



COMMUNITY FIRST SOCCER

Core Skills Curriculum: Part 1 | for students ages 7 – 9

These are the basic *Core Skills* all players need to master before moving to a more advanced level

Ball Mastery	Dribbling	Juggling
<ul style="list-style-type: none"> ➤ Toe Taps ➤ Boxes ➤ Sole Rolls ➤ Forward & Backward <i>Toe Taps, Boxes, & Sole Rolls</i> ➤ Box & Freeze ➤ 2 Box – 2 Sole Roll ➤ Inside Cutback ➤ Outside Cutback ➤ Drag Back ➤ Inside – V ➤ Outside– V ➤ L – Turn 	<ul style="list-style-type: none"> ➤ Laces dribble ➤ Inside Foot dribble ➤ Outside Foot dribble ➤ Sole Roll dribble ➤ Outside – Inside <i>Left, right, & alternating</i> ➤ Clockwise Turns & Counter-Clockwise Turns <i>Left and right foot</i> ➤ Figure 8's <i>Left and right foot</i> 	<ul style="list-style-type: none"> ➤ 1 & Catch Feet ➤ 1 & Catch Thigh ➤ 1 & Catch Head ➤ 2 & Catch Feet ➤ 2 & Catch Thigh ➤ 2 & Catch Head ➤ Simple Waterfall ➤ Box Juggle ➤ Thigh + Foot Repetition ➤ Head + Foot Repetition



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First Touch & Lifts	Warm- Ups	Strength
<p>First Touch</p> <ul style="list-style-type: none"> ➤ Laces ➤ Inside Foot ➤ Thigh ➤ Chest ➤ Underfoot - Trap ➤ Inside Sweep ➤ Outside Sweep <p>Lifts</p> <ul style="list-style-type: none"> ➤ Same Foot Lifts ➤ Opposite Foot Lifts 	<ul style="list-style-type: none"> ➤ Light Jog ➤ High Knees ➤ High Heels ➤ Side Steps ➤ Karaoke ➤ Backwards ➤ Open Gate ➤ Close Gate ➤ Sweeps ➤ Leg Kicks 	<ul style="list-style-type: none"> ➤ Push – ups ➤ Sit – ups ➤ Crunches ➤ Planks ➤ Squats ➤ Lunges ➤ Leg – lift variations