

Burnsville Fire Soccer Club

U9 & U10 Technical Curriculum

Dribbling (moving the ball with different surfaces of the foot)

- ❑ **Inside of Foot (both feet)**
- ❑ **Outside of Foot (both feet)**
- ❑ **Inside & Outside (right only, left only)**
- ❑ **Laces (speed dribbling with one foot laces only)**

Turns (180 degree turn with the ball while dribbling)

- ❑ **Inside Cut (cutting ball back using inside of foot)**
- ❑ **Outside Cut (cutting the ball back with the outside of the foot)**
- ❑ **Sole Turn (turn ball back with the sole of the foot, right foot turn to left)**
- ❑ **Drag Back (turn ball back with sole of foot, right foot turn to the right)**
- ❑ **Back Heel (turn ball back with using the heel)**

Attacking Moves (moves that help players get past defenders)

- ❑ **Side Step (fake pass with outside of foot behind & across the ball, with opposite outside foot take it away)**
- ❑ **Pull Push (pull ball back with sole of foot, then push ball away with inside of same foot to new angle)**
- ❑ **Pull Drive (pull ball back with sole of foot, then drive ball away with outside of same foot to new angle)**
- ❑ **Beckenbauer (step across and take away with outside of other foot)**
- ❑ **Fake Kick (show to kick the ball one direction & then cut the ball inside)**

Hesitation Moves (fakes & faint with a change of speed)

- ❑ **Stop, Hop & Touch (dribbling & stop with sole of foot, hop back, and touch ball forward with laces of same foot)**
- ❑ **Outside Twist (dribbling straight then cut the ball with the outside two times turning 360 degree & accelerate away)**
- ❑ **Inside Twist (dribble straight, then cut the ball with inside two times turning 360 degree & accelerate away)**

Passing (playing the ball to a teammate)

- ❑ **Inside of the Foot (lock ankle, toe up heel down, step through the ball)**
- ❑ **Outside of the Foot (lock ankle, short pass with outside out the foot)**

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Receiving (collecting the ball and controlling it)

- ❑ **Inside of Foot (receiving the ball with inside)**
- ❑ **Laces (receiving the ball in air with laces)**
- ❑ **Thigh (receiving the ball with thigh)**
- ❑ **Sole (collecting the ball with sole of foot)**

Shooting (shooting to score)

- ❑ **Instep (shooting with laces, knee over ball, locked ankle)**
- ❑ **Inside Pass (finishing with inside foot)**
- ❑ **Outside Pass (finishing with outside of foot)**

Juggling (keeping the ball in the air with feet, thigh, & head)

- ❑ **Feet (touch the ball up with laces)**
- ❑ **Thigh (touch the ball up with thigh)**

Touches (touches on the ball / fast foot work)

- ❑ **Ball Taps (quick touches with sole of foot alternating feet, stationary, forwards, backwards, circle, sideways)**
- ❑ **Inside Taps (quick inside touches in-between feet, stationary, forwards, backwards, circle, & sideways))**
- ❑ **Sole & Laces (pull ball back with sole & touch forward with laces then switch feet, increase speed)**
- ❑ **Sole Drag (drag the ball across your body using the sole of foot, then switch feet increase speed until hopping)**

Heading (introduction with soft ball)

- ❑ **Heading (use soft ball, teach proper technique)**