

Mentor Soccer Club's "Keeping In Touch" Summer Soccer Program



A program to keep the individual player active and "in touch" with a soccer ball during the summer months.

The Mentor Soccer Club realizes the importance of keeping a player's skills sharp during the off season. The "Keeping In Touch" program was developed to help improve the individual player's skill with the ball while away from the MSC coaching staff. This program is a simple way for the individual player to work on their skills in their own backyard by themselves or with a friend or parent. The program is divided into six weekly sections that will continue to develop the skills needed for soccer. The drills for a particular week are performed every day for that week. They should take approximately 30-45 minutes to go through daily. A checklist is included to track your progress.

Week 1.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Juggle ball with head – goal of 15 touches.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Toe Taps – 25 taps with bottom of each foot to top of stationary ball, alternating left and right.
2. Moving Toe Taps – 25 taps with bottom of each foot moving ball forward as you tap.
3. Pull-PushTouch – With laces of right foot, push ball forward then pull ball back with sole of right foot, repeat with left foot, do 25 per foot.
4. Touch-Touch-Stop - With outside of right foot, push ball right twice then stop ball by placing right foot on top of ball. Repeat with left foot and do 25 per foot.

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Week 2.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Dribble in tight spaces – Set up 6 “cones” about 2 feet apart each. Serpentine dribble through the cones 10 times.
6. Dribble in open spaces – Set up 2 cones 20 feet apart, speed dribble from cone to cone 10 times.
7. Dribble in tight and open spaces – Set up 4 cones 2 feet apart, then 15 feet of open space then 3 cones 2 feet apart. Dribble through close cones, speed dribble in open space, then slow down to finish through close cones. Go through course 6 times.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Inside-Out Touch – With instep right foot push ball to the left, then use outside of right foot to move ball back to right continue in and out for 25 times. Repeat for left foot.
2. Inside-Inside-Out Touch – With instep of right foot push ball to the left, then to the left again, then use outside of right foot to move ball back to right, Do In-In-Out 25 times with each foot moving with the ball as it goes from right to left and vice-versa.
3. Outside-Outside-Cut Touch– With outside of right foot, push the ball to the right, then to the right again, then cut ball back to left with instep of right foot. Do 25 times with each foot.

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Week 3.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Juggle ball with head – goal of 15 touches.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Square Cut Touch – Dribble toward cone, at cone, cut ball with instep of right foot to the left, continue to dribble. Repeat 25 times with each foot.
2. Pull V Touch – Set up one cone about a foot in front of you. Put ball to right of cone, with sole of right foot, pull ball back toward you, then use sole of left foot to roll ball to the left of cone, then pull back with sole of left foot and then with sole of right foot, roll ball to right of cone. Continue this “V” motion to make 50 V’s.
3. Pull Back Race – Set two cones up about 15 feet apart. Starting at first cone, with sole of right foot, pull ball back towards you, continue moving backwards pulling ball back with alternating soles of feet until you reach second cone. Be careful not to trip over anything.

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Week 4.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Dribble in tight spaces – Set up 6 “cones” to serpentine through about 2 feet apart. Dribble through cones 10 times.
6. Dribble in open spaces – Set up 2 cones 20 feet apart, speed dribble from cone to cone 10 times.
7. Dribble in tight and open spaces – Set up 4 cones 2 feet apart, then 15 feet of open space then 3 cones 2 feet apart. Dribble through close cones, speed dribble in open space, then slow down to finish through close cones. Go through course 6 times.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Inside Rollover Touch – Set two cones 15 feet apart. With sole of right foot roll ball to the left, continue moving to left rolling ball with sole of right foot. When you reach the cone, use sole of left foot to roll the ball to the right until you get to the other cone. Make 20 trips between the cones (10 right, 10 left).
2. Inside Rollover-Stop Touch – Same as the Inside Rollover Touch, but after each roll, stop ball with outside of the foot rolling the ball. Make 20 trips between cones (10 right, 10 left).
3. Outside Rollover Touch – Set two cones 15 feet apart. With sole of right foot roll ball to the right, continue moving to right rolling ball with sole of right foot. When you reach the cone, use sole of left foot to roll the ball to the left until you get to the other cone. Make 20 trips between the cones (10 right, 10 left).
2. Outside Rollover-Stop Touch – Same as the Outside Rollover Touch, but after each roll, stop ball with instep of the foot rolling the ball. Make 20 trips between cones (10 right, 10 left).

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Week 5.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Juggle ball with head – goal of 15 touches.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Pull Behind Touch – Pull ball back toward you with sole of right foot and then push ball behind left leg with instep of right foot. Repeat with left foot, do 25 per foot.
2. Push-Pull-Behind Touch – With laces of right foot, push ball forward then with sole of right foot pull ball back toward you and cut ball back behind left leg with instep of right foot. Repeat with left foot, do 25 per foot.
3. Step Over Turn Touch – With ball in front of you, step over ball with right foot, turn body counter clockwise and with sole of left foot roll ball to the right as you continue to turn, making a 360 degree turn in total. Do 15 turns clockwise and 15 counter-clockwise

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Week 6.

Stretching – Be sure to stretch your legs, trunk, neck and shoulders before starting the weekly session.

Ball Control – Being comfortable with the ball is essential in developing all other skills.

1. Juggle ball with left foot – goal of 25 touches.
2. Juggle ball with right foot – goal of 25 touches.
3. Juggle ball with left thigh – goal of 25 touches.
4. Juggle ball with right thigh – goal of 25 touches.
5. Dribble in tight spaces – Set up 6 “cones” to serpentine through about 2 feet apart. Dribble through cones 10 times.
6. Dribble in open spaces – Set up 2 cones 20 feet apart, speed dribble from cone to cone 10 times.
7. Dribble in tight and open spaces – Set up 4 cones 2 feet apart, then 15 feet of open space then 3 cones 2 feet apart. Dribble through close cones, speed dribble in open space, then slow down to finish through close cones. Go through course 6 times.

Foot Skills - These are the skills that will be used during games to get out of tight situations.

1. Toe Taps – 25 taps with bottom of each foot to top of stationary ball, alternating left and right.
2. Inside Rollover-Stop Touch – Same as the Inside Rollover Touch, but after each roll, stop ball with outside of the foot rolling the ball. Make 20 trips between cones (10 right, 10 left).
3. Outside Rollover-Stop Touch – Same as the Outside Rollover Touch, but after each roll, stop ball with instep of the foot rolling the ball. Make 20 trips between cones (10 right, 10 left).
4. Pull V Touch – Set up one cone about a foot in front of you. Put ball to right of cone, with sole of right foot, pull ball back toward you, then use sole of left foot to roll ball to the left of cone, then pull back with sole of left foot and then with sole of right foot, roll ball to right of cone. Continue this “V” motion to make 50 V’s.

Cool Down Stretching – Help improve flexibility in warmed up and tired muscles. Do same stretches as at the beginning of session.

Mentor Soccer Club Keeping In Touch Checklist

Player Name: _____ Age Group: _____

Parent's Signature: _____

| Week 1 | M | T | W | R | F | S | S |
|-------------------------------|---|---|---|---|---|---|---|
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Head | | | | | | | |
| Foot Skills | | | | | | | |
| - Toe Taps | | | | | | | |
| - Moving Taps | | | | | | | |
| - Pull Push Touch | | | | | | | |
| - Touch-Touch-Stop | | | | | | | |
| Week 2 | M | T | W | R | F | S | S |
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Dribble in Tight Spaces | | | | | | | |
| - Dribble in Open Space | | | | | | | |
| - Dribble in Tight and Open | | | | | | | |
| Foot Skills | | | | | | | |
| - Inside-Out Touch | | | | | | | |
| - Inside-Inside-Out Touch | | | | | | | |
| - Outside-Outside-Cut-Touch | | | | | | | |
| Week 3 | M | T | W | R | F | S | S |
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Head | | | | | | | |
| Foot Skills | | | | | | | |
| - Square Cut Touch | | | | | | | |
| - Pull V Touch | | | | | | | |
| - Pull Back Race | | | | | | | |

| Week 4 | M | T | W | R | F | S | S |
|-------------------------------|---|---|---|---|---|---|---|
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Dribble in Tight Spaces | | | | | | | |
| - Dribble in Open Space | | | | | | | |
| - Dribble in Tight and Open | | | | | | | |
| Foot Skills | | | | | | | |
| - Inside Rollover Touch | | | | | | | |
| - Inside Rollover-Stop Touch | | | | | | | |
| - Outside Rollover Touch | | | | | | | |
| - Outside Rollover-Stop Touch | | | | | | | |
| Week 5 | M | T | W | R | F | S | S |
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Head | | | | | | | |
| Foot Skills | | | | | | | |
| - Pull Behind Touch | | | | | | | |
| - Push-Pull Behind Touch | | | | | | | |
| - Stepmover Turn Touch | | | | | | | |
| Week 6 | M | T | W | R | F | S | S |
| Stretching (Before and After) | | | | | | | |
| Ball Control | | | | | | | |
| - Juggle Rt Foot | | | | | | | |
| - Juggle Lt Foot | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Juggle Rt Thigh | | | | | | | |
| - Dribble in Tight Spaces | | | | | | | |
| - Dribble in Open Space | | | | | | | |
| - Dribble in Tight and Open | | | | | | | |
| Foot Skills | | | | | | | |
| - Toe Taps | | | | | | | |
| - Inside Rollover-Stop Touch | | | | | | | |
| - Outside Rollover-Stop Touch | | | | | | | |
| - Pull V Touch | | | | | | | |

The following drills are not part of the required Keeping In Touch program, but are some drills that players can do with their parents, siblings and friends.



Backyard Activities

*by Author Tom Goodman, M.Ed.
MYSA Director of Training and Evaluation*

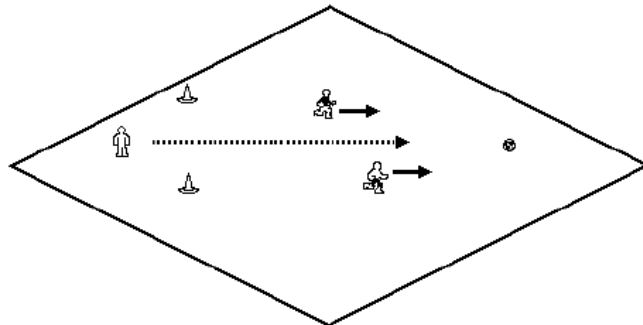
Purpose: Often, you will find that you are alone or with one or two of your friends in the backyard or at the playground. The following activities are challenging soccer activities that will, not only keep you and your friends busy, but will help you improve your skills and your decision making.

Combat: Set up a goal with cones about 4 steps wide. You stand behind one of the cones with the ball and your friend stands behind the other cone without a ball. Both of you face the same direction. You must throw or kick the ball about 10-15 yards out into the area that you and your friend are facing. The instant the ball is struck, both of you must attempt to get it (gain possession of the ball) and *dribble it* back through the goal. Play for 20-30 seconds. Alternate the server each time.

If your Mom or Dad is available, they can serve the ball from a position away from the goal and keep time. This is a great 1 versus 1 activity.

Options: - Mom serves (kicks) the ball out into the yard and you and your friend compete to get the ball back to her, instead of going through the goal.

This is a great activity to work on playing with pressure from behind. Thus the players must shield the ball often, escape the pressure of their opponent and create a space large enough to pass the ball back to the coach.





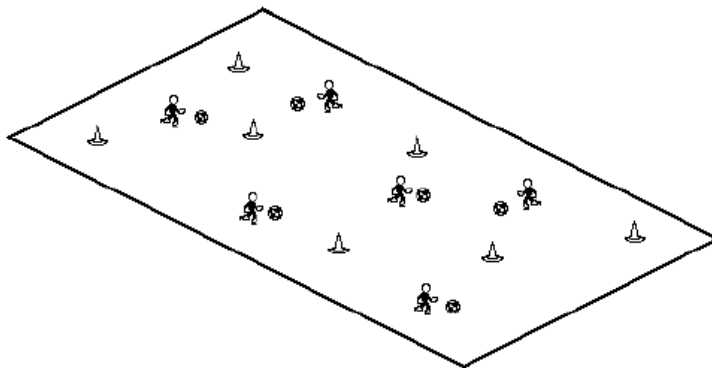
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Cone Dribbling: Throw some cones (or soda cans, etc.) around the yard haphazardly. Dribble your ball around the yard touching it to one of the cones. When you touch a cone with your ball, quickly pull the ball away from the cone with the bottom (sole) of your foot and dribble off to another cone. Continue this activity for 30 seconds. Try it at different speeds. Build your speed up gradually, but always try to perform the skill at top speed...this is referred to as *technical speed*.

Throw some cones around the yard haphazardly. Dribble your ball around the yard in between the cones, but don't allow your ball to touch a cone. Continue this activity for 30 seconds. Try it at different speeds. Build your speed up gradually, but always try to perform the skill at top speed...this is referred to as *technical speed*.



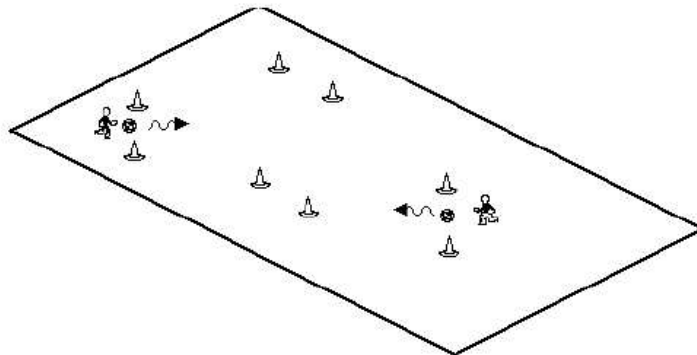


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Gate Dribbling: Set up small goals with cones about 1 or 2 step(s) apart. Place many of these goals around your yard at different angles. Dribble your ball through as many of the goals as you can in 30 seconds (*ask your mom or dad to time you*). The next time you do it, try to increase the number of goals that you dribble through in 30 seconds by at least one.





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Kicking (Wall skills)

If you have access to a wall that you can kick your soccer ball against, consider the following soccer activities:

Straight On: Kick your ball directly against the wall at different speeds (pace or weight) and from different distances. Use different surfaces of the foot. Try to keep the ball on the ground. Receive the rebound with different surfaces of the foot, always trying to keep the first touch within playing distance (about 1 or 2 steps from you). Receive the rebound with a controlling touch or two and then kick it against the wall again. Keep the ball moving and keep your feet moving at all times.

Kicking surfaces: inside of the foot, outside of the foot, instep (laces), heel, toe

Receiving surfaces: inside of foot, outside of foot, sole of foot

Angles: Position yourself about 10 yards away and at one end of the wall. Kick your ball on the ground toward the middle of the wall (about 45 degrees). Immediately after kicking the ball, run to receive it as it rebounds from the wall to the opposite end. Perform a change of direction move and repeat the activity in the opposite direction. Experiment with the pace and the angles of your kicks, as well as your receiving surfaces and number of controlling touches. Always try to keep the ball moving.

Change of Direction Moves: Pull back with sole of one foot and push behind other foot; chop with inside or outside of foot.

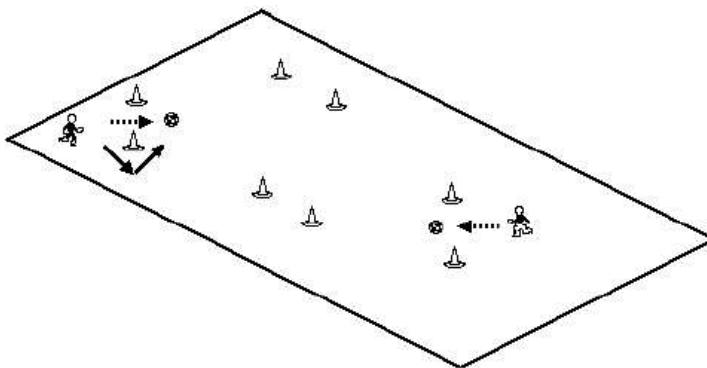


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Nutmeg: Set up small goals with cones about 1 step apart. Place many of these goals around your yard at different angles. Dribble your ball toward a goal and push your ball through the goal. While the ball travels through the goal, you must run around the goal and retrieve the ball on the other side (nutmeg). As soon as you regain control of the ball, dribble at one of the other goals and nutmeg again. Nutmeg as many goals as you can in 30 seconds (*ask your friend, mom or dad to time you*). The next time you do it, try to increase the number of goals that you nutmeg in 30 seconds by at least one.





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Kicking

Trash Can Kicking: Lay a clean, plastic trash can on its side in the back yard. Place a ball 2-3 yards away from the opening of the trash can. Practice kicking stationary balls into the trash can. This can save you from chasing your soccer ball. You can also kick the ball into the side netting of a big soccer goal. The ball will bounce back at you. Work on the technique of kicking (shooting and passing):

- Approach the ball from a slight angle.
- Practice approaches at different speeds (the faster the more power)
- Vary the size of your last step (power step) into the kick (the larger the more power)
- Use the outside of your foot, inside of your foot and the laces (instep)
- Lock your foot when kicking the ball
- Always keep your eyes on the ball when striking it
- Strike the ball on different parts of the ball:
 - lower half will send the ball up
 - midline (equator) will send the ball level to the ground
 - upper half will drive the ball down

Marbles: Put a ball (or cone or soda can) in the middle of the yard. Kick your ball and try to hit the stationary ball. Vary the distance. Have fun competing with your friend or your mom or dad.