

# Soccer Skilz: Developmental Dribbling Skills

*(Michael M. Hensley • Technical Skills Trainer)*

## Three Line Warm Up & Cool Down

(All Three Lines Are To Do The Warm Up Simultaneously in Unison)  
(Three Lines, 40 Meters - A Light Jog, Go Slow!!)

- Skip Forward Jumping Jack Clap
- Jog Forward, Return Backward
- Two Step Forward Slide, Return Two Step Backward Slide
- Karaoke
- Windmill Out (Magic Hop in between – Rhythm “We Will Rock You”)
- Windmill In (Magic Hop in between – Rhythm “We Will Rock You”)
- Two Step Forward Slide, Knees to Arm Pit
- Two Step Forward Slide, Can Can (Toes to Hand)
- Upper Extremity Skip (Across The Chest, Backward Butterfly, Forward Butterfly)
- Monkey Bars (Extend The Arms Over Head), Double Clap, While Skipping
- Heel To Heel, Double Clap (Outside Heels, Return w/Inside Heel Touches)
- Heel To Heel, Outside & Inside Combined
- Thighs, Chest, Clap (above the head), Chest, Thighs, While Skipping
- Four Step Swipe-Four Steps Swipe Right Hand, Four Steps Left Hand, Four Steps Both Hands
- Four Steps Header Off Right Foot, Left Foot, Both Feet
- Running Technique- High Stepping w/Correct Arm Movements (15 yards, walk back)

## Dynamic Stretching (Five Steps – Hold for Five Seconds)

- Inch Worm (Walk Up, Walk Out)
- Adductor Double Stretch & Step
- Butt Kicks, Quads
- High Step, Hamstring
- Lunge & Turn (Upper Torso)

## Static Stretching (Hold for twenty seconds)

- Two Feet Together Touch Toes
- Right Foot Over Left Reach Toes-Left Foot Over Right Touch Toes
- Spread Legs Reach Through
- Spread Legs Reach w/Both Hands To Right Foot-Spread Legs Reach w/Both Hands To Left Foot
- Spread Legs Bend Right Knee-Spread Legs Bend Left Knee
- Butterfly-Squatting
- Right Calf-Left Calf
- Right Quadriceps-Left Quadriceps
- Right Hurdle-Left Hurdle
- Right Sexy (iliotibial band)-Left Sexy (iliotibial band)
- Hip Flexors

## Agility Ladders

(To be done in pairs, the off player juggles)

- High Steppers & Side Shuffle
- Two Steps Forward, One Step Back & Two Steps Sideways, One Step Back
- Two In, Two Out (Regular)
- Two In, Two Out (Diagonal)
- Two In, One Out (Diagonal)
- Forward Karaoke (Back Leg Steps In) & Side Karaoke
- Stepovers (Front Leg Steps In) & Ali Shuffle
- Hopscotch Right, Hop Scotch Left (Forward) & Hopscotch Right, Hop Scotch Left (Backward)
- Hopscotch 180 degree Turns