



Core Skills Curriculum skills sheet for ages 8 – 9

These are the basic *Core Skills* all players need to master before moving to a more advanced level

Ball Mastery	Dribbling	Juggling
<ul style="list-style-type: none">➤ Toe Taps➤ Boxes➤ Sole Rolls➤ Forward & Backward <i>Toe Taps, Boxes, & Sole Rolls</i>➤ Box & Freeze➤ 2 Box – 2 Sole Roll➤ Inside Cutback➤ Outside Cutback➤ Drag Back➤ Inside – V➤ Outside– V➤ L – Turn	<ul style="list-style-type: none">➤ Laces➤ Inside Foot➤ Outside Foot➤ Sole Roll➤ Outside – Inside <i>Left, right, & alternating</i>➤ Clockwise Turns & Counter-Clockwise Turns <i>Left and right foot</i>➤ Figure 8's <i>Left and right foot</i>	<ul style="list-style-type: none">➤ 1 & Catch Feet➤ 1 & Catch Thigh➤ 1 & Catch Head➤ 2 & Catch Feet➤ 2 & Catch Thigh➤ 2 & Catch Head➤ Simple Waterfall➤ Box Juggle➤ Thigh + Foot Repetition➤ Head – Foot Repetition



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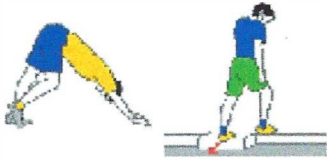



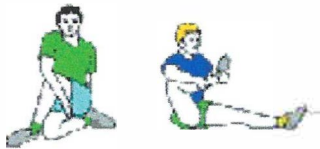



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First Touch & Lifts	Warm- Ups	Strength
First Touch <ul style="list-style-type: none">➤ Laces➤ Inside Foot➤ Thigh➤ Trap➤ Inside Sweep➤ Outside Sweep Lifts <ul style="list-style-type: none">➤ Same Foot Lifts➤ Opposite Foot Lifts	<ul style="list-style-type: none">➤ Light Jog➤ High Knees➤ High Heels➤ Open Gate➤ Close Gate➤ Sweeps➤ Side Steps➤ Backwards➤ Karaoke➤ High Kicks	<ul style="list-style-type: none">➤ Push – ups➤ Sit – ups➤ Crunches➤ Plankes➤ Squats➤ Lunges➤ Leg – lift variations

Physical fitness training: 11. Stretching programme

End of training cool-down, with intensive stretching: holding position from 15" to 30"
(Exercises 1-8)

Limbering up during the warm-up phase by easy stretching: holding position from 5" to 10"
(Exercises 1 to 4)

1. Tricep and calf stretch 	2. Glute stretch 
3. Quadricep stretch 	4. Adductor stretch 
5. Hip/buttock/TFL stretch 	6. Upper back stretch 
7. Central body stretch 	8. Arm, bicep stretch 

Principles:

- No sudden movements; progressive stretch, without pain.
 - Feel the tension decreasing as the stretch relaxes.
 - Breath regularly and calmly.
 - Concentrate throughout the stretching.
- To obtain tangible results of suppleness from the stretching, three sessions are required each week.
- Youngsters (up to the age of 12) should begin stretching training with an easy-stretching session.