

THE FOUNDATION: TECHNIQUE (AGES 4 TO 8)

Good technique is extremely important in soccer and is central to a long, fun and successful soccer career. Being introduced to these skills at a young age gives players time to refine and perfect their technique. A solid technical foundation will quickly separate players from the pack as they grow. At this foundational age, we will cover:

- GOOD BALL CONTROL.
- PROPER DRIBBLING AND PASSING TECHNIQUE
- DRIBBLING, FEINTS, AND TRICKS.