

FMFC YOUTH SOCCER OUTDOOR TECHNICAL DRILLS



****SPEND 1 – 3 MINUTES ON EACH DRILL****

1. TOUCHES TO CUTS

- Dribble the ball using quick, light touches
- Cut the ball back in the opposite direction using different types of turns

2. DRAG STOP + STEP OVER

- Drag the ball across your body
- Catch the ball and push it in the opposite direction with your opposite foot
- Step over the ball with the foot that originally dragged the ball

3. "FAKE PASS"

- Roll your foot quickly across the top of the ball, then use the outside of your foot to stop the ball
- Switch feet

4. 4 CONE DRILL

VARIATION 1

- Start by pulling the ball back and catching it with your opposite foot
- Then push the ball with the outside of your foot
- Catch the ball with the bottom of the same foot, before touching it to the side again with the outside of your foot
- Finally catch the ball and pull it back and start the pattern again in the opposite direction

VARIATION 2

- Start by pulling the ball back and catching it with your opposite foot
- Then push the ball with the outside of your foot
- Do a quick bell tap in the middle before touching it to the side again with the outside of your foot
- Finally catch the ball and pull it back and start the pattern again in the opposite direction

VARIATION 3

- Start by pulling the ball back and catching it with your outside of your foot
- Use the same foot to catch the ball and move it back in the opposite direction
- Roll the ball with your opposite foot before catching the ball and starting the pattern again

▪ **VARIATION 4**

- Start by pulling the ball back and catching it with your inside of your opposite foot
- Use two sets of bell taps to slide the ball across
- Repeat the pattern

4. JUGGLING BELOW KNEE HEIGHT, ALTERNATING FEET

- Switch feet with every touch
- Keep every touch below the height of your knees

5. WALL JUGGLING – 1 TOUCH

- Use 1 touch to keep the ball in the air off the wall

6. WALL JUGGLING – 2 TOUCH

- Keep the ball in the air playing off the wall, but use a controlling touch in between playing the ball off the wall

7. JUGGLING ABOVE HEAD HEIGHT, ALTERNATING FEET

- Switch feet with every touch
- Every touch should go above your head

8. TRAVELING JUGGLING TO A BASKET

- Juggle a ball over a distance
- Select a target at the end of that distance that you have to play the ball into

9. ONE TOUCH WALL PASSING

- Pass the ball off a wall using one touch
- Try and alternate feet
- Make a small target on the wall that your passes have to hit

10. TWO TOUCH WALL PASSING

- Pass the ball off a wall using two touch
- Try and alternate feet
- Vary the type of first touch you use
- Make a small target on the wall that your passes have to hit

11. 3 CONE WALL PASSING

- Pass the ball off a wall using two touch
- Receive the ball behind the cones and take your first touch to the opposite side of the three cones

12. WALL PASSING TARGET LADDER

- Pass the ball off a wall using two touch
- Move your first touch so that you are moving to the next gap between the cones

13. WALL PASSING WITH TURNING + DRIBBLING

- Pass the ball off a wall and move toward the wall
- As you receive the ball, open up with your first touch
- Turn and dribble around the cone before passing off the wall again
- If you get good at this, try and check over your shoulder before you receive the ball off the wall

14. WALL PASSING WITH TURNING + CUT

- Same as #13, but instead of dribbling around a cone, cut the ball after dribbling
- If you get good at this, try and check over your shoulder before you receive the ball off the wall

15. WALL PASSING – TOUCH/OUTSIDE/STEPOVER/PASS

- Receive the ball off the wall across your body
- As you move that direction, step over the ball and cut it back before passing off the wall
- The more lateral movement you can add, the better!

16. WALL PASSING WITH SIDEWAYS TURNS (BOTH DIRECTIONS)

- Similar to #15. Receive the ball off the wall across your body
- Manipulate the ball to the side before cutting it back before passing off the wall
- The more lateral movement you can add, the better!
- If you get good at this, try and check over your shoulder before you receive the ball off the wall