

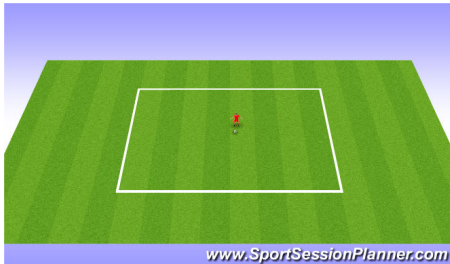


# Technical Session

**Category:** Technical: General  
**Difficulty:** Beginner

Am-Club: TSF Academy  
James Smith, Lincoln Park, United States of America

## Ball Manipulation (10 mins)



Ball manipulations Warm Up

Push Pulls inside one foot x 10, sw itch x10

Push pulls inside both feet x 10

Push Pulls Laces one foot x 10, sw itch x10

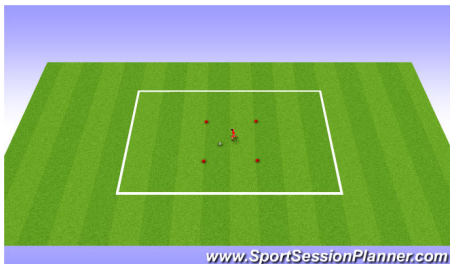
Push Pulls Laces both feet x 10

Push Pulls Outside one foot x 10, sw itch x 10

Push Pulls Outside/laces/inside both feet x 10

Box Box Pulls x 10

## Dribbling (10 mins)



Dribbling Techniques

3 Touches laces then sw itch foot 30 seconds  
Outside/Inside one foot 30, then sw itch to other foot

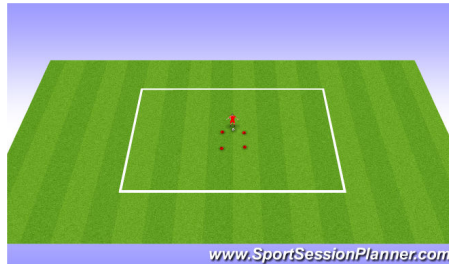
Outside/Inside both feet 30 seconds

Outside roll across one foot 30 seconds then sw itch

Outside roll across both feet 30 seconds

Outside outside/Inside one foot 30 seconds then sw itch

## Squares (10 mins)



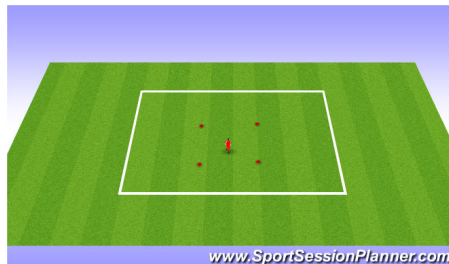
Squares

One level one foot. Across - foward - across - back. Repeat x 10 then sw itch foot

Two Levels One foot - complete square and move up to next cone, then come back down cones making squares, each cone two complete squares. Repeat x 10 then sw itch foot

Two Levels Both feet - complete square on one foot both cones then come back down the opposite side, opposite foot. Repeat x 10 alternate which side you start on to make sure you go up and back with different feet

## Skills Box (10 mins)



Skills Box

Every 3 touches skill

Scissor

Drop shoulder

Drop Shoulder Scissor

Iniesta

Turns

Inside Hook

Outside Hook

Drag Back

Disguise

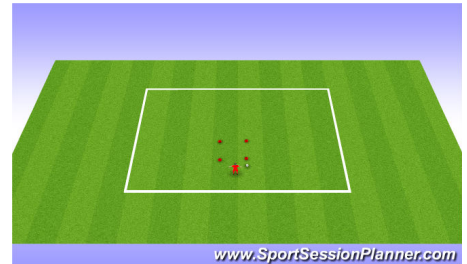
Acceleration

Head Up

Prog combination

Skill attack a cone turn away and back into the middle

## Squares 2 (10 mins)



Squares

Roll/outside foot touch

Ball starts behind cone, roll into middle - outside foot touch through - repeat on next level going same way and foot, dribble back through middle and start again. Repeat x 10.

Sw itch foot and repeat x 10

Iniesta through first level then opposite foot through next level, then come back down through the square to beginning. Repeat x 10