



COMMUNITY FIRST SOCCER

Basic Skill Sheet | for students ages 4 – 6

Basic skills worksheet for beginner soccer players.

Take your time learning each skill and master with good athletic form, touch, and control.

I. TECHNICAL & ATHLETIC SKILLS

Ball Mastery	Dribbling	Juggling	First Touch	Warm - Up
Toe Taps	Laces	1 & Catch Feet	Laces	Light Jog
Boxes	Inside Foot	1 & Catch Thigh	Thighs	High Knees
Sole Rolls	Outside Foot		Under-Foot Trap	High Heels
Chop & Push	Inside Cutback			Side Steps
Drag Back	Outside Cutback			Backwards