



# NASA TOPHAT SOCCER

DEVELOPING A CULTURE OF EXCELLENCE

## U7-U8 FOUNDATIONAL BALL MASTERY SKILLS

MOVE (CLICK ON FOUNDATIONAL BM SKILLS)	COERVER® "99 SKILLS" APP VIDEO #
<a href="#">SOLE TAPS</a>	1
<a href="#">SHUFFLES</a>	2

## U7-U8 BALL MASTERY - MOVES SPRING SEASON

Weeks	CHANGE OF DIRECTION (CLICK ON COD SKILLS)	STOPS / STARTS (CLICK ON SS SKILLS)	FEINTS (CLICK ON FEINT SKILLS)
1 & 2	2. <a href="#">Inside Cut</a>	15. <a href="#">High Wave</a>	28. <a href="#">Scissors</a>
3 & 4	3. <a href="#">Outside Cut</a>	16. <a href="#">Sole Start Stop</a>	29. <a href="#">Side Step</a>
5 & 6	4. <a href="#">Step On</a>	17. <a href="#">Pull Push</a>	30. <a href="#">Step Over</a>
7 & 8	5. <a href="#">Drag Back</a>	18. <a href="#">Step Kick</a>	31. <a href="#">Fake Shimmy</a>
9 & 10	6. <a href="#">Chop</a>	19. <a href="#">360 Step Around</a>	32. <a href="#">Drag Push</a>

### Coaching Points:

1. What you do on the right, do on the left
2. Do not jump ahead, assure players are mastering the two-week mastery skills sessions.
3. This should be a part of your technical warm-up before you move on to your session.
4. Make sure parents have the skills for home assignments outside of your practice

All Ball Mastery / Moves  
are credited to  
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