



U10 - U12 - STC - Changing Direction #1

Dribbling & Changing Direction #1 - Monday, May 11th

Dribble forward and change direction with the **outside of the foot**.

Directions:

- Dribble forward (About 5-15 Yards)
- Stop the ball with the sole of the foot
- Step forward with the same foot, planting it in front of the ball
- Take the ball away with the outside of the opposite foot

Lift Up #1 - Monday, May 11th

One Footed Lift Up

Directions:

- Roll the ball towards your primary foot
- Lift the ball up with primary foot
- Juggle the ball twice & catch the ball with hands

Dribbling & Changing Direction #2 - Wednesday, May 13th

Dribble forward and change direction with the **inside of the foot**.

Directions:

- Dribble forward (About 5-15 Yards)
- Step to the side of the ball with the non kicking foot
- Turn on that foot
- Cut the ball back with the inside of the opposite foot

Lift Up #2 - Wednesday, May 13th

Two Footed Lift Up

Directions:

- Roll the ball with your non-primary foot towards your primary foot
- Lift the ball up with primary foot
- Juggle the ball twice & catch the ball with hands

Desired Outcome: Improve your ability to dribble and change direction.

Desired Outcome: Improve your ability to lift up the ball.

Let the coaches know when you complete all May activities for a prize! Email: cgallanger1@gmail.com & technicaldirector@blackhillsfc.org

May 11-15