



TAOS SOCCER ACADEMY

FUNCTIONAL SKILLS TRAINING

Technical Skills Director: Michael Hensley



The Foundation: Fast Foot Work Through Cones

***Emphasis On:** Accurate Technical Execution, Change of Direction, Shielding The Ball From An Opponent, Foot Speed, Balance, Coordination, and Agility*

Front Step On:

Reverse Step On:

Curl Walk Turn:

Inside Twist Off:

Outside Twist Off:

Helicopter:

Pullback:

Cut Behind The Leg:

Pullback, With A Cut Behind The Leg: (right leg first, then left)

Step Over, With A Pullback:

Step Over, With A Turn:

Chop:

Roll It: (Roll It Right, Roll It Left)