



SASA SKILL BUILDER

Watch the skill tutorial videos, practice the skills on your own for at least 30-40 minutes a day and get your parent/guardian to both initial and record the amount of time practiced each day.

Perform one **SKILLS** topic per day, 30 seconds per skill, 3 rounds total.

How many can you do in 30 seconds? Now beat your score in the next round.

BALL MASTERY

- > Work In Shapes
- > Use Both Feet
- > Add Speed once Comfortable
- > Combine Moves for a Challenge

CUTS & TURNS

- 6 Touches, 6 Turn Challenge**
- > Use Both Feet
- > Shoulder Check & Feints
- > Acceleration

1 VS 1 MOVES

- > Speed of Moves
- > Breakdown Move Slowly
- > Add Combos at Speed

PASSING & RECEIVING

- > Details of Receiving & Scanning
- > Use Both Feet
- > Add Receiving to Dribble

Inside V-Cuts

Inside Cuts

Double Scissors Take

Passing & Receiving
Back Foot

Outside V-Cuts

Outside Cuts

Scissors into
Stepover Take

Passing & Receiving
Outside Foot

Alternate V-Cuts

Step Over

Maradona Into Stutter

Passing & Receiving
Cruyff Turn

L-Cuts into V-Cuts

Pull Back

Drag & Take

Passing & Receiving
Inside Hooks

U-Shape

Stop & Turn

Chop Into Roll Drag

Passing & Receiving
Outside Hooks

Box-Shuffles

Cruyff



Skill Challenge

Tag us one social media in a video of yourself completing the number of juggles to be enter into draw to win a prize pack.

SASA SKILL BUILDERS

- 25 Header Juggles = Platinum Prize Pack
- 100 Juggles = Bronze Prize Pack
- 200 Juggles = Silver Prize Pack
- 500 Juggles = Gold Prize Pack

Week of

	Set 1	Set 2	Set 3
Ball Mastery			

	Set 1	Set 2	Set 3
1 vs 1 Moves			

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