



Core Skills Curriculum skills sheet for ages 8 – 9

These are the basic *Core Skills* all players need to master before moving to a more advanced level

| Ball Mastery | Dribbling | Juggling |
|--|--|--|
| <ul style="list-style-type: none">➤ Toe Taps➤ Boxes➤ Sole Rolls➤ Forward & Backward <i>Toe Taps, Boxes, & Sole Rolls</i>➤ Box & Freeze➤ 2 Box – 2 Sole Roll➤ Inside Cutback➤ Outside Cutback➤ Drag Back➤ Inside – V➤ Outside– V➤ L – Turn | <ul style="list-style-type: none">➤ Laces➤ Inside Foot➤ Outside Foot➤ Sole Roll➤ Outside – Inside <i>Left, right, & alternating</i>➤ Clockwise Turns & Counter-Clockwise Turns <i>Left and right foot</i>➤ Figure 8's <i>Left and right foot</i> | <ul style="list-style-type: none">➤ 1 & Catch Feet➤ 1 & Catch Thigh➤ 1 & Catch Head➤ 2 & Catch Feet➤ 2 & Catch Thigh➤ 2 & Catch Head➤ Simple Waterfall➤ Box Juggle➤ Thigh + Foot Repetition➤ Head – Foot Repetition |



Core Skills Curriculum skills sheet for ages 8 – 9

These are the basic *Core Skills* all players need to master before moving to a more advanced level

| First Touch & Lifts | Warm- Ups | Strength |
|---|---|---|
| First Touch <ul style="list-style-type: none">➤ Laces➤ Inside Foot➤ Thigh➤ Trap➤ Inside Sweep➤ Outside Sweep Lifts <ul style="list-style-type: none">➤ Same Foot Lifts➤ Opposite Foot Lifts | <ul style="list-style-type: none">➤ Light Jog➤ High Knees➤ High Heels➤ Open Gate➤ Close Gate➤ Sweeps➤ Side Steps➤ Backwards➤ Karaoke➤ High Kicks | <ul style="list-style-type: none">➤ Push – ups➤ Sit – ups➤ Crunches➤ Plankes➤ Squats➤ Lunges➤ Leg – lift variations |