



## 6U---8U Graduating 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