



Players develop proper technique by practicing, touching the ball over & over (repetition).
 Players want to control the ball quickly. (Not the ball controlling the player).

Good technique takes time, dedication & commitment. A player who truly wants to be a good soccer player needs positive touches and since we all have time away from each other, this is a great time to touch the ball on your own!

Below are many links that will provide videos of touches that your player can do at home. Some are much more challenging than others but every player should start where they are comfortable and grow through practice!

For more activities scan YouTube where there are thousands of helpful videos!

Base Touch:	Base Turns:	Base Fakes:
FOUNDATION	OUTSIDE CUT	FAKE AND GO
TOE TAP FORWARD	INSIDE CUT	STEPOVER
TOE TAP BACK	FLICK PIVOT TURN (Front Drag pull back)	SCISSORS
ADVANCED TOE TOUCHES	DRAG BACK TURN	MATTHEWS

[Home Skills 1](#)

[Home Skills 2](#)

Cone Drills (if you do not have cones use whatever you have):

[Cone Drills 1](#)

[Cone Drills 2](#)

[Cone Drills 3](#)