

KNIGHTS - SKILL SET PROGRAM

SKILLS SET (50 touches for each skill)

Each time a skills set is completed your parent / coach must initial below

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

- 1 **INSIDE FOOT TOUCHES (Turn with outside of foot every 10 touches)**
- 2 **ROLL / ROLL**
 - Sideways roll over ball twice with same foot, then back the other twice with the other foot
- 3 **TOUCH / TOUCH / ROLL**
 - Touch with inside of foot to other foot, touch back with other foot, roll over ball, then start over with other foot
(ex: left inside touch, right inside touch, left roll over towards right, right inside touch, left inside touch, right roll over towards left, etc.)
- 4 **CUT / PUSH (Outside Only)**
 - Cut with outside of foot, then explode with light touch from top of same foot
 - Cut back other direction with opposite foot, then explode with light touch from same foot. Continue cycle.
- 5 **CUT / PUSH (Inside / Outside)**
 - Cut with inside of right foot, then explode in same direction with light push (touch) from top of left foot
 - Cut back other direction with inside of left foot, then explode same direction with light push (touch) from top of right foot
- 6 **CRUYFF / PUSH**
 - Cruyff turn then push with outside of foot turn made to
 - Cruyff turn is when player runs over ball between legs and touches it with the inside of a foot behind the other leg to turn
 - It looks like a behind the leg touch and is used to change directions around an attacking player running side-by-side you.
- 7 **PULL / PUSH (V touches)**
 - Pull back with left foot, push with outside of right foot
 - Pull back with right foot, push with outside of left foot
- 8 **PULLBACKS**
 - Right foot on top of ball, roll ball backwards and at same time rotate Right shoulder and leg backwards with the ball
 - Left foot on top of ball, roll ball backwards and at same time rotate Left shoulder and leg backwards with ball
 - Move used when players back is facing direction desires to go and defender is behind player
- 9 **SCISSORS CYCLE**
 - Stand behind the ball with feet apart shoulder width (ball in front - centerline of body)
 - Left foot circles ball starting with rightward movement behind ball and then around front of ball and back in place
 - Right foot circles ball starting with leftward movement behind ball and then around front of ball and back in place
 - Both feet should circle all the way around the ball close to the ground in a rhythm cycle - both feet equals 1 cycle.
- 10 **SCISSORS PUSH**
 - One foot scissors cycle (1/2 of scissors cycle above) and then exploding push with outside of other foot.
(ex: left foot circles ball starting with rightward movement behind ball, around front of ball and back in place
then, right foot starts to circle behind ball but pushes ball to right with outside of foot. Same thing with inverted feet)
- 11 **SELF TRAPPING**
 - Player throws ball up in air about 10 feet to self and touches ball with body part before ball touches the ground
 - The goal of the touch is to break the ball's fall and place the ball under the players control

1) THIGH 2) TOP FOOT 3) BOTTOM FOOT 4) CHEST