



Wilmington Youth Soccer Association



10 Technical Skill Moves Ranging From Basic - Intermediate - Advanced

Players will be allowed to perform each skill move to the best of their ability. If the move is completed successfully, the player can then check off the box.

Once the whole skill sheet is completed, players will receive WYSA training jersey!

BASIC:

1. Inside Chop + Outside Chop
2. Pull-back
3. Cruyff Turn
4. Ronaldo Chop

INTERMEDIATE:

5. Feint
6. Scissor
7. Step-over

***Bonus if you can perform double-skill for # 5, #6, and #7*

ADVANCED:

8. Fake Shot
9. Snake
10. Rainbow



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Check Box when Skill is Completed!

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