



PROGRESSION

FOOTWORK

The following tables are footwork drills to develop coordination and comfort on the ball. Every exercise is done with a ball, with out pressure so that the player develops confidence. Eventually, increase the speed of the move. Later, these moves can be incorporated in another more complex setting.

Age	Dribbling Moves	Division	Volume	Page	Document
U6	1-2-3-4	Micro	I	pg. 32	310 101
U7	5-6-7-8	Micro	I	pg. 44	310 111
U8	9-10-11-12	Micro	I	pg. 56	310 121
U9	13-14-15-16-17	Bantam	II	pg. 32	310 131
U10	18-19-20-21-22	Bantam	II	pg. 44	310 141
U11	23-24-25-26-27	Youth	III	pg. 32	310 151
U12	28-29-31-32-33	Youth	III	pg. 44	310 161
U13	34-35-36-37-38	Youth	III	pg. 56	310 171

#	MOVE	DESCRIPTION
1	Dribbling	Using any part of the foot to move the ball around.
2	Foundation	Tapping the ball between your feet. Legs are bent, body is relaxed.
3	Left Foot	Dribbling the ball using the left foot only.
4	Right Foot	Dribbling the ball using the right foot only.
5	Foundation 2	Same as foundation only add a job, ie. "freeze", or "switch balls", etc.
6	Top Touches	Alternating touching on top of a stationary ball with the sole of the foot in a hopping motion.
7	Top Touches 2	Same as top touches only add forward movement to the ball.
8	Top Touches 3	Same as top touches only pull the ball backwards.
9	Top Touches 4	Same as top touches but first use the left only for a while then the right for a while.
10	Rolling	Rolling the ball with the sole of the foot in a sweeping motion across the body. Using first the bottom of the right then the left foot.
11	360 Inside	Dribble the ball in a full circle using the inside of your right foot than your left foot.
12	360 Outside	Same as 360 inside only use your outsides.
13	360 Sole	Pull the ball with the bottom of your foot in a full circle. Use both your left foot then your right foot.
14	Circle	Work the ball around the standing foot. Alternate feet.
15	"L"	Pull the ball back behind your left foot. Repeat with the other foot.
16	Cut	Cut the ball back with a sweeping motion almost going a 180 degrees to where you came from.
17	Scissors	Step over the ball from inside to outside then dribble in opposite the direction.
18	Double Scissors	Same as scissors only use left and then right.
19	Out-In-In-Out	Touch the ball with the outside of your right foot, then the inside of your right foot. Repeat with the left. Continue.
20	1,2,3,4 Roll	Four foundations then roll the ball with the sole to your other foot.



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21	1,2,3 90	Three foundations then pull the ball back in a "V". Continue.
22	1,2,3, "L"	Three foundations and do an "L". Continue.
23	Inside outside	Touch the ball with the inside of the right foot then the outside of the right foot. Repeat with the left foot.
24	Step Over	Step through the ball so your back is to the ball.
25	Drag	Drag the ball with the inside of your right foot, and in a skipping motion, push with your outside the opposite way.
26	Pirouette	Put your right foot on the ball, hop and put you left foot on the ball while turning 180 degrees.
27	Cruyff	In one touch cut the ball back behind your other foot.
28	Sole Turn	Put your foot on top of the ball and quickly turn 180.
29	Sole Opposite Turn	Same as sole turn only turn away from ball.
30	Fake Kick	Fake a shot then dribble on.
31	Foundation 3	Foundation with a heel executed every third touch.
32	Foundation 4	Foundation going backwards.
33	Sole Only	Using only sole of feet dribble the ball around, i.e. Pirouette, Roll, Drag, Top touches, etc.
34	Change Directions	Change directions using different moves, i.e. sole cute, outside of foot, etc.
35	Change Speeds	Slow, Slow, Fast.
36	Double Touch	Touch ball to opposite foot 90 degrees then dribble other way.
37	Shoulder Dip	Dip shoulder one way and dribble the other way.
38	Fake Pass	Fake a pass then sweep the ball another way.