

CDH Girls Soccer 2016

Summer Soccer Program

*** Passion * Excellence * Together ***

***Important Dates and Information--**

- **CDH Soccer Sessions (June 6th - July 29th)** Mondays & Wednesdays -- 8:00 - 9:30 am
****no practices during CDH HS Camps & July 4th week****
- **Raider Edge (starting June 6th)** Monday-Thursday -- 10:15 am - 11:30 am
- **Sheila McGill/CDH High School Soccer Camp:** June 13-17, 2016 - 9am - 12 pm at CDH
- **Sheila McGill Competitive Individual Moves Camp:** June 20-24 9:30-11:30 am at CDH

Technical Skill Sets

(adapted from the standards the US Soccer Federation uses to evaluate national team players)

<u>Passing</u>	<u>1v1 Attacking</u>	<u>Solving Pressure Individually</u>
<ul style="list-style-type: none"> • Passing foot: <ul style="list-style-type: none"> • Left • Right • Types of Passes: <ul style="list-style-type: none"> • Chipped • Bent • Driven 	<ul style="list-style-type: none"> • Moves to Beat a Defender: <ul style="list-style-type: none"> • Hip Swivel • Stepover • Rivolino • Vee Cut • Cruyff • Etc. 	<ul style="list-style-type: none"> • Receiving & 1st Touch • Orientation when Receiving • Next Several Touches to Free Player from Pressure
<u>Ball Control:</u>	<u>Crosses/Services</u>	<u>Finishing</u>
<ul style="list-style-type: none"> • Receiving out of the air: <ul style="list-style-type: none"> • Head • Chest • Thigh • Laces • Inside of foot 	<ul style="list-style-type: none"> • Types: <ul style="list-style-type: none"> • Driven Low → Near Post • Driven High → Center or Back Post <ul style="list-style-type: none"> • Chipped to Back Post • Early Service: curled behind back four & bending away from the goalkeeper <ul style="list-style-type: none"> • Endline Service: 45°→ 6 yards out and near post 	<ul style="list-style-type: none"> • Placement Finishing: Bending, Chipping, Volleys • Types of Finishing: <ul style="list-style-type: none"> • Breakaways • 1 Touch from Wide Service <ul style="list-style-type: none"> • 1 Touch in a Crowded Penalty Box • Shots > 18