccer balls and dribbling one

### **Other:**

21. Jumpovers – jump over the ball (one foot and two feet)
22. Throwing ball to each other
23. Throw-ins to each other
25. Ball wrestling (each player has one hand / then two hands on the ball)
26. Alligator wrestling – each player faces a partner in push up position – players knock arms to try and make partner's stomach touch the ground

- **Coaches – use any combination of above activities / make your own variations**