

# FMFC YOUTH SOCCER INDOOR TECHNICAL DRILLS

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**\*\*SPEND 30 SECONDS – 1 MINUTE ON EACH DRILL\*\***

## **1. TOE TOUCHES (EVERY 20, 5 QUICK BACKWARDS TAPS)**

- Use light touches on top of the ball
- Look to pick Up as you get Comfortable
- Use the same foot for the 5 quick backwards taps

## **2. BELL TAPS (EVERY 20, RONALDO TURN)**

- Keep your knees slightly bent
- Contact the ball with inside of your big toe
- For the turn, Slide your opposite foot forward so that the ball goes behind your leg

## **3. V-TAPS**

- Push the ball forward with the inside of your foot
- Catch the ball with the top of the same foot and pull back
- Then Switch feet

## **4. BRAZILIAN TOE TAPS**

- Combo of 3 touches – Foot closest to the ball, Other foot, then behind with the first foot that touched the ball
- Use the bottom of your feet
- Start slow, build up speed as you get comfortable

## **5. PULL PUSHES**

- Keep knees slightly bent
- Push the ball away from you with your instep
- Catch the ball and pull back with the bottom of the same foot, then switch feet

## **6. BELL TAPS TO STEPOVER**

- Use the same technique for the bell taps as above
- For the stepover, after you touch the ball with your foot, bring your foot towards you other foot then draw a circle around the ball. The ball should end up back between your feet after drawing your circle
- Start slow, build up speed as you get comfortable

## **7. INSIDE/OUTSIDE**

- Keep knees slightly bent, use the foot that is on the side of the direction you are moving
- Touch the ball with the outside of your foot, then use the inside of the same foot to catch the ball as you change directions and switch feet

## 8. INSIDE/OUTSIDE W/ DOUBLE TAPS

- Same as #7, except try to touch the ball twice with the outside of the foot and inside of the foot before you switch feet

## 9. PULL BACK BEHIND THE LEG

### VARIATION 1

- You are going to draw an "I" with the ball
- Catch the ball with the bottom of your foot, then pullback
- Push the ball in the other direction behind your standing leg with the side of your foot. Switch feet

### VARIATION 2

- Same pattern as above, but only use one foot
- Spin in a circle as you do manipulate the ball

## 10. TRIPLE SOLE DRAG + L

- Start with the Pull back behind the leg (#9)
- When the ball comes forward, catch the ball with your opposite foot
- You will the roll the ball in front of you, catch it and roll it back before doing the pull back behind the leg

## 11. 2 CONE DRILL

### VARIATION 1

- Roll the ball diagonally forward across your body
- Catch the ball with your opposite foot, then pull the back directly back, before rolling the ball diagonally again

### VARIATION 2

- Pull the ball back towards you , then touch with the outside of your foot
- Do a quick bell tap in the middle. The third touch should be with your opposite foot and should take the ball forward
- Repeat the pattern but with the opposite way

### VARIATION 3/VARIATION 4

- Use only one foot
- First part of the pattern is a Pull back behind the leg (#9)
- Then catch the ball with the bottom your foot and pull the back towards you
- Push the ball away with the inside of your foot to draw an "L" in front of your other leg

## 12. SPINNING CRUYFFS

- Same pattern as Variation 2 from #9
- Only difference is try to maintain contact with the ball for longer as you "tuck" the ball behind your leg

### **13. ONE CONE - VARIATION 1 (OUTSIDE/INSIDE/SOLE/SOLE)**

- Start by pulling the ball back towards you
- Second touch is with the outside of your foot
- Third touch is forward with the inside of your foot
- Fourth touch is with the bottom of your foot after you catch it

### **14. ONE CONE - VARIATION 2 (SOLE/OUTSIDE/INSIDE/MARADONA)**

- First two touches are the same as variation 1
- Then add a Maradona – touch the ball forward, then tap with the bottom of your opposite foot before setting it down and using the bottom of your original foot to pull the ball open

### **15. ONE CONE- VARIATION 3 (FLIP FLAP/Drag BACK/DRAG)**

- Start the pattern by pulling the ball back toward you and then touching the ball away from you with the outside of your foot
- Catch the ball with the bottom of the same foot. Pull the ball back and tuck behind your opposite leg (this part is just like #9)
- Finally, catch the ball with the outside of your foot and retrace the “I” pattern

### **16. PULL PUSH/SOLE INSTEP**

- Start by pushing the ball forward with your instep
- Then use the pull back behind the leg (#9)

### **17. STEPOVER/FLICK/DRAG**

- Start by stepping over the ball with your foot furthest from the ball
- As you stepover the ball, use your opposite foot to drag the ball in the same direction
- Catch the ball with the same foot that dragged the ball

### **18. SEATED JUGGLING – 2 MINUTES**

- Start seated with your knees bent
- Use controlled touches
- Keep track of your record and try to beat it!