



**Date:** \_\_\_\_\_ **Group:** FEET  
**Length:** 60 mins  
**Start Time:** \_\_\_\_\_ **Focus:** Essential Ball Skills  
**End Time:** \_\_\_\_\_ **Level:** U8

Length	Start	Drill Name	Category	Notes
6		Warm up	Backyard Activities	4 cones
3		CE-Toe touches	Backyard Activities	Alternate feet
3		CE-Toe touches slow/fast	Backyard Activities	Alternate feet
3		CE-Toe Touches Around the Ball	Backyard Activities	Alternate feet. Clockwise direction (twice) then reverse
3		CE-Toe touches forwards/backwards	Backyard Activities	Alternate feet. Moving forward and backward from one end of box to the other
4		ME-Toe Touches Dribble	Backyard Activities	Alternate feet. Extra-go to middle and out in a star pattern
4		ME-Toe Touches Forward & Backward	Backyard Activities	Alternate feet
3		Water Break		
8		Cryuff (reverse move)	Backyard Activities	1 ball
5		Toe touch dance	Backyard Activities	
10		Compilation Review	Backyard Activities	rapid fire CE,ME,MOVE,Trick
5		Show Off Time		

**Notes:** CE=Core Essential moves ME=Master Essentials (Advanced)  
 1 minute each CE, .30 sec rest repeat 3 times  
 2 minute each ME, .30 sec rest repeat 2 times

**Drill Title:** Warm up (1 Diagram )

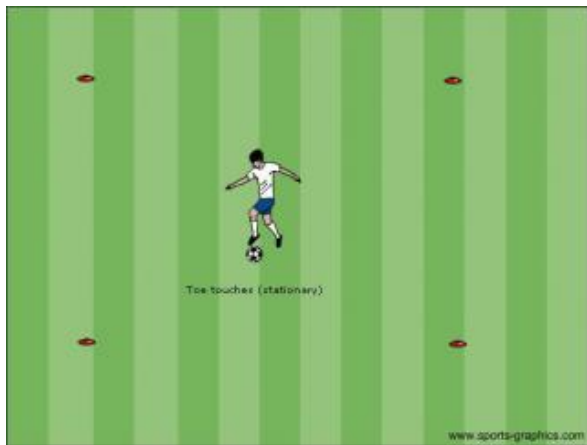


4 cones with the starting cone a different color. Twice around the grid (clockwise) for each exercise. It should take about 2:30-3:00 minutes to complete. Rest for 1:00 then repeat in a counter clockwise direction.

- Side shuffles (facing in)
- Side shuffles (facing out)
- High knees
- Heel Kicks
- Lunges
- Jump Headers
- Karaoke
- Jog inside the box
- Sprint a side then jog
- Sprint a box then jog a box
- Walk a box with your hands on your head

Key Points: warm up exercises

**Drill Title:** CE-Toe touches (1 Diagram )



- Alternating feet.
- Continuous for 1:00 minute.
- The ball stays in in front of the player.

Key Points: Lightly touching the ball.

**Drill Title:** CE-Toe touches slow/fast (1 Diagram )



- Continuous for 1:00
- On the coaches command change speeds.
- Ball stays in the same area.

Key Points: Lightly touching the ball.

**Drill Title:** CE-Toe Touches Around the Ball (1 Diagram )

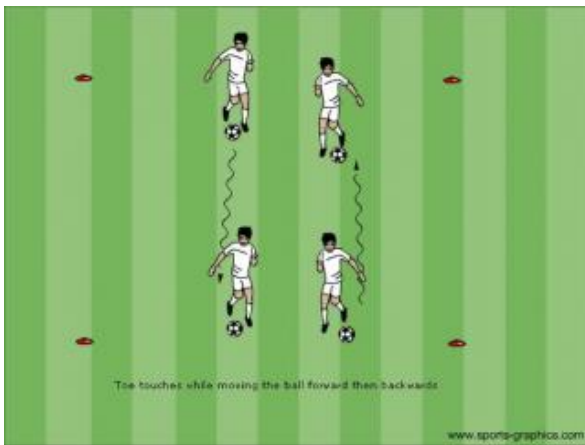


Toe touches while moving in a clockwise direction. Reverse the direction after completing two circles.  
1:00

Good balance, quick feet from the ball to the ground.

Key Points: light touches on the ball

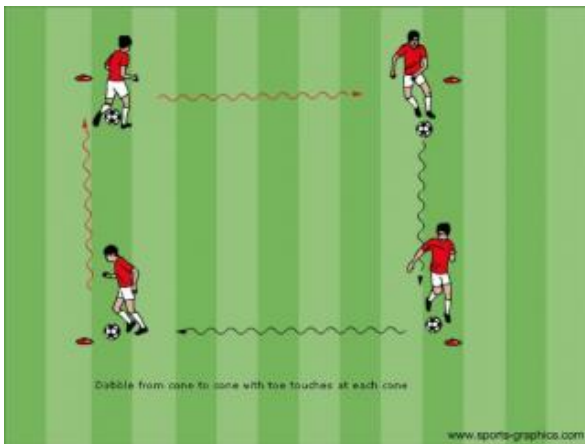
**Drill Title:** CE-Toe touches forwards/backwards (1 Diagram )



Toe touches while moving the ball forwards alternating feet. Then toe touches moving the ball backwards back to where you started.

Key Points: Light touches on the ball

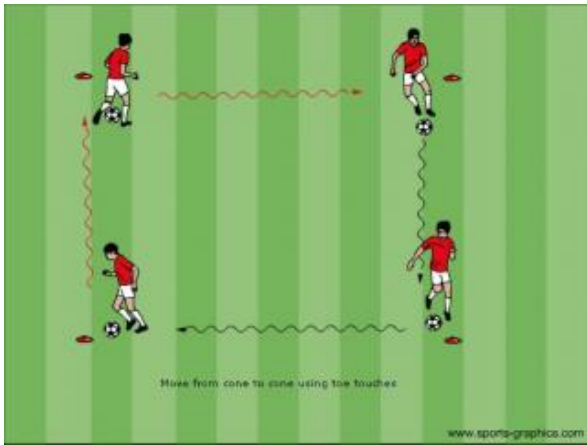
**Drill Title:** ME-Toe Touches Dribble (1 Diagram )



Start with toe touches at the cone (you set the number). Move to the next cone with a quick dribble. Repeat toe touches at each cone while moving around the box. Go around the box twice then repeat going back the other way around the box twice.

Key Points: Light toe touches

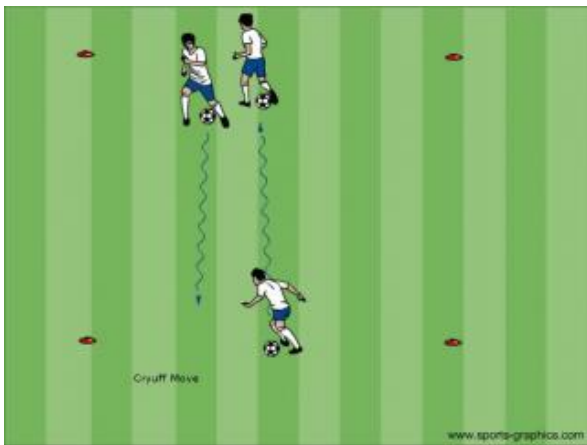
**Drill Title:** ME-Toe Touches Forward & Backward (1 Diagram )



Start at a cone with toe touches (you set the number) Move to the next cone with forward toe touches. Continue around the entire box (stopping at each cone for toe touches. After going around the box twice, go the other direction around the box using backward toe touches from cone to cone. Twice around the box.

Key Points: Light touches

**Drill Title:** Cryuff (reverse move) (1 Diagram )



Using the inside of your foot pull the ball back between your legs to reverse direction.

Key Points: Reverse dribbling move

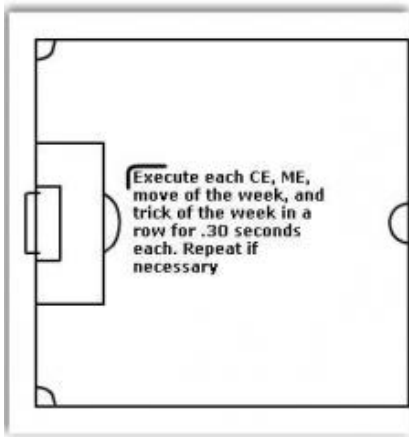
**Drill Title:** Toe touch dance (1 Diagram )



- Continuous for 1:00
- Alternating feet
- Keep the ball in the same area

Key Points: Lightly touching the ball

**Drill Title:** Compilation Review (1 Diagram )



Combine the CE,ME,Move and Trick in rapid fire succession.

Key Points: non stop