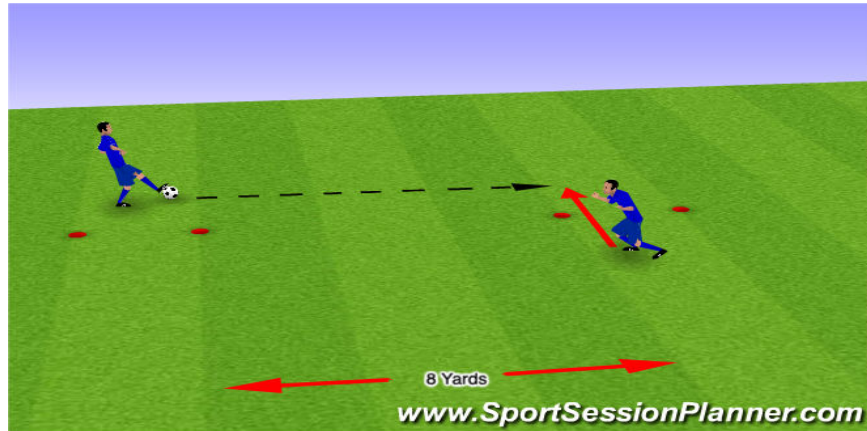




Technical Skills Workouts: Week of April 20
Technical Skills Workout Set-Up: 8 yards and 4 cones



Level 4 – Passing and Receiving

Exercise	Description	Coaching Points	Reps	Sets
2 Touch – Gate then Forward	Player 1 passes the ball continuously to Player 2. Player 2 controls the ball through the gate and passes the ball forward. Once the rep is complete then players switch roles.	Both players are ready and moving. Control ball through the gate.	6	3
2 Touch – Rectangle Pass #2	Same concept as Rectangle Pass 1, however, use the inside foot closest to the gate to control and pass the ball. Make sure to go in both directions clockwise and counter-clockwise.	Use the foot closest to the gate to control and then pass the ball. Turn the body to control the ball.	6	3
2 Touch – Outside of Foot	Using the outside of the foot to control the ball and then using the inside of the foot to pass. Make the rectangle shape with the control and pass. Make sure to go in both directions clockwise and counter-clockwise.	Before you receive the ball position your body to control it through the gates using the outside of the foot.	6	3
2 Touch – Cruyff	Control the ball through the gate using the Cruyff touch, then passing the ball forward. Make sure to go in both directions clockwise and counter-clockwise.	The Cruyff control uses the foot furthest from the gate, inside of the foot and behind the body.	6	3