
Technical Skills Topya top 5



A PREMIER PLAYERS PLAN FOR OUR CURRENT SHELTER IN PLACE



Coaching points:

- *Close touches
- *Correct body position, balance
- *Change of speed on the change of direction



SKILL 1

Explosive Change of Pace
- Inside of Foot only

STATUS

Not Started



6 Points



DESCRIPTION

Using only the inside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode over to the next side and dribble the same way through the second side.



SKILL 2
Explosive Change of Pace
- Outside Only Two
Touches

STATUS
Not Started



6 Points



DESCRIPTION

Using two touches of the outside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode over to the next side and dribble the same way through the second side.



SKILL 3
Explosive Change of Pace
- Inside Touch Roll

STATUS
Not Started



7 Points



DESCRIPTION

Using an inside touch roll, dribble the ball through all 8 cones in the first line without touching any of them. Then explode over to the next side and dribble the same way through the second side.

Coaching points:

- * Close touches
- * Correct body position, balance
- * Change of speed on the change of direction
- * Weight forward
- * Ball position towards the front of the foot



SKILL 4
Explosive Change of Pace
- Inside Outside

STATUS
Not Started



6 Points



DESCRIPTION

Using two touches - one inside and one outside of the foot, dribble the ball through all 8 cones in the first line without touching any of them. Then explode over to the next side and dribble the same way through the second side.



SKILL 5
Explosive Change of Pace
- One foot only

STATUS
Not Started



7 Points



DESCRIPTION

Using only one foot - right or left, dribble the ball through all 8 cones in the first line without touching any of them. Then explode over to the next side and dribble the same way through the second side.

Coaching points:

- * Close touches
- * Correct body position, balance
- * Change of speed on the change of direction
- * Weight forward
- * Ball position towards the front of the foot