



MATP Soccer

Drill 1: Shooting:

- Balance Practice: use the help of a chair or partner to stand on one foot for 3 seconds, then 5 and so on. Alternate which leg you stand on. If you feel comfortable with assistance (or on your own) try moving the leg you're not standing on back and forth to mimic a kick.
- You can also try lifting your leg up and down while sitting or have someone assist you in lifting your leg.

Drill 2: Shooting

- While sitting in a chair or lying down, work on rotating your foot out and back to practice the movement of your foot when you kick a ball. This can be done with assistance if necessary.

Drill 3: Dribbling

- Set a ball in front of your feet and lift your feet one at a time to touch the top of the ball. This can be done while sitting or standing. Be sure to watch your balance and use assistance if needed.

Drill 4: Throw ins

- While sitting or standing, practice holding a ball with both hands with your arms low. Then progress and lift your arms higher and higher still holding the ball. Bend your elbows as you move your arms higher towards your head. Have a partner help you lift your arms if needed.

Drill 5: Footwork:

- While sitting or standing try to push the ball back and forth in between your feet. Do this by pushing the ball with the inside of your foot lightly towards your other foot. Use assistance to balance if standing.