

Bavarian Soccer Club U9 - Virtual Training Session

Moves	Left Foot	Right Foot	Demo Link	Coaching Tip
Lunge	15	15	Video	Take a big step to one side of the ball and push the ball to the other side (around the defender) using the outside part of your other foot. Simple move but very effective when executed correctly. Tip: drop your shoulders to make it look like you are accelerating when lunging then quickly move the opposite direction with outside of other foot you lunge with.
Fake swerve	15	15	Video	Pull the ball across your body with top part of inside of foot (near big toe) then scissors around the ball with the same foot. Finally push off quickly with outside of opposite foot.
Pull-L behind leg	15	15	Video	Make the letter "L" by pulling the ball back with sole of foot and sweeping the ball (using the inside of the foot that you used to pull the ball back with) behind the foot that is planted. Useful in tight situations
Combo Lunge / Scissors	15	15	Video	Combine the lunge with scissors - work for speed
Combo Pull L / Pull V	15	15	Video	Combine the L with V - work for speed
Combo Lunge / Maradona	15	15	Video	Combine the lunge with Maradona - work for speed

Dribbling	Left Foot	Right Foot	Demo Link	Coaching Tip
Drag ball sole of foot dribbling	2 min.	2 min.	Video	Drag the ball using sole of foot. Use a light touch to drag the ball. Go slow at first then build speed.
Outside of foot only dribbling	2 min.	2 min.	Video	Keep the ball close and under control. Go in a figure eight in small areas. Switch between both feet. Set up cones or objects to dribble in and out of.
Inside / Outside of foot dribbling	2 min.	2 min.	Video	Keep the ball close and under control. Use both feet. Set up cones or objects to dribble in and out of.
Cryuff - change direction	15	15	Video	Turn foot to inside and cut the ball back with inside of foot behind other planted foot.
Sole of foot cut	15	15	Video	Cut the ball with using the sole of foot - should touch the ball using the sole of foot underneath toes. Change direction with speed.

Ball Touch	Left Foot	Right Foot	Demo Link	Coaching Tip
Juggle using both feet				Set incremental goals/ Work on this for 2-5 mins and come back to it to avoid frustration / Stretch goal is 20 (back and forth using both feet); Keep the ball about waist high... no higher. Strike the ball with a soft touch... use instep with toes slightly raised.
Sole of foot rhythm	1 min.	1 min.	Video	Get into the rhythm using both feet. Start slow then achieve speed.
Partner precision passing - outside foot	2 min.		Video	Find a family member and set up objects to pass the ball through as you move down the line. Keep the ball under control while advancing the ball with the outside of your foot. Challenge: Can you move the ball through the objects without hitting them.
Partner precision passing - inside foot	2 min.		Video	Find a family member and set up objects to pass the ball through as you move down the line. Keep the ball under control while advancing the ball with the inside of your foot. Challenge: Can you move the ball through the objects without hitting them.