SOCCER NOTES

Stretches

-SCISSORS

- Standing with feet shoulder-width apart, jump in a crisscross pattern like scissors. Also, try to incorporate your hands by crisscrossing them at the same time.

-CRAZY ARM

- Stand with feet shoulder-width apart, arms out to the sides.
- Making small, forward circles with arms, gradually getting bigger. Switch directions and gradually make the circles smaller and smaller. Repeat.
- Now attempt to move one arm forward and one arm backward!

-DOG STRETCH

- Kneel on all fours, exhale, then tuck the toes under and lift the hips and bottom, slowly straightening the legs.
- Stretch as much as you can, moving the hands and feet so the arms and legs are as straight as is comfortable and you are in a V position. Bark like a happy dog!

-3-LEGGED DO

- Start in a tabletop position on hands and knees with a flat back.
- Look at the ground and slowly lift one leg in the air, pointing your toes to the ceiling.
- Hold the pose as long as you can and slowly go back to the tabletop.
- Repeat with the opposite leg.

Ball Skills

MOVES:

- Make popcorn (ball back and forth between feet)
- Hat dance (one foot(sole) on top of the ball and switch to the feet)
- Hat Dance in a circle (ball is stationary)
- Hat Dance moving backward (drag backs)
- Sole roll, using the bottom of your cleat roll the ball to the left and right
- Bulldozer – run over the ball by opening your legs
- Captains pose (one foot on the ball with arms crossed)

Soccer Skill – Dribbling

PURPOSE

The purpose of dribbling in soccer is to maintain control of the ball and to advance the ball up the field, advance it to pass the ball, or advance the ball to shoot the ball on goal.

TECHNIQUE

The ball is advanced by pushing it with the inside or outside of the front of the foot. The player should keep the ball close when dribble, rather than kicking it and then running after it.

KEY POINTS

1. Light touches on the ball keeping the ball close to your body (control).
2. Use the inside and outside of your right and your left foot.
3. Keep your head up so that you can see what is happening on the field.