



COMMUNITY FIRST SOCCER

Core Skills Curriculum: Part 2 | for students ages 10 – 13

Explore this worksheet and master each skill with good athletic form, touch, and control.

Speed & Agility Training	Ball Mastery Skills		Volley Control <i>Need Partner</i>
<p>Cone Workout 4 Basic Variations</p> <p>Ladder Workouts 4 Basic Variations</p> <p>Shuttle Runs <i>short sprints</i></p> <p>Change of Direction Runs</p>	<p>Toe-Tap Switch</p> <p>Rocking Sole Roles right leg & left leg</p> <p>Push & Pull inside foot & Outside foot</p> <p>Box Squishies</p> <p>V – Turn Combinations</p> <p>L – Turn Variations: Roll & L, 2 Box – L, Alternating L's</p>	<p>Scissors</p> <p>Step – Overs</p> <p>U – Turn</p> <p>Cruyff Turn</p> <p>Maradona</p> <p>Iniesta, Roll & Iniesta</p> <p>Step-Over – V</p> <p>Rebona</p> <p>Neymar Role & Cruyff</p>	<p>Inside Shoe Volley</p> <p>Lace Volley</p> <p>Drop Volley Using Inside Shoe and Laces</p> <p>Thigh & Volley</p> <p>Chest & Volley</p>