

U6-U8 Exit Standards and Exercises

Technical: Dribbling

Introduction to:

- Changing direction with different parts of feet (Step, Hook and Cut)
- Feel comfortable carrying ball

Technical: Passing

Introduction to:

- Push Pass, Slip Pass and Toe Poke Pass

Technical: Receiving

Introduction to:

- Inside of foot and Sole / Bottom

Technical: Kicking

Introduction to:

- Laces contact (shooting)
- Dead balls, Moving balls and Bouncing balls

Tactical:

Introduction to:

- Offense, Defense and Sides of the Field
- Elements of Transition (letting them know that transition exists)
- Awareness of area
- Aggressiveness

Physical:

Introduction to:

- Stopping and Starting
- Running (acceleration and deceleration)
- Back Pedaling
- Turning
- Jumping
- Lateral Movement

Psychosocial:

Introduction to:

- Focus in Practice
- Respect
- Enjoyment
- Effort
- Positive Self-esteem / Confidence