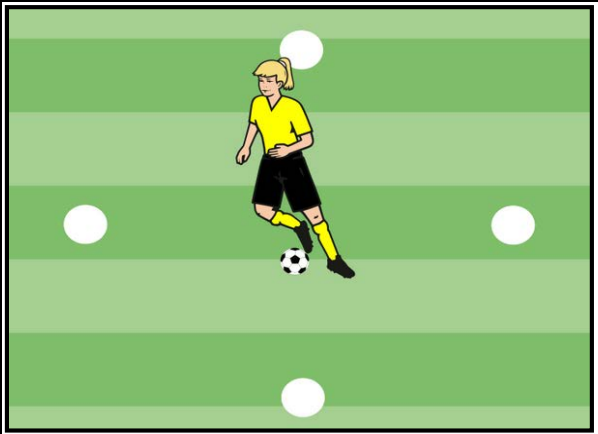




SKILL ACQUISITION: Head up, use the laces to move the ball forward, change direction by using the inside of the right (left) foot to pass to the left (right) foot and tap the ball forward and accelerate.

ACTIVITY 1: BALL MASTERY - TAPS

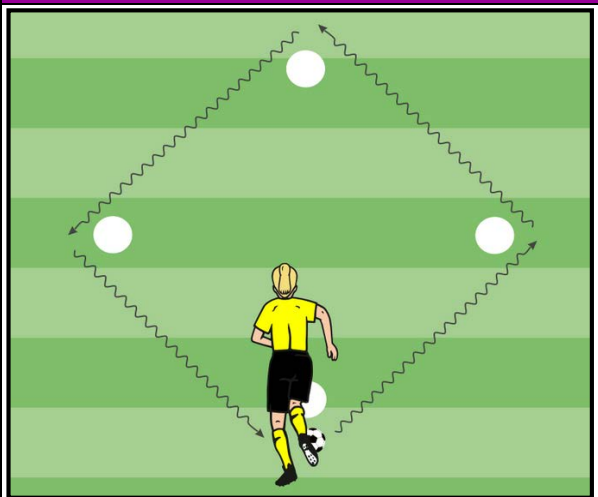
Objective: To improve the ability to beat an opponent with the Circle take (scissors) 1v1 move.

Equipment: 2 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers down. Get in between the two markers with the soccer ball. The player will perform a few ball mastery taps.

Tasks:

1. Scissors without touching the ball.
2. Inside of the foot taps and circle.
3. Inside of the foot tap, circle, take with the outside of the foot, turn and repeat.

ACTIVITY 2: CIRCLE TAKE BASICS

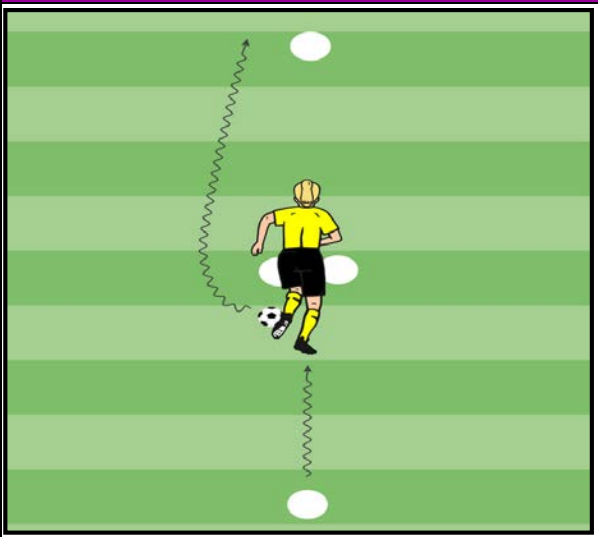
Objective: To improve the ability to beat an opponent with the Circle Take (scissors) 1v1 move.

Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers down. Get behind one cone. Jog in place, tap the ball with the inside of the foot towards the other foot (self-pass), then tap the ball forward with the inside of the other foot and sprint forward.

Tasks:

1. Jog in place, count to 3. Circle with the left foot and take the ball to the next cone with the outside of the right foot. Repeat this process until you arrive at the beginning cone.
2. Jog in place, count to 3. Circle with the right foot and take the ball to the next cone with the outside of the left foot. Repeat this process until you arrive to the beginning cone.
3. Jog in place, count to 3. Circle with the left then another with the right and take with the left foot. Repeat at every cone.

ACTIVITY 3: CIRCLE TAKE 1V1

Objective: To improve the ability to beat an opponent with the Circle Take (scissors) 1v1 move.

Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers at each end and two markers next to each other. Get in front of a marker and dribble toward the 2 central markers, circle with one foot, take away with the other foot forward and accelerate to the next cone. Repeat again.

Tasks:

1. Slow with the circle with right foot and take with the left foot.
2. Fast with the circle with right foot and take with the left foot.
3. Slow with the circle with left foot and take with the right foot.
4. Fast with the circle with left foot and take with the right foot.