

I. BALL MANIPULATION / WARM UP

- ① PENDULUM: INSIDE / INSIDE / SOLE DRAG TO INSIDE ...
- ② PENDULUM: 1-2-3-4-5-DRAGBACK-1-2-3-4-5...
- ③ BALL AROUND STANDING FOOT. MANY TOUCHES, BALL MUSTNT STOP
- ④ FOOT ON BALL - SOLE TO OUTSIDE - TAP TO INSIDE - OTHER FOOT...
- FORWARD / BACKWARD
- ⑤ FOOT ON BALL (OUTSTRETCHED)
 - ↳ PULL BACK, TAP FORWARD w/ LACES, FOOT ON BALL
 - ↳ PULL BACK, TAP TO OUTSIDE, FOOT ON BALL
 - ↳ PULL BACK, TAP TO INSIDE, OTHER FOOT ON BALL
 - ↳ REPEAT w/ OTHER FOOT
- ⑥ STOP-PULL-PUSH MOVE
 - SLOW DRIBBLE, PERFORM A 1/2 DRAGBACK (STOP MIDWAY)
 - ↳ SLIDE FOOT BEHIND BALL - PUSH PASS TO SELF IN ORIG. DIR.
 - * FLAIR HIPS TO ACCENTUATE MOVE

II. SSGs - TO PUGS w/ BUFFER ZONE - LARGE FIELD.

- ② - 2 TOUCH, 1 TOUCH, 2 TOUCH...
- ① - 2 TOUCH ONLY
- ③ - 1 TOUCH ONLY
- ④ - ONLY 1 TOUCH GOALS

* MOST OF TIME → FREE PLAY