



Basics Worksheet for ages 5 – 7

Basic skills worksheet for beginner soccer players.

Take your time learning each skill and master with good athletic form, touch, and control.

I. TECHNICAL SKILLS

Ball Mastery	Dribbling	Juggling	First Touch
Toe Taps Boxes Sole Rolls	Laces Inside Foot Outside Foot	1 & Catch Feet 1 & Catch Thigh	Laces Thighs

II. ATHLETIC SKILLS

Warm Up	Strength
Light Jog High Knees Butt Kicks	Push-ups Sit-ups Crunches