



Home Soccer Training

Footwork Session One

Do each activity for 45 seconds. Repeat for three sets.

1. Foundation- touch ball back and forth with the inside of each foot.
2. Foundation Forward and Back
3. Foundation Side to Side
4. Sole over- continue foundation and then use the sole of your foot to drag the ball across your body. Do foundation touches in between each sole over.
5. Conte- continue foundation and then use the sole of your foot to drag the ball across your body and turn 90 degrees. You can spin or hop from your planted foot. Do foundation touches in between each sole over.
6. Kickout Pullback- continue foundation and then use the inside of one foot to kick the ball forward. Use the sole of your other foot to drag the ball back to starting position. Do foundation touches and repeat with opposite foot.
7. Pull the V- continue foundation and then use the inside of your left foot to kick the ball forward. Use the sole of your right foot to drag the ball back and then turn 90 degrees to the right. Do foundation touches and repeat with opposite foot.
8. Pullback 180- start with the ball in front of your right foot. Drag the ball backwards with your right foot. Turn to your right 180 degrees at the same time. Repeat with your left foot.