

Marshfield Youth Soccer  
Junior Division Technical Skills

- All of these skills should be practiced under some amount of pressure and movement with changes in speed.
- There should not be any drills where players are waiting in a long line to perform.

<b>Technical Skills</b>	<b>Tykes U6</b>	<b>U8</b>	<b>U10</b>
<b>Dribbling</b>	Many touches of the ball with inside and outside of foot, moving around the field	Heads up dribbling, many ball touches, starting and stopping with ball, moving around opponents	Turning the ball, changing speed and direction with the ball, using inside and outside of feet, feinting moves
<b>Passing and Receiving</b>	Simple push pass, basic receiving	More accurate and longer push pass, more accurate receiving, developing improved first touch	Stronger and more accurate passing, sending leading passes, receiving passes in motion, instep and chip pass, improved first touch
<b>Shooting</b>	Shooting basics using a moving and stationary ball	Striking the ball with the instep, toe pointed and ankle locked, using both feet	Keeping the ball inside the goal posts, lifting the ball, using both feet to shoot, improving accuracy and strength of shot
<b>Kicks</b>	Kicking with instep	Kicking with instep of both feet	Corner and goal kick basics
<b>Shielding and tackling</b>	Keeping the ball away from opponents using body to shield the ball, taking ball away by tackling with feet	More aggressive shielding and tackling	More aggressive shielding and tackling, use in positional play
<b>Ball Control</b>	Keeping ball close to feet when dribbling, basic maneuvering	Controlling passes with inside and outside of feet, juggling	Running fast with the ball, juggling, controlling high balls with thigh, instep, chest traps
<b>Throw-ins</b>	Throw in basics	Throw in basics	Throw in basics, offensive strategy after throw in
<b>Heading</b>	None	None	Stationary heading
<b>Goal Keeping</b>	Using hands and feet to deflect shots, outlet passing, all players should try goalkeeping	Goal kick basics, punting, falling, deflecting shots, outlet passing, all players should try goal keeping	Hand and body position, low, mid and high saves, outlet passing, punting and kicking, all players should try goal keeping