



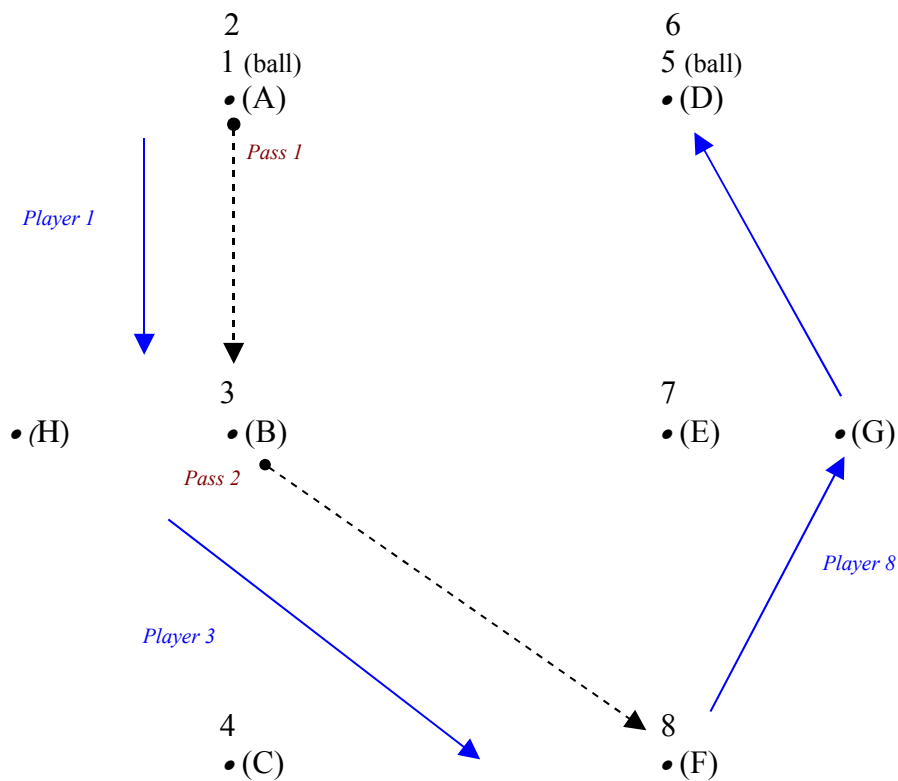
Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)



➤ H Drill: Turning With A Ball, Passing & Dribbling

- Turn w/outside of the front foot / Returning Dribbler - Outside Twist Off
- Turn w/inside of the front foot / Returning Dribbler - Helicopter Turn
- Turn w/inside of the back foot / Returning Dribbler - Cut Behind The Leg
- Flick On w/outside of the front foot
- Flick On w/inside of the front foot
- Pullback Turn



- Place cones (15) meters apart, (8) Players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B) who turns with the ball and plays it to player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone does outside twist-off with the right foot then sprints to (D)
- Simultaneously, player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) does outside twist-off with the left foot then sprints to (A)
- Repeat the sequence



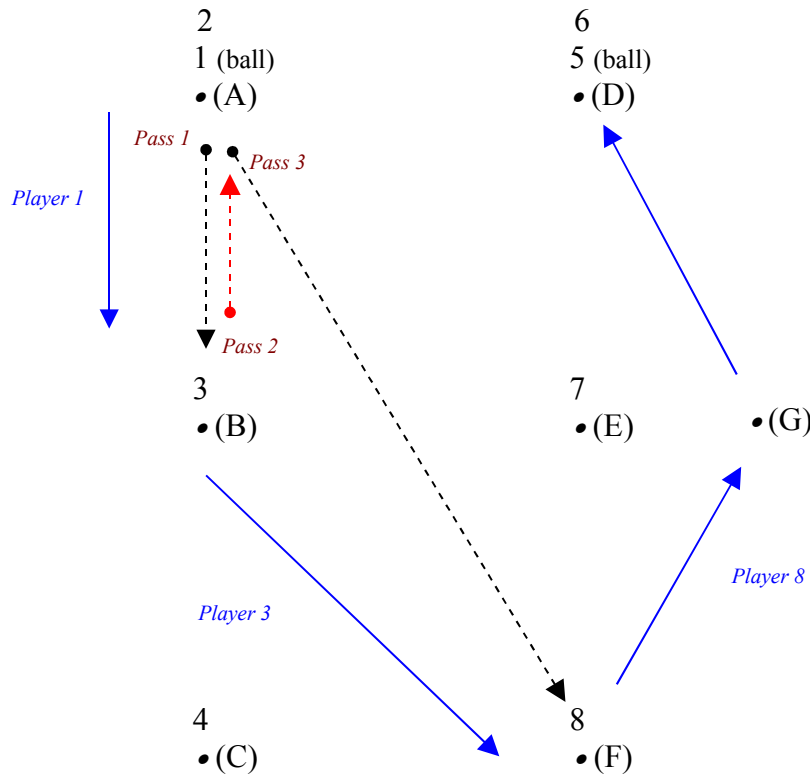
Developmental Skills

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➤ H Drill: Short, Short, Diagonal Long

- *Returning Dribbler - Outside Twist Off, Helicopter Turn, Cut Behind The Leg, etc.*



- Place cones (15) meters apart, (8) players, (8) Cones, (2) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) dribbles lateral toward cone (G) helicopter turns with the left foot then sprints to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.
- **Note:** Player 4 at (C) is to helicopter turn with the right foot at (H) then sprint to (A)
- Repeat the sequence.

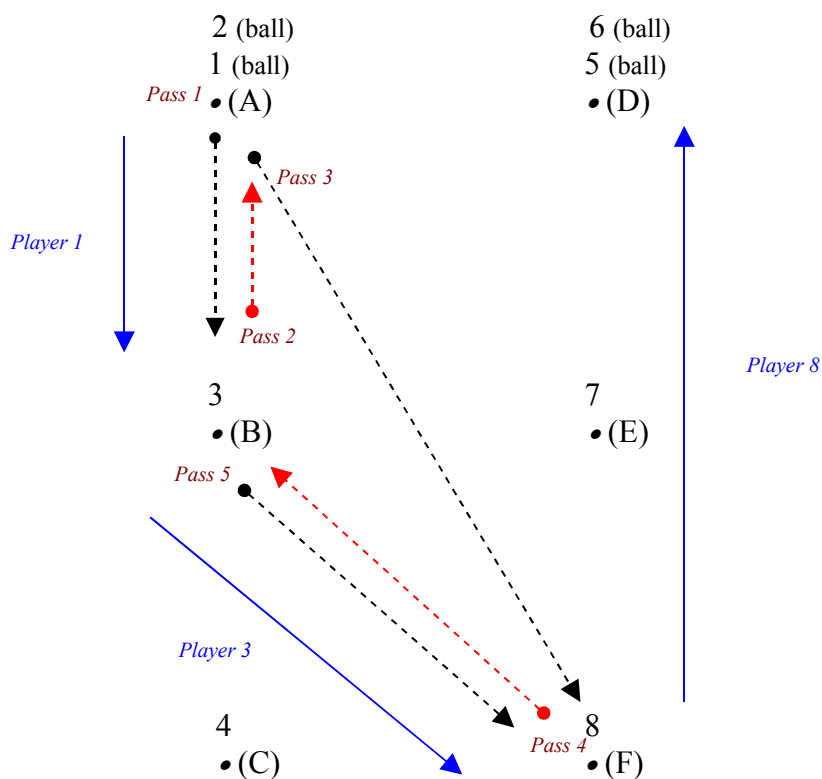


Developmental Skills

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➤ H Drill: Short, Short, Diagonal Long, Drop, Short



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) drops the ball back to Player 3 at (B)
- Player 3 at (B) returns the ball to player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Simultaneously, Player 5 at (D) follows the same sequence.

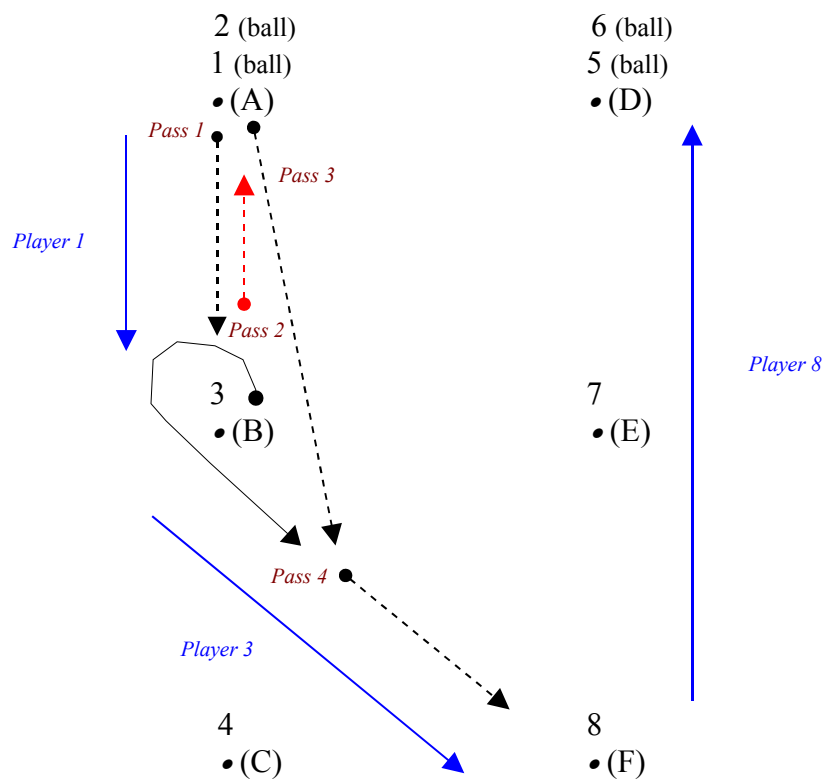


Developmental Skills

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➤ H Drill: Short, Short, Through, Short



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Simultaneously, Player 5 at (D) follows the same sequence.

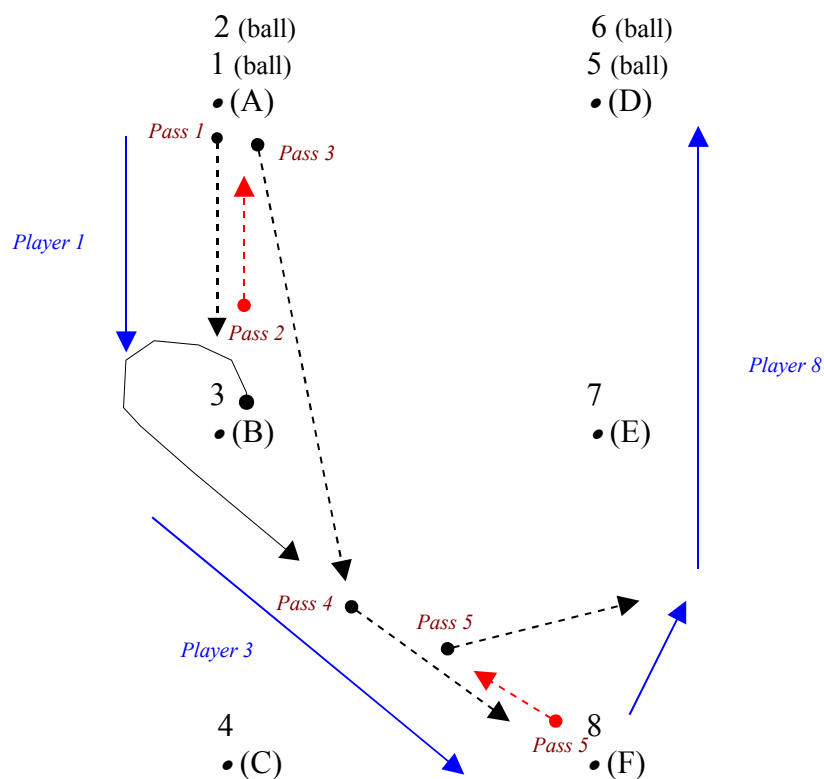


Developmental Skills

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➤ H Drill: Short, Short, Through, One-Two



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a through ball to Player 3 who rolled off an imaginary defender and is moving toward (F).
- Player 3 receives the ball and plays it to player 8 at (F).
- Player 8 at (F) plays a one-two with Player 3.
- Simultaneously, Player 5 at (D) follows the same sequence.

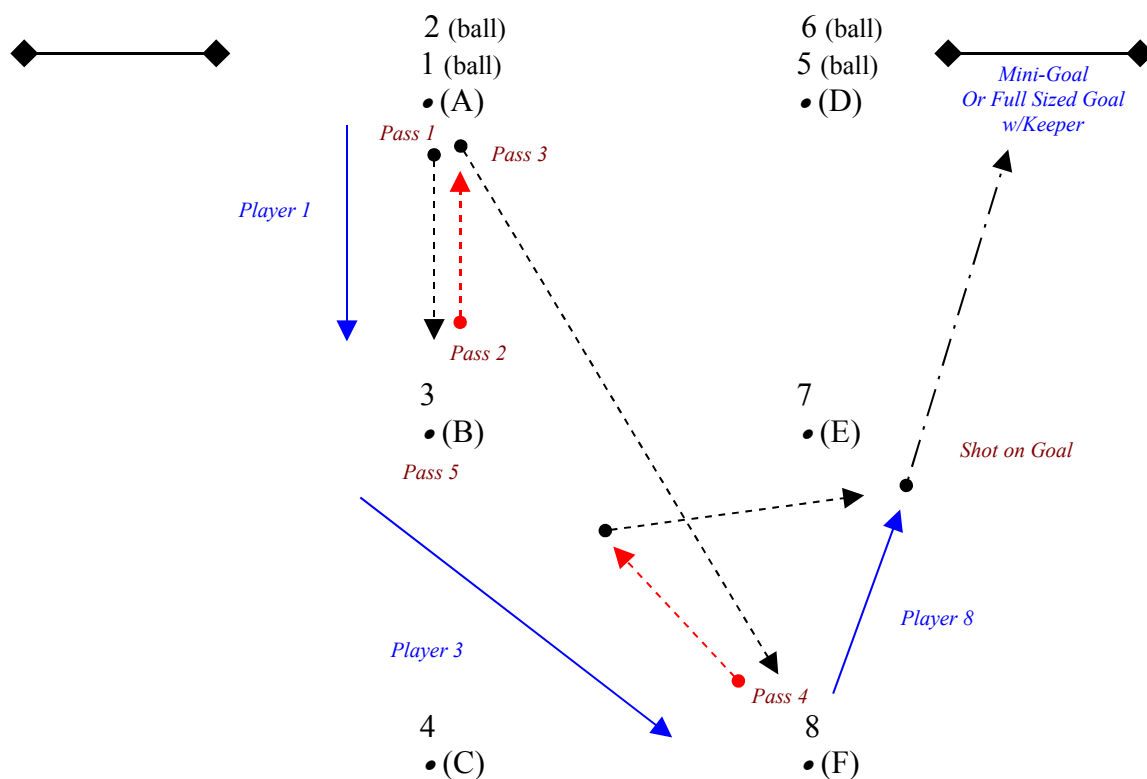


Developmental Skills

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➤ H Drill, Shooting: Short, Short, Diagonal Long, Wall Pass, Shot



- Place cones (15) meters apart, (8) players, (6) Cones, (4) Balls, (2) Goals
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) & player 5 at (D) start with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F)
- Player 8 at (F) Wall Passes with Player 3
- Player 3 returns the ball to player 8 who then shoots on goal.
- Simultaneously, Player 5 at (D) follows the same sequence.

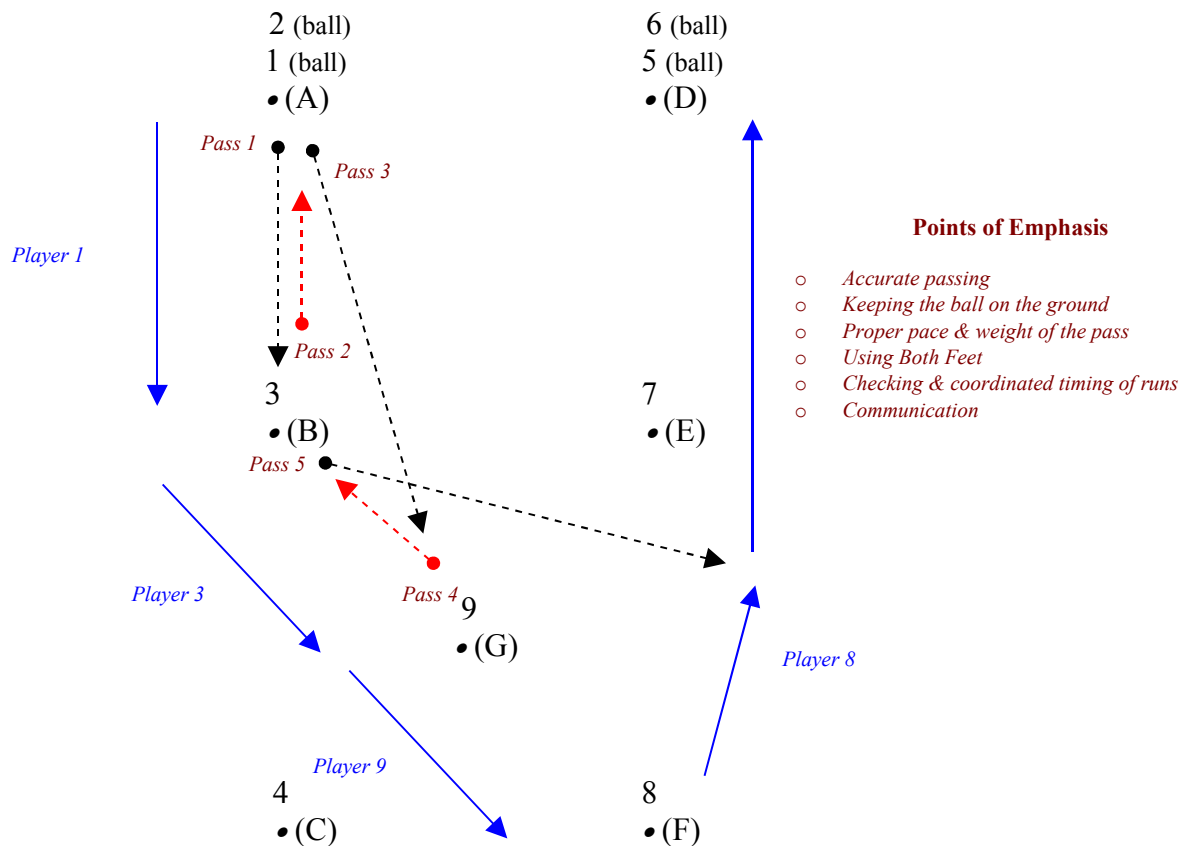


Developmental Skills

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➤ H Drill w/Extra Player: Short, Short, Diagonal, Drop, Split



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to split for player 8 at (F)
- Player 8 at (F) dribbles with pace to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

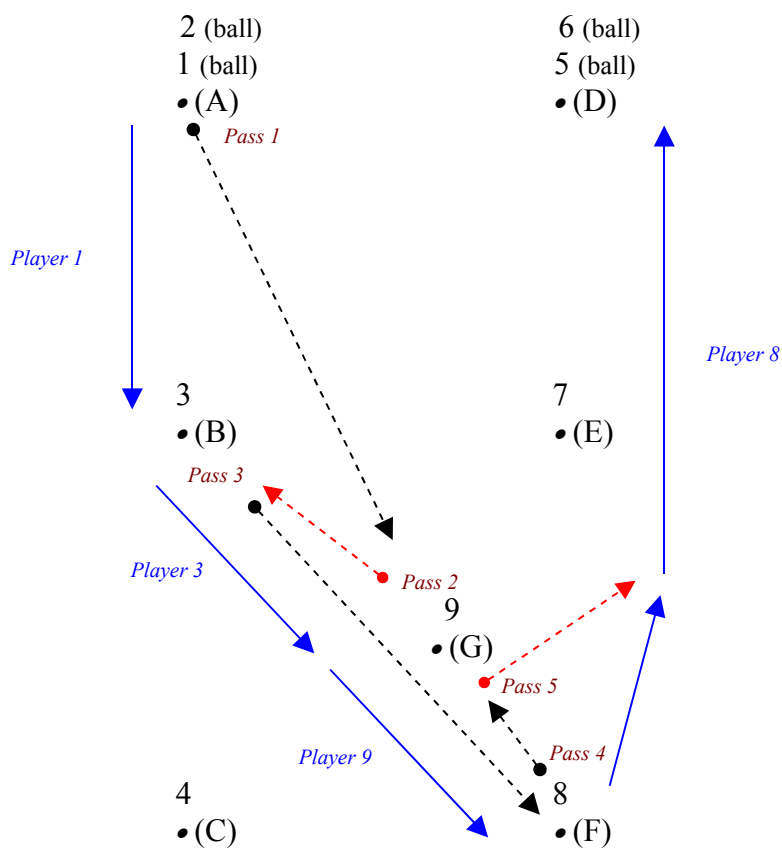


Developmental Skills

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➤ H Drill w/Extra Player: Misdirection



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) feints a pass to Player 3 at (B) and instead plays diagonal to player 9 at (G)
- Player 9 at (G) drops the ball to Player 3 at (B)
- Player 3 at (B) sends the ball to player 8 at (F)
- Player 8 at (F) then wall passes with player 9 at (G) and dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

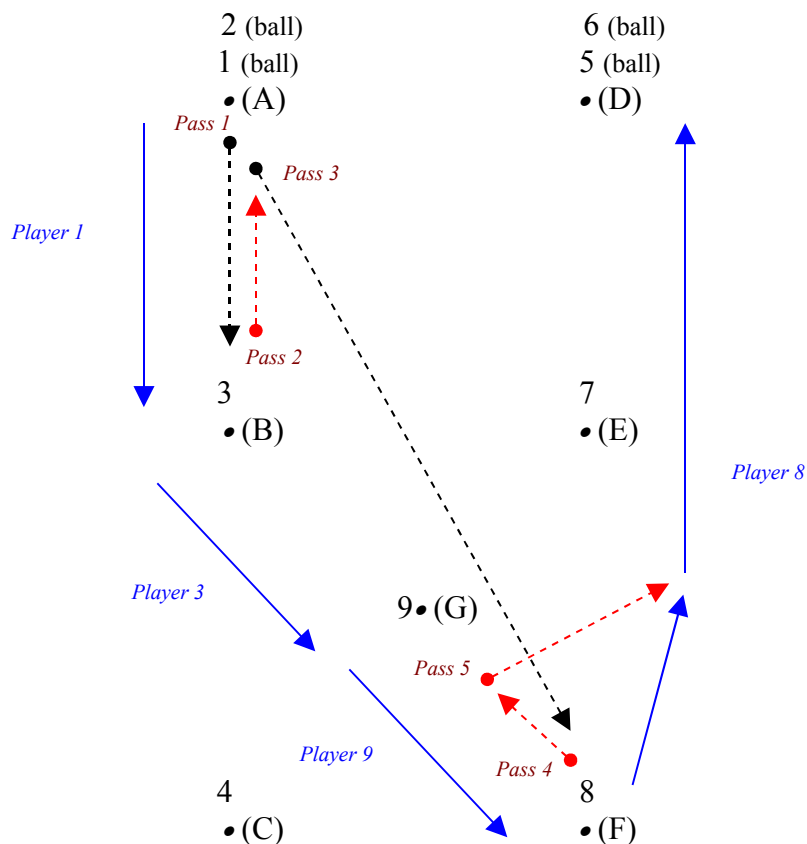


Developmental Skills

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➤ H Drill w/Extra Player: Dummy



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a long diagonal ball to Player 8 at (F) Player 9 at (G) dummies the long pass
- Player 8 at (F) drops the ball back to Player 9 at (G)
- Player 9 at (G) returns the wall pass to player 8 who is moving toward (D).
- Player 8 dribbles to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

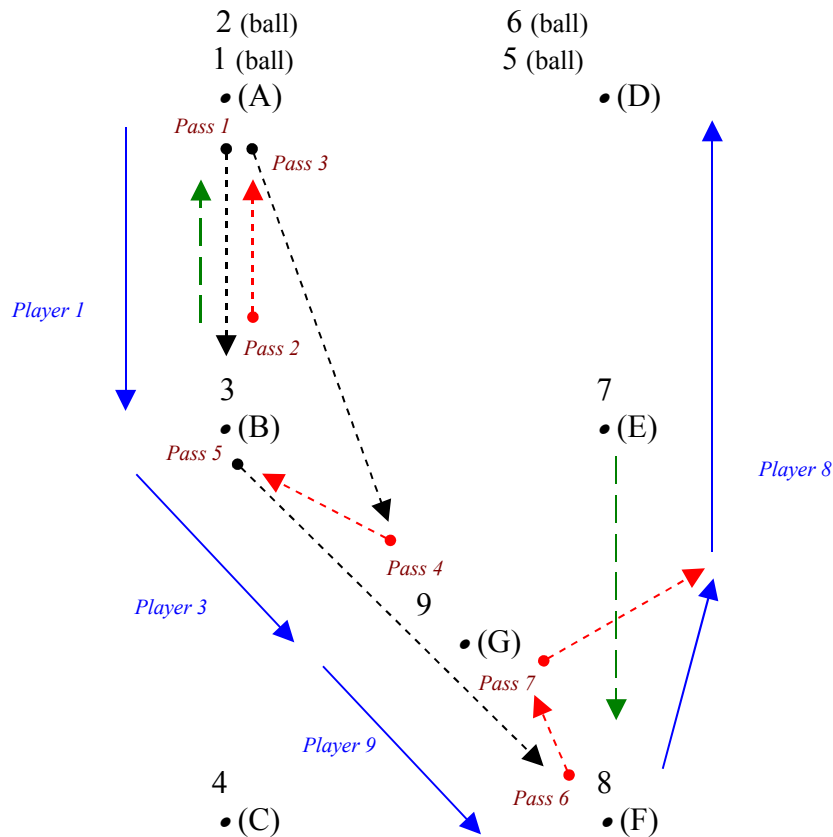


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➤ H Drill w/Extra Player: Double Wall Pass



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A) then approaches 1 at (A) simulating a defender
- Player 1 at (A) plays a wall pass to Player 9 at (G)
- Player 9 at (G) returns the ball to Player 1
- Player 1 now plays the ball to player 8 at (F)
- Player 7 at (E) approaches 8 at (F) simulating a defender
- Player 8 at (F) wall passes with player 9 at (G) then dribbles back to (D)
- Player 5 at (D) repeats the sequence in the opposite direction.

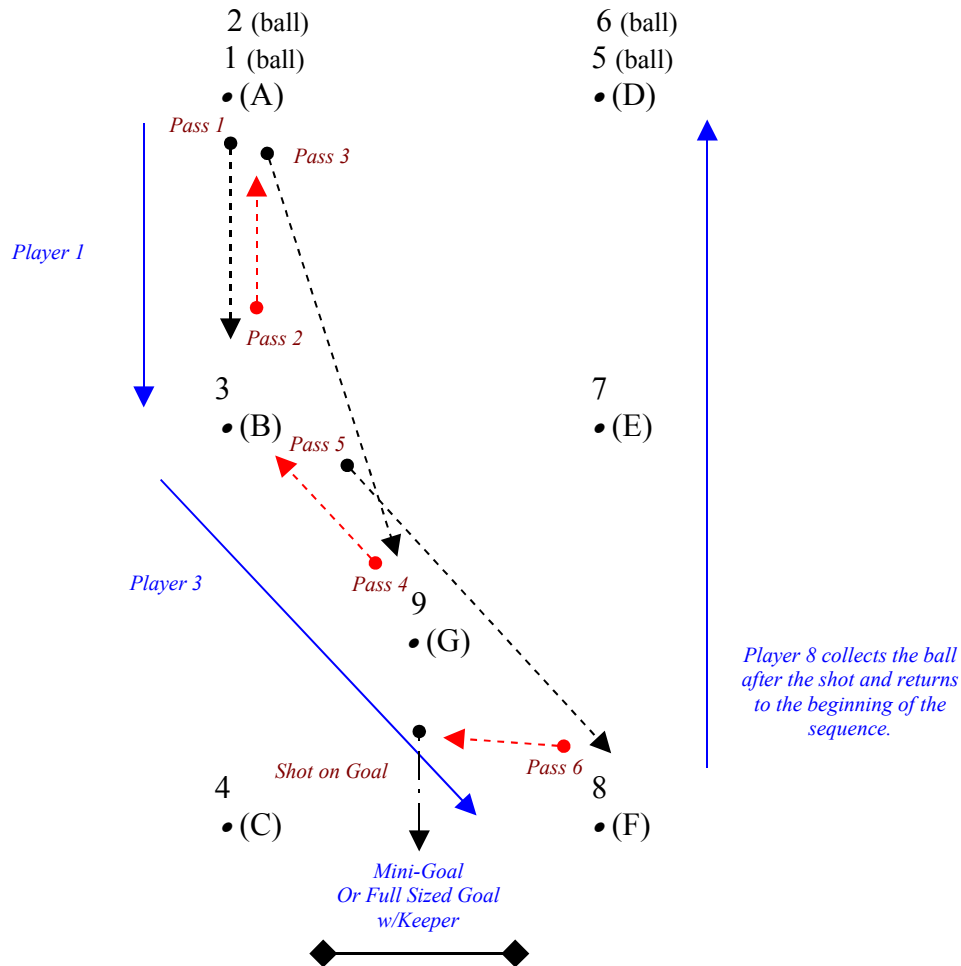


Developmental Skills

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➤ H Drill w/Extra Player, Shooting: Short, Short, Diagonal, Drop, Split



- Place cones (15) meters apart, (9) Players, (7) Cones, (4) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes to Player 3 at (B)
- Player 3 at (B) drops the ball back to Player 1 at (A)
- Player 1 at (A) plays a diagonal ball to Player 9 at (G)
- Player 9 at (G) drops the ball back to Player 3 at (B)
- Player 3 at (B) plays the ball to player 8 at (F)
- Player 8 at (F) lays the ball off for Player 9 to shoot on goal.
- Player 5 at (D) repeats the sequence in the opposite direction.