

Phase 1

Ball Protection: Straight Line Dribbling

When a player dribbles quickly they want to have their feet facing as close to forward as possible. If they dribble with the inside it will be slow and awkward. Dribble with the “3 toes”, pinkie plus 2.

- Use “3 toes”, pinkie plus 2
- Angle the big toe towards the other big toe.
- Keep the hips and shoulders facing forward
- Protect the ball with your body

Aerial Receiving: Sole Wedge

Kids are scared of balls out of the air at first, so we use the sole of the foot to stop the ball from bouncing back up in the air. Pull the toe up and the heel down. As the ball bounces, put the sole of the foot over the ball and press it forward like riding a bike.

- Toe up, Heel Down
- Put the sole over the ball as it bounces
- Push out like pedaling a bike

Ball Striking: No Step, Inside Foot

Any ball strike requires the plant foot to be alongside the ball to insure power and clean contact with the ball. With this basic drill we are cementing that concept into the player’s head. Foot on the line, ball on the line.

- Ball on the line, Plant foot on line pointed at the target
- Turn the kicking foot out at a right angle (hockey stick, putter)
- Keep the Toe up towards the knee
- Strike the ball with the inside of the foot

Body Position and Receiving: Far Foot, Drive Out

The majority of receiving a ball in a game is done with the inside of the foot. Using the foot furthest from the ball insures that we keep an open body position. Keep the toe up and the heel down, to keep the ball from popping over the foot. Drive away quickly with the “3 toes”.

- Receive the ball with the inside of the Far Foot
- Keep the toe up and heel down
- Drive away with the “3 toes” for at least 5 yds

Offensive Recognition: The Cow

The easiest way to beat a defender is to recognize that they are committed to tackling. If they are running at the player or lunging in with one leg, they are committed to that direction. Play the ball on one side of the defender and run around on the other side.

- See defender moving towards you
- Play the ball on one side of them
- Run quickly around the other side and get the ball.
- Use the outside of the dribbling foot for extra deception