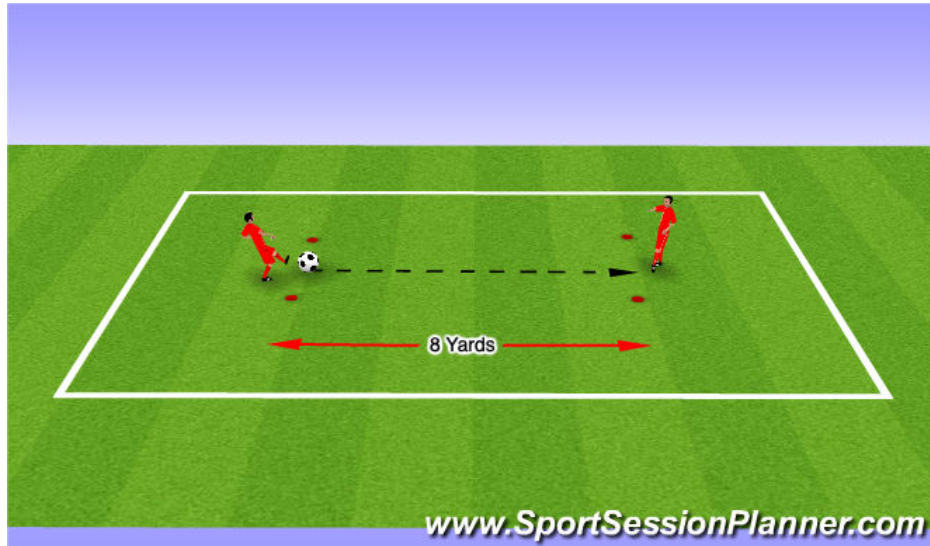




Technical Skills Workouts: Week of April 13
Technical Skills Workout Set-Up: 8 yards and 4 cones



Level 2 – Passing and Receiving

Exercise	Description	Coaching Points	Reps	Sets
Inside Chop and Pass Outside the Gate	Using the inside of the foot to trap the ball across the body and outside of the gates and passing the ball through the far gate	Move the body to the direction where the ball is desired and keep trapping foot off the ground	8	3
Double Inside Chop and pass	Trapping and cutting the ball to the inside with both feet and passing the ball through both gates	Small and quick touches with the inside of the foot	8	3
Inside Chop and Roll Across	Inside foot trap, roll ball across body with bottom of foot, and pass through both gates	Making sure to keep balance and staying low	8	3
Outside Foot Trap and Pass Outside Gate	Outside of the foot trap and to the outside of the gate and passing through the far gate	Turn body to trap with outside of the foot. One person at a time practices the exercise while the other passes	8	3
Outside Foot Trap and Inside Chop	Outside of the foot trap and chopping with the same foot to the inside and passing through both gates	One person at a time practices the exercise while the other passes	8	3