

## U4-U6

### **Skills to teach/review this season:**

#### **Footskills:**

Toe Touches	<a href="http://www.youtube.com/watch?v=sL2_vDyKsU">http://www.youtube.com/watch?v=sL2_vDyKsU</a>
Quick Touches	<a href="http://www.youtube.com/watch?v=xbSsXdrbegw">http://www.youtube.com/watch?v=xbSsXdrbegw</a>
Capping	<a href="http://www.youtube.com/watch?v=n1gK5bsYaBM">http://www.youtube.com/watch?v=n1gK5bsYaBM</a>
Triangles	<a href="https://www.youtube.com/watch?v=3PVIXqpP3kE">https://www.youtube.com/watch?v=3PVIXqpP3kE</a>

#### **Change in Direction:**

Inside of the foot turn	<a href="http://www.youtube.com/watch?v=CmbehZHKXlq">http://www.youtube.com/watch?v=CmbehZHKXlq</a>
Outside of the foot turn	<a href="http://www.youtube.com/watch?v=P_n10JSLft8">http://www.youtube.com/watch?v=P_n10JSLft8</a>
Step on	<a href="http://www.youtube.com/watch?v=18rf0FCSs04">http://www.youtube.com/watch?v=18rf0FCSs04</a>

#### **Attacking Move:**

Fake & Take	<a href="http://www.youtube.com/watch?v=Z20ICm4brEQ">http://www.youtube.com/watch?v=Z20ICm4brEQ</a>	U6 Only
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Work these skills into your training sessions during the season. Feel free to share the video links with your parents as well.