



# TOUCHES IN MOTION

## Video Reference:

[OnlineSoccerSkill.com \(on YouTube\)](https://www.youtube.com/watch?v=QGHtPL_R1Lo)

"Soccer Drills: 3 Beginner Drills for Youth Players"

[https://youtu.be/QGHtPL\\_R1Lo](https://youtu.be/QGHtPL_R1Lo)

## Set Up:

2 Cones (or water bottles) about 10 yds (or 10 long paces) apart.



## Drill:

This drill takes skills we learn in practice like touch ups, pendulums and side steps and puts them in motion! Have your child do each of these 3 skills on command and then say "Go" and have them begin to move between the 2 cones. Getting small touches on the ball is crucial to their development. Try doing this for 10-15 minutes and then play a little 1 v 1 with them!



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