

GET OUT, GET FIT, GET ACTIVE



YOUTH
SOCCER
MONTH



1 DRIBBLING

Tap Dance: With the bottom of your foot, tap the soccer ball for 30 seconds. Now spin around while still tapping the ball! How many taps can you count while keeping the ball under control?

Trainer Tip: Keep your eyes on the ball!

HOW
MANY
TAPS?

ALTERNATING FEET

DATE ACHIEVED

2 PASSING



Knock Out: Set out your cones and other objects over a wide area. Passing the ball aim for the cones and keep track of the number you successfully hit. Reset any cones you knock down and keep passing. What's the highest number you can hit with a pass?

Trainer Tip: Keep your ankle locked when passing!

HOW
MANY
CONES?

MY RECORD

DATE ACHIEVED

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3 RECEIVING BALLS

Double Receiving: Work with a friend, alternating between being server and receiver. One player serves the ball to the other, who should receive the ball on his or her foot, thigh or chest. Within one minute, how many different parts of your body can you receive the ball under control? Can you beat that score?

Trainer Tip: Align yourself in the path of the ball!

HOW MANY DIFFERENT BODY PARTS?

MY RECORD

DATE ACHIEVED

4 SHOOTING



Keeper: Work with a friend, alternating between shooting and playing goalkeeper. Stay about 10 yards away from the goal. How many goals can you score against the keeper in one minute?

Trainer Tip: Keep your toe down when shooting!

HOW MANY GOALS?

MY RECORD

DATE ACHIEVED