**Level 1**

**Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pass = Five Consecutive Successful Attempts**

**Dribbling Forward**

A1. Using the outside (little toe) of the right foot, dribble the ball between two cones or markers (10 yds apart) with a minimum of three touches. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A1. Using the outside (little toe) of the left foot, dribble the ball between two cones or markers (10 yds apart) with a minimum of three touches. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Stopping-Sole**

A2. Dribble the ball forward with the outside (little toe) of the right foot and stop it with the sole of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A2. Dribble the ball forward with the outside (little toe) of the left foot and stop it with the sole of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A3. Dribble the ball forward with outside (little toe) of the right foot and stop it with the sole of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A3. Dribble the ball forward with outside (little toe) of the left foot and stop it with the sole of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Turning Inside**

A4. Dribble the ball forward a minimum of three touches with the outside (little toe) of the right foot and make a complete clockwise circle to the left with the inside (big toe) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A4. Dribble the ball forward a minimum of three touches with the outside (little toe) of the left foot and make a complete counter-clockwise circle to the right with the inside (big toe) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Turning Outside**

A5. Dribble the ball forward a minimum of three touches with the outside (little toe) of the right foot and make a complete clockwise circle to the right with the outside (little toe) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A5. Dribble the ball forward a minimum of three touches with the outside (little toe) of the left foot and make a complete counter-clockwise circle to the left with the outside (little toe) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Level 2**

**Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pass = Five Consecutive Successful Attempts**

**Dribbling Forward**

B1. Dribble between two cones or markers, 10 yds apart, and push the ball forward on every other step using the outside of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B1. Dribble between two cones or markers, 10 yds apart, and push the ball forward on every other step using the outside of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Turning-Sole**

B2. Dribble the ball forward using the outside (little toe) of the right foot, stop the ball with the sole of the right foot, and pull the ball under the body with the sole of the right foot. Turn round to the ball and dribble in the opposite direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B2. Dribble the ball forward using the outside (little toe) of the left foot, stop the ball with the sole of the left foot, and pull it under the body with the sole of the left foot. Turn round to the ball and dribble in the opposite direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Turning-Inside**

B3. Dribble the ball forward using the outside (little toe) of the right foot.

Turn the shoulders sideways and stop the ball moving forward by placing the inside (big toe) of the right foot in front of the ball. Keeping the ball in view, drag it back in the opposite direction with the inside (big toe) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B3. Dribble the ball forward using the outside (little toe) of the left foot. Turn the shoulders sideways and stop the ball moving forward by placing the inside (big toe) of the left foot in front of the ball. Keeping the ball in view, drag it back in the opposite direction with the inside (big toe) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Turning-Outside**

B4. Dribble the ball forward using the outside (little toe) of the right foot and stop the ball moving forward by placing the outside (little toe) of the right foot in front of the ball. To re-balance, take another step past the ball with the left foot. Keeping the ball in view, use the inside (big toe) of the right foot to dribble the ball back in the opposite direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B4. Dribble the ball forward using the outside (little toe) of the left foot and stop the ball moving forward by placing the outside (little toe) of the left foot in front of the ball. To re-balance, take another step past the ball with the right foot. Keeping the ball in view, use the inside (big toe) of the left foot to dribble the ball back in the opposite direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dragging-Backwards**

B5. Moving backwards, drag the ball backwards, using the sole of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B5. Moving backwards, drag the ball backwards, using the sole of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rolling-Across the body**

B6. Starting with the ball on the right side of the body, roll the ball across the body from right to left using the sole of the right foot. Take a step with the left foot to rebalance. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B6. Starting with the ball on the left side of the body, roll the ball across the body from left to right using the sole of the left foot. Take a step with the right foot to rebalance. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Level 3**

**Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pass = Five Consecutive Successful Attempts**

**Kicking-Laces**

C1. From a distance of approximately 10 yards, kick a slow-rolling, incoming ball on the ground to a “helper” with the instep (laces) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C1. From a distance of approximately 10 yards, kick a slow-rolling, incoming ball on the ground to a “helper” with the instep (laces) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kicking-Inside**

C2. From a distance of approximately 10 yards, kick a slow-rolling, incoming ball to a “helper” with the inside of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C2. From a distance of approximately 10 yards, kick a slow-rolling, incoming ball to a “helper” with the inside of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kicking on the Dribble-Instep**

C3. Dribble the ball forward for a minimum of three touches and pass to a

“helper” from approximately 10 yards with the instep (laces) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C3. Dribble the ball forward for a minimum of three touches and pass to a “helper” from approximately 10 yards with the instep (laces) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kicking on the Dribble-Inside**

C4. Dribble the ball forward for a minimum of three touches and pass to a “helper” from about 10 yards with the inside of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C4. Dribble the ball forward for a minimum of three touches and pass to a “helper” from about 10 yards with the inside of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kicking on the Dribble-Heel**

C5. While dribbling forward, and without stopping the ball, pass the ball backwards to a “helper” using the right heel. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C5. While dribbling forward, and without stopping the ball, pass the ball backwards to a “helper” using the left heel. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Front Volley**

C6. From a distance of approximately 5 yards and starting with the ball in the hands, kick (volley) the ball to a “helper” in the air with the laces of the right leg. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C6. From a distance of approximately 5 yards and starting with the ball in the hands, kick (volley) the ball a “helper” in the air with the laces of the left leg. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Level 4**

**Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pass = Five Consecutive Successful Attempts**

**Dribbling to Change Direction-Inside**

D1. While dribbling the ball forward with the outside (little toe) of the right foot, stop the ball with the sole of the right foot, step outside the ball with the right foot, and then dribble the ball to the right, across the body, with the inside (big toe) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D1. While dribbling the ball forward with the outside (little toe) of the left

foot, stop the ball with the sole of the left foot, step outside the ball with the left foot, and then dribble the ball to the left, across the body, with the inside (big toe) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dribbling to Change Direction-Outside**

D2. While dribbling the ball forward with the outside (little toe) of the right foot, stop the ball with the sole of the right foot, step outside the ball with the right foot, and then dribble the ball to the left with the outside (little toe) of the left foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D2. While dribbling the ball forward with the outside (little toe) of the left foot, stop the ball with the sole of the left foot, step outside the ball with the left foot, and then dribble the ball to the right with the outside (little toe) of the right foot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Basic Step-over Dribble**

D3. Dribble forward a minimum of three touches using the outside (little toe) of the right foot and then step the left foot sideways across the ball from left to right. To re-balance, take a step to the right with the right foot, and then dribble the ball in a different direction

using any surface. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D3. Dribble forward a minimum of three touches using the outside (little toe) of the left foot and then step the right foot sideways across the ball from right to left. To re-balance, take a step to the left with the left foot, and then dribble the ball in a different direction

using any surface. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Basic Step-out Dribble**

D4. Dribble forward a minimum of three touches using the outside (little toe) of the right foot and step outside the ball (further right) with the right foot. Take a step across the ball with the left foot to rebalance, and use the outside (little toe) of the left foot to dribble the ball in a new direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D4. Dribble forward a minimum of three touches using the outside (little toe) of the left foot and step outside the ball (further left) with the left foot. Take a step across the ball with the right foot to rebalance, and use the outside (little toe) of the right foot to dribble the ball in a new direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step-over Turn**

D5. Dribble forward a minimum of three touches using the outside (little toe) of the right foot and step (sideways) across the ball with the left foot. Take a step across the ball with the right foot to rebalance, and turn back (figure 8) to the left to dribble the ball back in the original direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D5. Dribble forward a minimum of three touches using the outside (little toe) of the left foot and step (sideways) across the ball with the right foot. Take a step across the ball with the left foot to rebalance, and turn back (figure 8) to the right to dribble the ball back in the original direction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Program Verified by:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**