



Footwork (2017)

Ladders (10 Mins)

Tiny Box Setup - 4x4 squares (20 mins)

Coaching Points: Soft multiple touches on the ball (In Control) / Acknowledge left/right utilization / find the dribbling pattern

[DRILLS LINK](#)

1. Foundations
2. Top Taps
3. Rollies
4. Tap Tap Roll
5. Brazilian Sole Taps
6. Double Feet V Pulls
7. Pullback Taps
8. Inside Outside Inside Outside (Outside opposite foot)
9. Inside Inside Inside Outside
10. Inside Inside Drag
11. [Little Figure 8s \(Alternate Feet except at the corners\)](#) (Watch at 1:30 into video)