

# Soccer Homework Descriptions

## **In-Betweens**

First, to do the "in-betweens" stand with the soccer ball between your feet which are about shoulder width apart. Using the inside of the right foot, tap the ball softly to the inside of the left foot. Then using the inside of the left foot, tap it back again to the inside of the right foot. The trick is to keep the ball constantly moving between the feet as the player "hops" from foot to foot to prepare for the next touch. Once you get the hang of it, begin to move forward with each step by tapping the ball slightly forward with each touch. Eventually you should be able to keep the in-betweens going without a miss as you move slowly all over the place.

## **Toe touches**

Begin with the ball between your feet and slightly to the front. Lift the right foot and lightly touch the top of the ball with the front (cleat side/sole) of the shoe, underneath the toe. Replace that right foot and do the same with the left foot. Now begin to alternate touches faster until you have to make little hops back and forth with your feet while continuing to touch the top of the ball.

## **Run Throughs (Smother or trap while running through a tossed ball.)**

Have the players toss the ball into the air and slightly in front of themselves. Then they should run through the bouncing ball to "push" it up the field. Contact can be made with head, chest, waist, thighs, shins or feet with just enough of a touch to begin the ball moving away.

## **Drag Back/Pull Back**

Start with the ball between your feet. Fake up to the top of the ball with your right foot in a kicking motion, but stop with your cleats on top of the ball. Then "pull-back" the ball by "scraping" your cleats backwards to get the ball rolling behind you. Now you can turn either clockwise or counterclockwise to face the ball again. Practice alternating feet.

## **Push-Pulls (Triangles)**

Push the ball forward with one foot and pull it back the sole of the opposite foot. Switch feet. You are making triangles, alternately right and left.