



## Summer Footskill Sessions



1) Phase 1 - <https://www.youtube.com/watch?v=PCFsyvrcNTY> start video at :53.

**Before beginning footskill session, mark off a 6 x 6 grid. Stay within this grid while completing entire session.**

- a. Juggling Series
  - i. Tennis Ball Juggling (3 minutes)
  - ii. Size 1 Juggling (3 minutes)
    1. Complete juggling using low-low-high touches. The low touches should stay below knee height and the high touch should be at least head height.
  - iii. Size 5 Juggling (3 minutes)
    1. Complete juggling using middle-inside-outside the foot touches
- b. Footwork Series

**Complete each exercise for 1 minute and 30 seconds. Rest for 20 seconds between each exercise.**

- i. Toe Taps
  1. 10 regular toe taps followed by 5 quick, roll back touches
- ii. Bells
  1. Foundations – quick touches with the inside of each foot
  2. 8 bell touches. On the 8<sup>th</sup> bell, touch the ball between your feet into space and turn 180 degrees.
- iii. Sticky Tape
  1. Side to side touches using the sole of one foot
  2. Switch feet every 25 touches
- iv. Pull Back Push
  1. Pull ball back with sole of foot and push forward with laces
  2. Switch feet every 10 touches
- v. Pull Back Push Behind
  1. Pull ball back with sole of foot and push behind opposite foot. Alternate feet each touch.
- vi. Step Over Touch
  1. Step over ball and touch ball into space with the outside of the same foot. Alternate feet each touch.
- vii. Rolls
  1. Start at one corner of your grid and roll the ball diagonally to the other cone using the sole of one foot. Once you have reached the cone, roll the ball back to the original cone using the sole of the opposite foot.
- viii. Brazilian Toe Taps
  1. Complete Toe Taps but the third touch you will bring the foot behind the opposite leg to touch the ball. L-R-L with left foot moving behind right leg to touch ball.
- ix. Snake (Inside-Outside quick touch)
  1. Quick change of direction dribble by faking a touch to the inside and quickly touching the ball with the outside of the foot into an opposite direction. Alternate feet.
- x. Sekan (Snake Outside-Inside)
  1. Quick change of direction dribble by faking a touch to the outside and quickly touching the ball with the inside of the foot into an opposite direction. Alternate feet.
- xi. Cruyffs
  1. While dribbling in one direction fake a shot and using the same foot, touch the ball between legs in opposite direction. Alternate feet.
- xii. Bonus – DiMartino Pull Backs 1 Foot
  1. Roll the ball backwards using the sole of one foot and quickly bring the same foot behind the opposite leg to complete the second touch.



2) Phase 2 - <https://www.youtube.com/watch?v=E2LzGfgAK5s> start video at 2:05

**Before beginning footskill session, mark off a 12 x 12 grid. Stay within this grid while completing entire session.**

- a. Juggling Series
  - i. Tennis Ball Juggling (4 minutes)
  - ii. Size 1 Juggling (4 minutes)
    1. Complete juggling using low-low-high touches. The low touches should stay below knee height and the high touch should be at least head height.
  - iii. Size 5 Juggling (4 minutes)
    1. Complete juggling using middle-inside-outside the foot touches
- b. Footwork Series

**Complete each exercise for 2 minutes. Rest for 20 seconds between each exercise.**

- a. Fluid Bells
  - i. Complete 3 to 4 bells and then push the ball forward into space
- b. Fake Cruyff
  - i. While dribbling the ball forward turn hips and pretend to pull a full cruyff but instead take a small touch and then a touch with the outside of the same dribbling foot in the same forward direction.
- c. Stop-Go-Go
  - i. While dribbling the ball forward completely stop the ball with one foot, touch the ball quickly with opposite foot, and then take the ball with original foot into forward space. All three touches should be completed simultaneously.
- d. Stop-Go- Ronaldo
  - i. While dribbling the ball forward completely stop the ball with one foot, touch the ball quickly with opposite foot, and then touch the ball with the original foot between legs into space in opposite direction. All three touches should be completed simultaneously.
- e. Rabanha
  - i. While dribbling the ball forward, fake a pass or shot with one foot. You will land on this foot and take opposite plant foot and whip around to touch in an opposite direction.
- f. The Best
  - i. While dribbling the ball forward, let the ball roll slightly in front of you. One foot will move slightly from behind the ball diagonally to plant beside ball on opposite side (almost like doing a step over). Once foot is on ground, you will whip other leg around and take a touch in opposite direction with opposite foot.
- g. Roll and Go
  - i. While dribbling ball forward, roll the ball across the body using the sole of one foot and then push the ball forward with the opposite foot.
- h. DiMartino's 2 Footed
  - i. Roll the ball backwards using the sole of one foot and bring the opposite foot behind the leg and touch the ball.
- i. DiMartino's 1 Foot
  - i. Roll the ball backwards using the sole of one foot and quickly bring the same foot behind the opposite leg to complete the second touch.



3) Phase 3 - [https://www.youtube.com/watch?v=xDBLNN\\_s1QU](https://www.youtube.com/watch?v=xDBLNN_s1QU) start video at 2:09

a. Juggling Series

i. Tennis Ball Juggling (4 minutes)

ii. Size 1 Juggling (4 minutes)

1. Complete juggling using low-low-high touches. The low touches should stay below knee height and the high touch should be at least head height.

iii. Size 5 Juggling (4 minutes)

1. Complete juggling using middle-inside-outside the foot touches.

b. Footwork Series

**-Set up two cones 1 yard apart.**

**-Complete 100 touches on each move. Rest for 20 seconds between each exercise.**

i. Bell Bell Roll Shift

1. Starting behind the left cone, complete two bell touches then roll the ball quickly to the other side and stop the ball with the opposite foot. Touches should be L-R-Roll L- Stop R. Each roll counts as one touch.

ii. R9 Reverse L Turn

1. Hop and pull the ball back. With the opposite foot planted push the ball with the outside of the foot across the 2 cones. Shift the entire body across, play the ball forward with the same foot. Repeat with opposite foot. Each roll across counts as one touch.

iii. Smiley Face

1. Hop and pull the ball back. With the opposite foot planted push the ball with the inside of the foot across the 2 cones. Shift the entire body across, play the ball forward with the opposite foot. Repeat with opposite foot. Each roll across counts as one touch.

iv. R9 X Pulls

1. Hop and the pull the ball back. With the opposite foot planted push the ball with the outside of the same foot diagonally through the cones. Shift the entire body across, pull the ball back with the opposite foot. Each roll through cones counts as one touch.

v. L Turn Touch

1. Hop and pull the ball back. With the same foot that you pulled back with play it with your instep behind your standing foot. Shift the entire body across, use the outside of the foot to push the pull across. Play forward with the opposite foot and repeat. Each touch across counts as one touch.

vi. Chop Chop Touch

1. Inside touch diagonally one foot and then outside chop, chop, chop around cone. Inside touch diagonally with opposite foot and repeat. Each touch diagonally counts as one touch.

vii. Sole Triangle Pulls

1. Use the sole of your foot to role ball forward. Pull back with the same sole. Roll across to opposite foot. Repeat with opposite foot. Each switch between feet counts as one touch.

viii. Outside Inside Step Over Bell

1. Bell Bell. Outside Touch. Inside Touch. Step over. Each switch between feet counts as one touch.

ix. Bell Bell Outside touch Rip back

1. Play the outside touch at an angle away from your body. Use the sole to 'rip' the ball back to your opposite foot. 'Hop' back to give yourself a productive angle for the bell.

x. Bell Bell Outside touch Fake shot Rip back

1. Play the outside touch at an angle away from your body. Bring the leg back and follow though as if you are about to strike the ball. Instead of following through, use the sole to 'rip' the ball back to your opposite foot. 'Hop' back to give yourself a productive angle for the bell.



4) Phase 4 - <https://www.youtube.com/watch?v=09o2STwCEPo>

**-Complete each move 200 times**

- a. Footwork Series
  - i. Juggle Touch
    1. **Create a 6x6 grid with four cones.**
    2. Juggle the ball three or four times then juggle the ball high. As the ball hits the ground control the ball using a chop turn and drill to and around one of the four cones.
  - ii. Triangles
    1. **Place two additional cones in the middle of the grid, a yard a part.**
    2. Standing in the middle of the cones, use the sole of one foot and complete a triangle around the cone. Use your left foot on the left cone and the right foot on the right cone. Each triangle counts as one. Complete 100 on each foot.
  - iii. Bell Bell Push
    1. Complete two bell touches with a sticky tape touch with both feet and repeat.
  - iv. Speed Taps
    1. **Remove two middle cones.**
  - v. Inside Chop Outside Push
    1. Start on one side of the grid and touch the ball across to the other side of grid with the outside of the right foot (about 2 yards in distance). Chop the ball with inside of the right foot and touch with the outside of the left foot back to the original side.
  - vi. Bell Bell Outside Touch
    1. **Place two cones back in middle.**
    2. Complete two bells and using the outside of the foot, push ball across to other cone.
  - vii. Fluid Inside 2 Outside Roll
    1. Starting in front of one of the middle cones whip the ball across using the sole of the foot. Once the ball has passed the other middle cone use the sole of the opposite foot to drag the ball behind. Using the same foot that dragged the ball back complete an inside touch and outside touch (this touch should move the ball back in front of the cone) and repeat.
  - viii. DiMartino's 1 Foot
    1. **Remove two middle cones**
    2. Roll the ball backwards using the sole of one foot and quickly bring the same foot behind the opposite leg to complete the second touch.
  - ix. Servandos
    1. **Place two cones back in middle**
    2. Drag the ball backwards with the sole of the foot past your planted foot and touch with the same foot to the side (L-Turn). Quickly lift the planted foot and drag the ball back to the original foot and touch the ball forward (back to the starting point).
    3. Complete 100 on each foot.
- b. Wall Series (Use a wall to complete exercises)
  - i. One Foot Hop Instep
    1. Hop on one foot and complete one touch instep passes.
    2. Complete 200 passes on each leg.
  - ii. Bell Bell Pass
    1. Complete two bells and then pass the ball of the wall at an angle. Receive the ball with opposite foot and complete two bells and repeat.