

STING+TITANS

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Technical training

In this document we are providing you some help with the technical aspect of soccer. It will consist of YouTube links you can look up and watch while you are doing it yourself/or task presented from the club. All you really need is a small space and your soccer ball. Some of the links will show that you need cones, if you have that then great, if not then be creative and find other stuff in your house you can use (shoes, bottles/cans, poles, books etc)

1. Hit the bottle:

Find a bottle in your house or a high cone if you have. Place it 5-15 yards away from you (challenge yourself). Try and hit the cone with a pass. Do it while the ball is standing still, when the ball is moving away from you and when the ball is coming to you (ask someone in the family to pass to you or find a wall to use). Use both feet. Do 20 passes and see how many you can hit. If you have enough bottles you can set it up in formation 4-3-2-1 or 3-2-1 and play bowling by passing the ball. Challenge your siblings or parents to play against you.

2. Ball mastery:

<https://www.youtube.com/watch?v=8C1P1AlKvkE>

3. Ball mastery:

<https://www.youtube.com/watch?v=z7jP3moQi9c>

4. Ball mastery:

<https://www.youtube.com/watch?v=CgsymJy0RJk>

5. Receiving the ball

Make a square box of 1x1 or 2x2. Find a wall or ask a parent/sibling. If you have a wall pass the ball to the wall and receive the ball inside the box. After that then throw the ball against the wall and receive it in the air inside the box. If you are using parent/sibling then make them pass it to you and then throw it to you. Use both feet and multiple parts of your body.