**SOCCER SKILLS CHECKLIST**

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| **BASIC SKILLS** | **Exceed** | **Met** | **Needs Work** |
| **Shooting** |  |  |  |
| 1. Place your supporting foot in line with the ball, you will achieve power while keeping your kick low. By placing it slightly behind, you will produce a rising or lofted ball. |  |  |  |
| 2. Your upper body should lean forward - your kick remains low and hard. |  |  |  |
| 3. In order to get the maximum power from a strike, the knee of your kicking leg has to be above or in line with the ball at the exact moment you make contact. |  |  |  |
| 4. Follow-through in a sweeping motion in direction of your target. |  |  |  |
| **Passing** |  |  |  |
| 1. Non-passing foot pointed at target. |  |  |  |
| 2. Kicking foot turned to allow for contact on inside of foot. |  |  |  |
| 3. Eyes stay on ball throughout the pass and come up during follow through. |  |  |  |
| **Dribble** |  |  |  |
| 1. Use the inside outside of the laces to control ball. |  |  |  |
| 2. Head up versus head down while dribbling. |  |  |  |
| 3. Ball is under control and not obviously being chased by dribbler. |  |  |  |