

Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

The Foundation: Fun Games

Simon Says: Simon Says (turn right, turn left, hop, inside twist off, outside twist off, step over, cut behind the leg, scissors, helicopter, curl walk, double scissors, double step over, step on drag through inside outside, inside right/outside left)

Magical Balls:

Sharks and Minnows in a circle:

Crabs and Minnows across a box:

Pac Man:

Team Pac Man: (Katlin's two box variation)

Link Tag:

Freeze Tag:

Over, Under: (Dynamic Stretching Relay Race)

Headers in a Line:

Headers of the Crossbar: (Throw In, Volley's, Short, Short, Chip)

Header Wars: (Two Players) Goals = the number of passes that lead to the goal "21" bust go to "11"

Opposite Game: (Head, Catch)

Opposite Game: (Hands on Knees)

Opposite Game: (Colored Cones Game)

Header & Catch w/partner: (One header, then Two headers)

Ball Bounce & Catch while seated:

Legal Throw In from Back: (Stand and Catch)

Legal Throw from Stomach: (Stand and Catch)

