

EXETER GIRLS SOCCER 7 MINUTE DRILL

FAST FOOTWORK

1. **Inside Roll** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
2. **Outside Roll** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
3. **Forward Roll (and back)**- roll ball forward with sole alternating feet, then back to same spot
4. **Side to Side Push-Pull** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.
5. **Side to Side Step-On** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
6. **Side to Side Front Roll** --Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.
7. **Pull Instep Push** -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.
8. **Pull a Vee** -- Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.
9. **Pull & Take with Outside of Foot** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
10. **Pull & Roll Behind** -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot. feet.
11. **Pull turn** --Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.
12. **Inside of foot turn** -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.
13. **Outside of foot turn** -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.

MOVES TO BEAT AN OPPONENT

1. **Lunge step** – lunge to the left or right, explode and take with the outside of other foot...
2. **Step over** -- With ball moving, step over ball so ball is outside of step over foot, turn and take the ball with outside of foot.
3. **Scissors around ball** -- Step behind ball as if preparing to take it with the outside of one foot, then swing around ball and take it with the outside of the other foot. .
4. **Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
5. **Front Roll** -- While moving forward, pull ball across body with sole and take with outside of opposite foot.
6. **outside inside cut...**
7. **pass to self....**

EXETER GIRLS SOCCER 7 MINUTE DRILL

SEVEN MINUTE DRILL (required 7 minutes Varsity/10 min JV)

1. Rolls (10 each foot)
 1. Inside Roll
 2. Outside roll
 3. Front roll
 4. Back roll
2. Foundation (10 each foot, alternating feet 3 touches between moves)
 1. Side to Side
 2. Push-Pull
 3. Side to Side Step-On
 4. Side to Side Front Roll
3. Pull back and go. Do sequence with one foot then switch (10 times each foot)
 1. Pull, Instep Push
 2. Pull a Vee
 3. Pull & Take with Outside of foot
 4. Pull & Roll Behind
4. Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (10 times each foot)
 1. Pull Turn
 2. Inside of foot turn
 3. Outside of foot turn

5. Change of direction with fakes, 3 touches between fakes (10 times each foot)
 1. Lunge step
 2. Steptover
 3. Scissors
 4. Vee
 5. Front roll
 6. inside out side
 7. pass to self