



TAOS SOCCER ACADEMY

FUNCTIONAL SKILLS TRAINING



Technical Skills Director: Michael Hensley

Agility Ladder w/Ball

Emphasis On: Accurate Technical Execution, Foot Speed, Balance, Coordination, and Agility

- Jog Thru (agility ladder)
 - Dribble with laces (20 meters)
- High Steppers (knees to chest) (agility ladder)
 - Curl walk skipping (20 meters)
- Slide Shuffle (agility ladder)
 - Roll it with inside of foot (return with opposite foot)
- Two in Two out Diagonal: Forward (agility ladder)
 - Inside right, Outside Left (20 meters)
- Two in Two out Diagonal: Backward (agility ladder)
 - Inside right, Outside Left (20 meters)
- Two in Two out Diagonal: Variation II Forward (Two feet in square, step out right, step out left) (agility ladder)
 - Inside Outside right, Inside Outside Left (20 meters)
- Two in Two out Diagonal: Variation II Backward (Two feet in square, step out right, step out left) (agility ladder)
 - Inside Outside right, Inside Outside Left (20 meters)
- Two In, One Out Diagonal: Forward (agility ladder)
 - Inside Outside left (20 meters)
- Two In, One Out Diagonal: Backward (agility ladder)
 - Inside Outside right (20 meters)
- Two Steps Forward, One Step Back (agility ladder)
 - Roll it one two (20 meters)
- Two Step Sideway Slide, One Step Sideway Slide Back (Lead foot left then lead foot right) (agility ladder)
 - Roll it stop it (20 meters)
- Hopscotch: Right foot in (Lift heel to butt) (agility ladder)
 - Roll it step overs (20 meters)
- Hop Scotch: Left foot in (Lift heel to butt) (agility ladder)
 - Cut behind the leg (20 meters)
- Hopscotch Alternate Right & Left foot in (Lift heel to butt) (agility ladder)
 - Matthews right, Matthews left (20 meters)
- Hop Scotch Two in Two Out (Forward) /Hop Scotch Two in Two Out (Backward) (agility ladder)
 - Fake Matthews scissors right, Fake Matthews scissors Matthews left (20 meters)
- Hopscotch 180 degree Turns (agility ladder)
 - Elastico right, Elastico left (20 meters)
- Ali Shuffle (agility ladder)
 - Step on Step over (20 meters)
- Step-overs (agility ladder)
 - Step on, Roll it (20 meters)
- Forward Karaoke (Diagonal Variation-Back Leg Steps In) (agility ladder)
 - Step on Toe Poke (20 meters)
- Reverse Karaoke (agility ladder)
 - Step on Toe Poke (20 meters)