



Real Colorado Edge 5U/6U Technical Targets

Dribbling

Novice Level

- ◆ Running with the ball unopposed
- ◆ Keeping the ball a leg's length away while dribbling
- ◆ Ball Manipulation with laces (pinky) toe) and inside of foot

Intermediate Level

- ◆ Running with the ball with their eyes up when unopposed
- ◆ Ball manipulation with the sole and outside of their foot.
- ◆ Running with the ball while dribbling around an opponent

Advanced Level

- ◆ Pulling the ball back with the sole of the foot to keep it away from an opponent
- ◆ Dribbling with their eyes up while under pressure

Ball Striking

Novice Level

- ◆ Introduce striking the ball
- ◆ Striking/shooting the ball to goal

Challenge Level

- ◆ Striking/shooting a rolling ball
- ◆ Eyes up to see the goal
- ◆ Striking/shooting the ball with the laces

Advanced Level

- ◆ Striking/shooting the ball with the laces while dribbling
- ◆ Striking/shooting a ball after a pass from a teammate



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Receiving

Novice Level

- ◆ Introduce receiving a ball that is rolling toward them (foot should kiss the ball)
- ◆ Eyes open when receiving a ball

Challenge Level

- ◆ Keep the ball moving when receiving
- ◆ Using the inside of the foot when receiving a ground pass

Advanced Level

- ◆ Using the outside of the foot to receive a ground pass
- ◆ Keeping the ball a leg's length away after receiving a pass

Real Colorado Edge 5U/6U Game Concepts

Attacking

- ◆ Can you go forward?
- ◆ Can you go around someone with the ball?
- ◆ Can you keep the ball?

Defending

- ◆ Can you get the ball back?
- ◆ Can you stop someone from going around you?