



## U7/8 Skills

- 1) **Big Toe (Inside Cutback)** - Player stands to the side of the ball and uses the big toe of his outside foot to go in the opposite direction.
- 2) **Little Toe (Outside Cutback)** - Player stands to the side of the ball and uses the little toe of his inside foot to go in the opposite direction.
- 3) **Beckenbauer** - Player stops the ball with the sole of the foot and pulls it behind his standing leg. If the player uses his/her right foot they turn to the left and vice versa.
- 4) **Cruyff** - Player places left foot to the side in front of the ball and hits the front of the ball with the inside of his/her right foot knocking it behind the standing leg.
- 5) **\*Zico** - Player fakes kick with his/her r/foot and places it in front of the ball in line with his/her l/foot. The player then turns to his/her right and takes the ball in the opposite direction. **Note:** if player fakes with his/her right foot they turn to the right and if player fakes with his/her left foot they turn to the left.

\*Advanced for this age - late in the season possibly.

All moves begin with the players starting from a "square to the ball" position. The ball is in front of them in line with their bellybutton. Have players try the moves with both feet. Also, please review the moves from U6.

**Passing Technique** - This is an introduction to passing. Most of the practices should be spent on dribbling. U8 will be able to handle more passing than the U7 age group.

- 1) Strike the ball in the middle. The player should hit the ball with the inside of their foot (where the stripes or swoosh is). The player should have their toe up and heel down (locking the ankle) when striking the ball.
- 2) The player should point their belly button towards their target.
- 3) The player should look at their target.

**Strong on the ball** - Player keeps defender away from ball by standing between the defender and the ball with 1 hip pointing at the ball and one hip pointing at the defender. Knees should be bent and shoulder width apart. The player should also have his/her arm to feel the defender.