2019-2020 MIDTOWN ATHLETICS

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CORE SKILLS

*Check one box when you've practiced each skill for 10 minutes

SKILL	1	2	3	4	5	6	7	8	9	10
INSIDE, OUTSIDE TOUCHES										
SKIP DRIBBLING										
DRAG, STOP DRIBBLING										
PULLBACK TURN										
INSIDE & OUTSIDE HOOK TURNS										
INSIDE & OUTSIDE SPIRALS										
CRUYFF TURN										
ZIDANE TURN										
HIP ROLL TURN										
SCISSORS										
LACES TOUCH										
MARADONA TURN										
RONALDO ROLL & STEP										
CRISTIANO RONALDO CHOP										
FLIP FLAP										

‘SOCCER SEQUENCES’ CORE SKILLS COMBINATIONS

*Check one box when you’ve practiced each skill for 10 minutes
**Be creative and add your own ‘Soccer Sequences’ from the core skills

SKILL	1	2	3	4	5	6	7	8	9	10
1. INSIDE, OUTSIDE TOUCHES X 4 2. INSIDE & OUTSIDE SPIRALS 3. L-TURN 4. V-TOUCH										
1. LACES TOUCH 2. SKIP DRIBBLE X 3 3. RONALDO ROLL & STEP 4. MARADONA TURN										
1. 2. 3. 4.										
1. 2. 3. 4.										
1. 2. 3. 4.										
1. 2. 3. 4.										

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BALL FAMILIARITY, JUGGLING & BALL STRIKING

*Check one box when you've practiced each skill for 10 minutes
**For juggling enter your highest score each time you beat it

	1	2	3	4	5	6	7	8	9	10
BALL FAMILIARITY										
PUSH & PULL										
LATERAL TOUCHES										
V-TOUCHES										
ROLL & STEP										
JUGGLING										
RIGHT FOOT										
LEFT FOOT										
BOTH FEET										
BALL STRIKING										
PREFERRED FOOT										
NON-PREFERRED FOOT										