

WASA “JUST YOU & ME” CLINIC – June 30, 2009

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Station 1- Tactical (Pele Series)

Heading

Head catch

* Make sure they follow through*

Chesting

Hit the ground then pass back

Volley back

Volleying

With laces

With inside of the foot

Thigh

Hit the ground then pass back

Volley back

Station 2 – Passing

Right foot

Left foot

Inside of the foot

Laces of the foot

* For bigger distances*

* Make sure they come to the ball*

Station 3 – Juggling

Head

Thigh

Laces

Inside of the foot

Station 4 – Dribbling

Inside of the foot

Outside of the foot

Bottom of the foot

Station 5 – Moves

Step over

Inside/Outside the ball

Pull back

Elvis/ Stutter step

Stop and Go

Pretzel

Trapdoor

Station 6 – Carver

Step up

Pendulum

Rolls

Step over

Back door

Station 7 – Rolls

Forward

Side

Backwards