

Manitoba Soccer Association

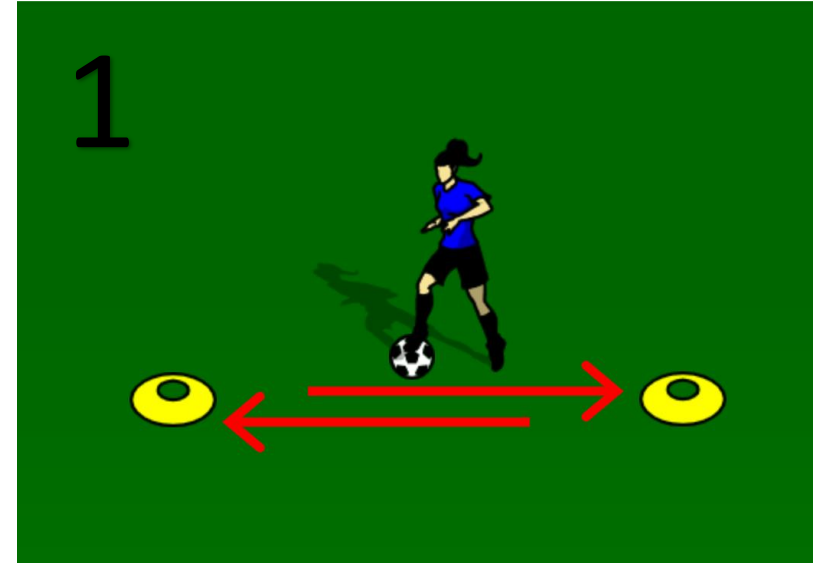
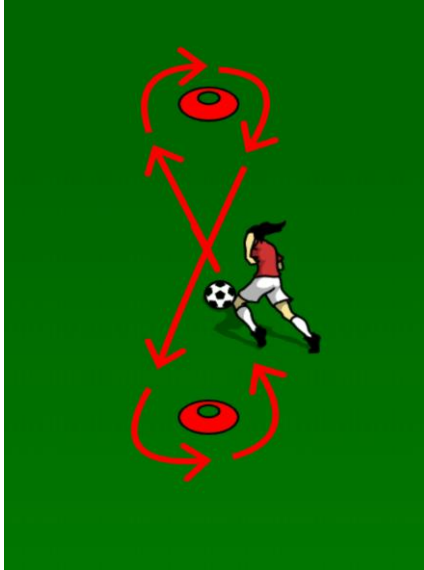
FUNdamentals
Individual Skill Development
U6-U8

Grassroots Development





FUNdamentals



Equipment: 1 ball and 2 cones



What to do: Dribble in a figure 8 pattern around the cones.



Variations/Progressions: Use different parts of your feet when turning around the cones – inside and outside of foot



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling. Tight turns around the cone.



Equipment: 1 ball and 1-2 cones.



What to do: 1. Dribble side-to-side using the sole of the foot. 2. Dribble towards the cone and perform a roll over and continue forwards.



Variations/Progressions: Use both feet to perform a roll over.



Keep in mind: Don't put all your weight on the ball when rolling.