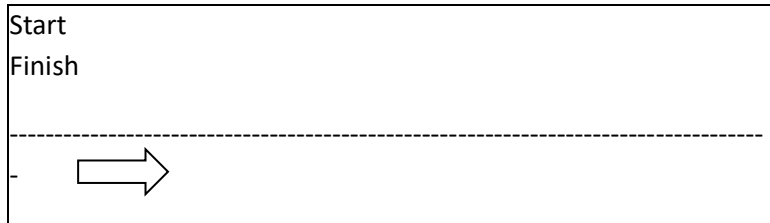


5 Star Skills Program

#1 Running with the ball.



The Plan: To run with the ball as quickly as possible under control from start to finish.

The Start: The time starts when the players play the ball out of in front of their feet.

The Task: To run the ball down to the course from start to finish keeping the ball between the cones.

The Finish: The test ends when the ball and the player cross the finish line.

Coaching point: Use laces and have a consistent stride pattern.

#2 Turning



The Plan: To complete 3 repetitious turns with the ball as quickly as possible through the gates from start to finish. 1) use the inside of both feet. 2) use the outside of both feet.

The Start: The test begins when the player plays the ball through gate 1.

The Task: From the start the player must play the ball and turn through each gate as shown, completing 3 turns as quickly as possible. Each player will get 2 attempts.

The Finish: The test finishes when the ball and the player pass through the finish gate.

Coaching Point: Lead in with the turning foot. Bend knees. Keep the ball close and under control.

#3 Dribbling & Control

Plan: To control and dribble the ball as quickly as possible around cones from start to finish.

The start: The time starts when the player passes the ball through the start gate.

The Task: The player must keep the ball under control and dribble around the outside of the cones and finish through the finishing gate.

The Finish: The time ends when the player and ball cross the finishing gate.

Coaching point: Keep knees bent when going round cones and accelerate away. Quick footwork, use arms and keep head up.

#4 Speed & Flexibility

The Plan: To sprint as quickly as possible around the cones from start to finish.

The start: The time starts when the player crosses through the start gate.

The task: The player must sprint around the outside of the cones and go through the finish gate.

The Finish: The time ends when the player crosses the finishing gate.

Coaching point: Keep knees bent when going round cones and accelerate away. Quick feet, move arms and keep head up.

#5 Passing to Score

The Plan: To gain the highest points by passing the ball into a target area at the far side of the goal.

The Start: The player starts outside the penalty box and rolls the ball into the box. While the ball is in motion the player passes the ball into the goal.

The Task: The player will have 4 passes. Two passes with each foot. To score 3 points the ball must travel diagonally across the goal inside the far post and the cone. Two points for a pass between the two cones and one point for a pass inside near post and cone. If the ball hits the posts or misses the goal no points are scored. The ball must fully cross the goal line.

Coaching Point: Play the ball out of your feet, take a look at the target area. Pass with the inside of the foot and follow through. Accuracy before power.