

# Burnsville Fire Soccer Club

## *U11 & U12 Technical Curriculum*

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

- ❑ **Review U9 & U10 (Inside both only / Outside both only / Inside & Outside right only & left only / Speed Dribbling)**
- ❑ **Drag Ball with Sole (drag the ball using sole of foot, increase speed)**
- ❑ **Touch Skip (touch ball and then skip off same foot then switch feet keeping rhythm)**

### **Turns (180 degree turn with the ball while dribbling)**

- ❑ **Review U9 & U10 (Inside Cut / Outside Cut / Sole Turn / Drag Back / Back Heel)**
- ❑ **Cruff (cutting ball back behind plant leg using inside of foot, fake kick)**
- ❑ **Step Over Turn (cutting the ball back with the outside of the foot)**

### **Attacking Moves (moves that help players get past defenders)**

- ❑ **Review U9 & U10 (Side Step / Pull Push / Pull Drive / Beckenbauer / Fake Kick)**
- ❑ **Scissors (sweep foot around the ball stepping to the side & then take away with outside of foot the opposite direction)**
- ❑ **Step Over (fake kick in front of the ball, take away with same foot with outside opposite direction)**
- ❑ **Double Side Step (fake pass with outside foot step to side same with other foot, take away with opposite outside foot)**
- ❑ **Double Scissors (sweep foot around ball (right), then with opposite (left), the take away with outside (right))**

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

- ❑ **Review U9 & U10 (Stop, Hop, & Touch / Outside Twist / Inside Twist)**
- ❑ **Maradonna (running with ball, step lightly on ball with front foot while turning in air, pull with sole of other foot continuing turning around & accelerate away)**
- ❑ **Wave (running with ball, fake stopping the ball with sole bring foot back and touch forward accelerate away)**
- ❑ **Shimmy (running with ball, fake kick backwards and accelerate forwards)**

### **Passing (playing the ball to a teammate)**

- ❑ **Review U9 & U10 (Inside Foot / Outside Foot)**
- ❑ **Long Passes (playing the ball long in the air)**
- ❑ **Inside Pass in Air (pass ball with inside of foot when ball is in the air)**

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### **Receiving (collecting the ball and controlling it)**

- ❑ **Review U9 & U10 (Inside of Foot / Laces / Thigh / Sole)**
- ❑ Chest (receiving the ball in the air with the chest)
- ❑ Inside Foot (receiving the ball with inside of foot in the air)
- ❑ Inside Thigh (receiving the ball with inside of thigh in the air)
- ❑ Dummying the Ball (faking forward letting ball go through legs then turning)
- ❑ Opening Up (receiving ball with inside while opening up to new angle)

### **Turns while Receiving (collecting the ball while turning, with / without pressure)**

- ❑ Half Turn (
- ❑ Inside Turn
- ❑ Out Side Turn (

### **Shooting (shooting to score)**

- ❑ **Review U9 & U10 (Instep / Inside Pass / Outside Pass)**
- ❑ Half Volley (striking the ball with laces when ball is bouncing)
- ❑ Side Volley (striking the ball with instep, kicking leg horizontally, turn body into the ball)

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

- ❑ **Review U9 & U10 (Feet / Thigh)**
- ❑ Head (keeping ball up with the head)
- ❑ Partner Juggling (keeping the ball in the air with partner)

### **Touches (touches on the ball / fast foot work)**

- ❑ **Review U9 & U10 (Ball Taps / Inside Taps / Sole & Laces / Sole Drag)**
- ❑ Inside Outside Touches (inside outside right only & left only)
- ❑ One Foot Taps (tap using sole of one foot pulling the ball backwards, or circle plant leg)
- ❑ One Foot Role Over Hop (role foot over ball from inside to outside while hopping off plant foot)

### **Heading (Striking the ball with forehead, introduction with soft ball)**

- ❑ **Review U9 & U10 (Heading)**
- ❑ Heading to Score (introduce heading to score)