



Fundamental At-Home Skills and Drills

By: Brittney Morgan



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MEET THE SPEAKER



**Brittney
Morgan**

4X ASUN All-Conference Defender & BSN SPORTS
Sales Professional in Georgia



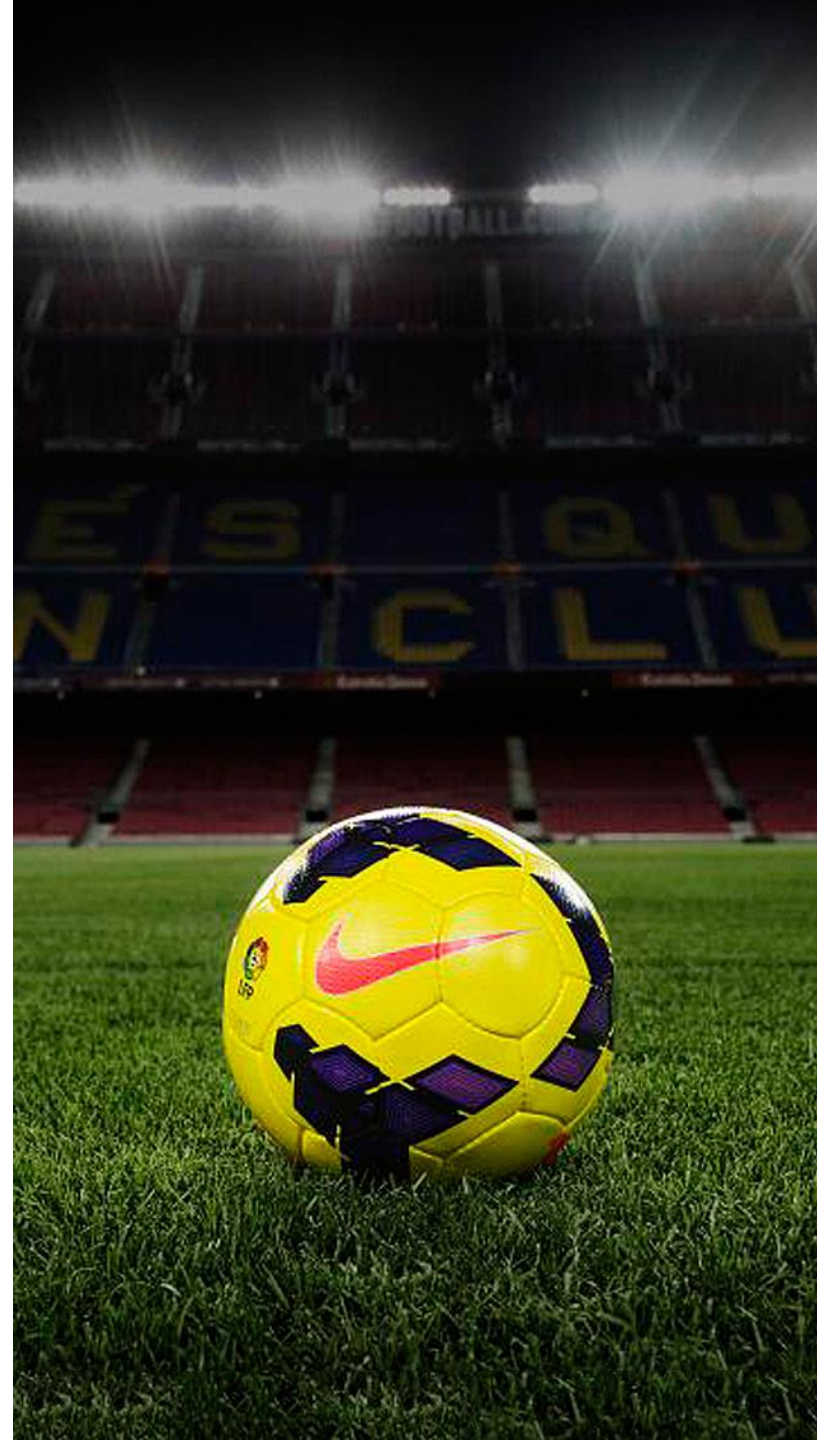
Brittney is a highly decorated collegiate soccer player who played for University of Florida & Kennesaw State University in her career. During her time at Kennesaw State she was a 4-time ASUN All-Conference Selection and voted preseason defender of the year in 2014 as well.

She currently holds the NCAA record for goals in a half (4), and Kennesaw State University records for the following: Most points in a game (12), and most goals in a game (6). She was voted team captain as well as Best Female Athlete in 2015.

She currently plays for the semi-professional soccer team Chattanooga Lady Red Wolves. She also owns her own soccer training business called Predator Soccer Training. She has been coaching for the last 5+ years and has a wealth of knowledge in the sport.

Soccer Webinar Overview

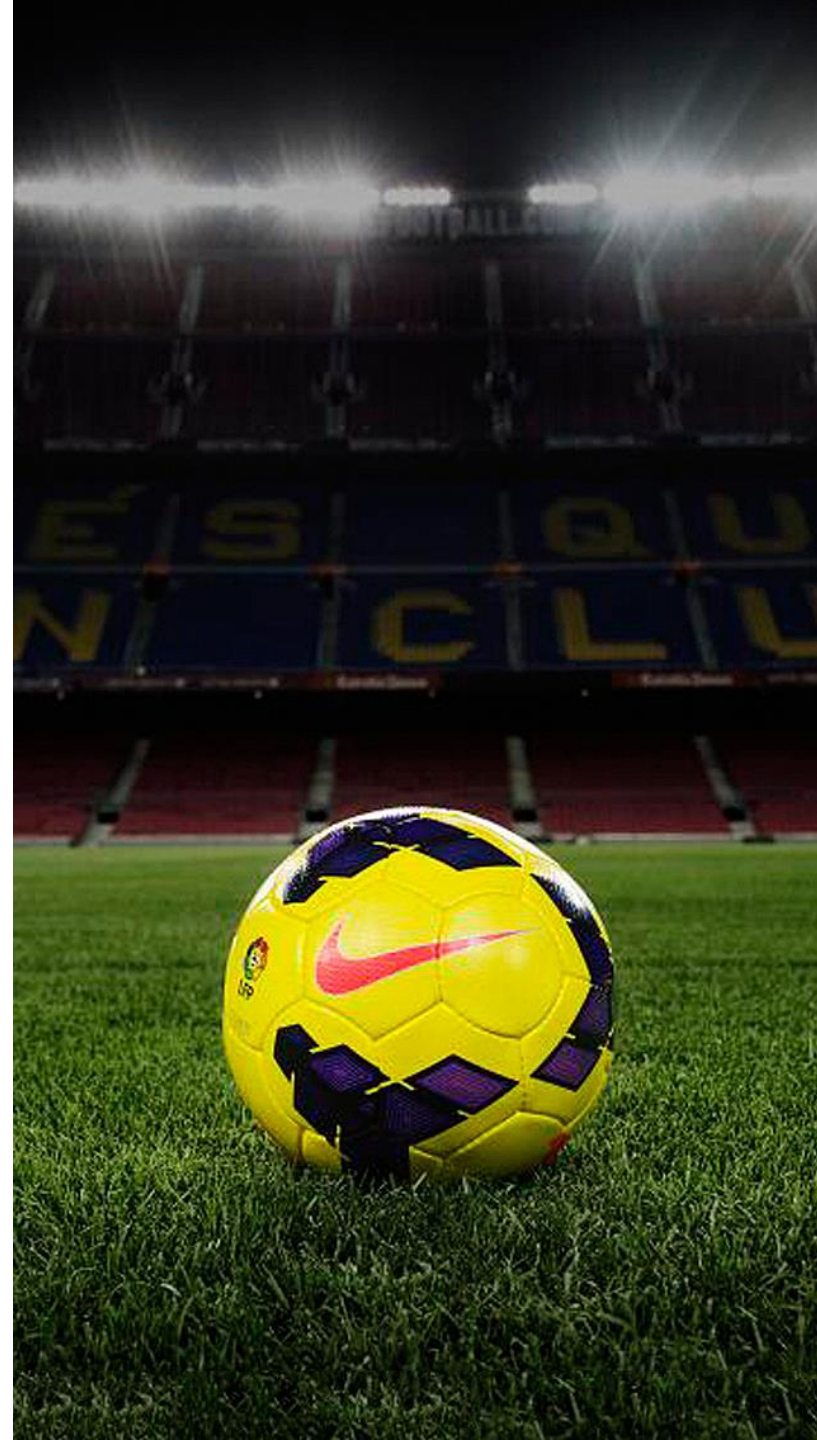
- ✓ **Soccer Training Drills for Coaches & Athletes**
- ✓ **Training Tips for Coaches & Athletes**
- ✓ **Resources for Coaches & Athletes**



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Training Tips for Coaches

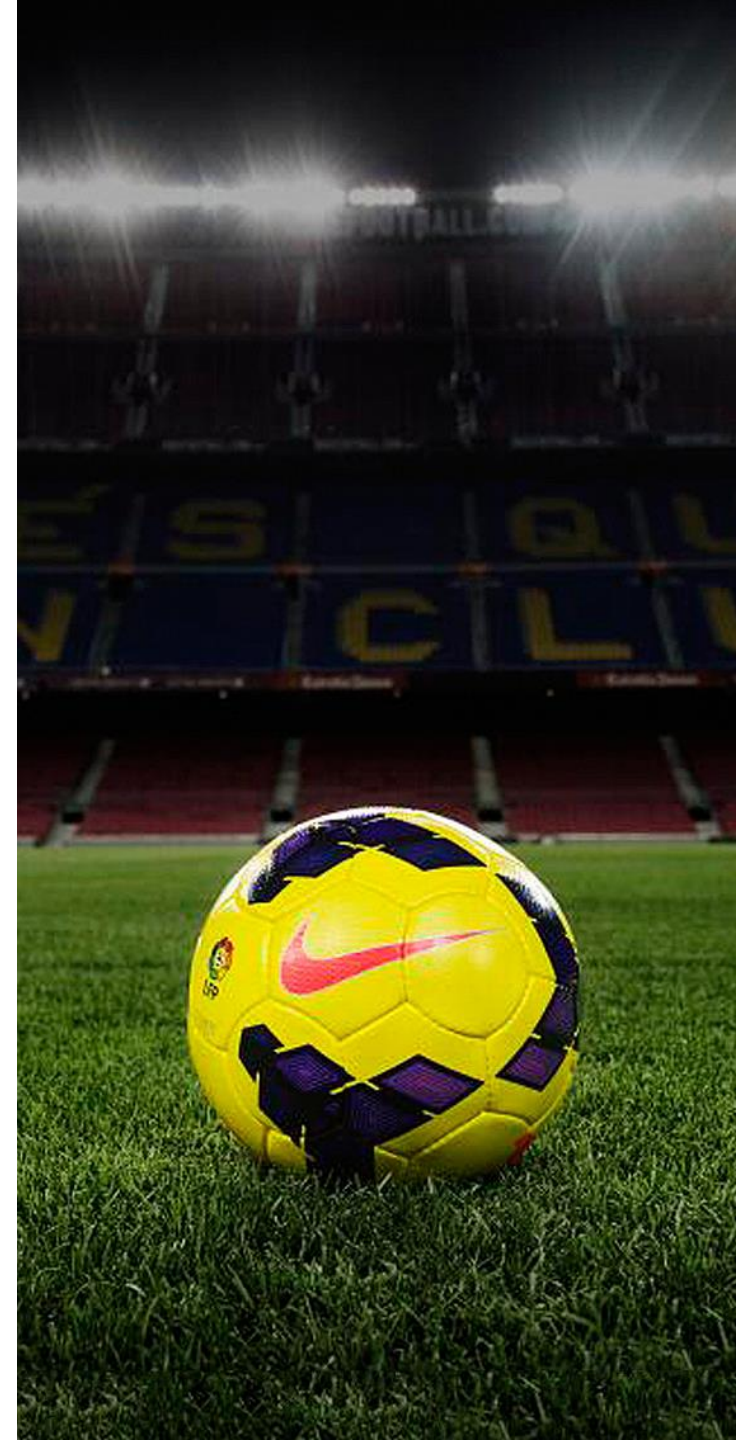
- Find ways to stay connected to your athletes
 - Zoom calls
 - Facetimes calls
 - Texts/phone calls
- Ask Questions
 - Do your athletes have training equipment?
- Send your athletes recommended drills to complete each week. Make sure the drills are challenging and ask for videos for accountability.



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Training Tips for Athletes

- **Stay Active!**
- **Strength & Conditioning + Soccer Training**
- **Create virtual challenges with teammates**
- **Utilize Social Media to share hard work training**
- **Focus on improving weaknesses and enhancing strengths**
- **Watch high level soccer matches**

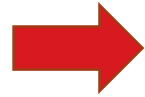


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SOCCER TRAINING DRILLS



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Dribbling

**Fast
Footwork**

Juggling

Passing

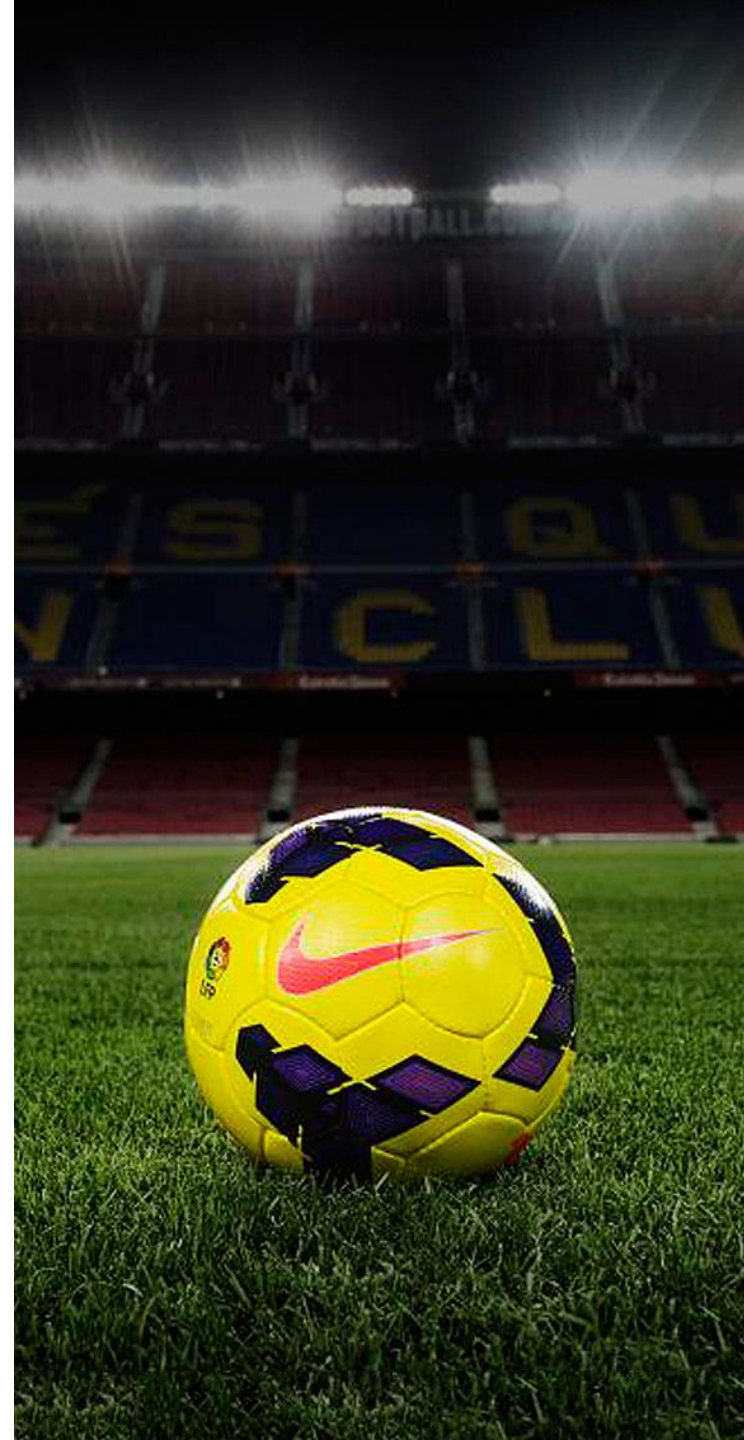


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DRIBBLING

■ Key Points

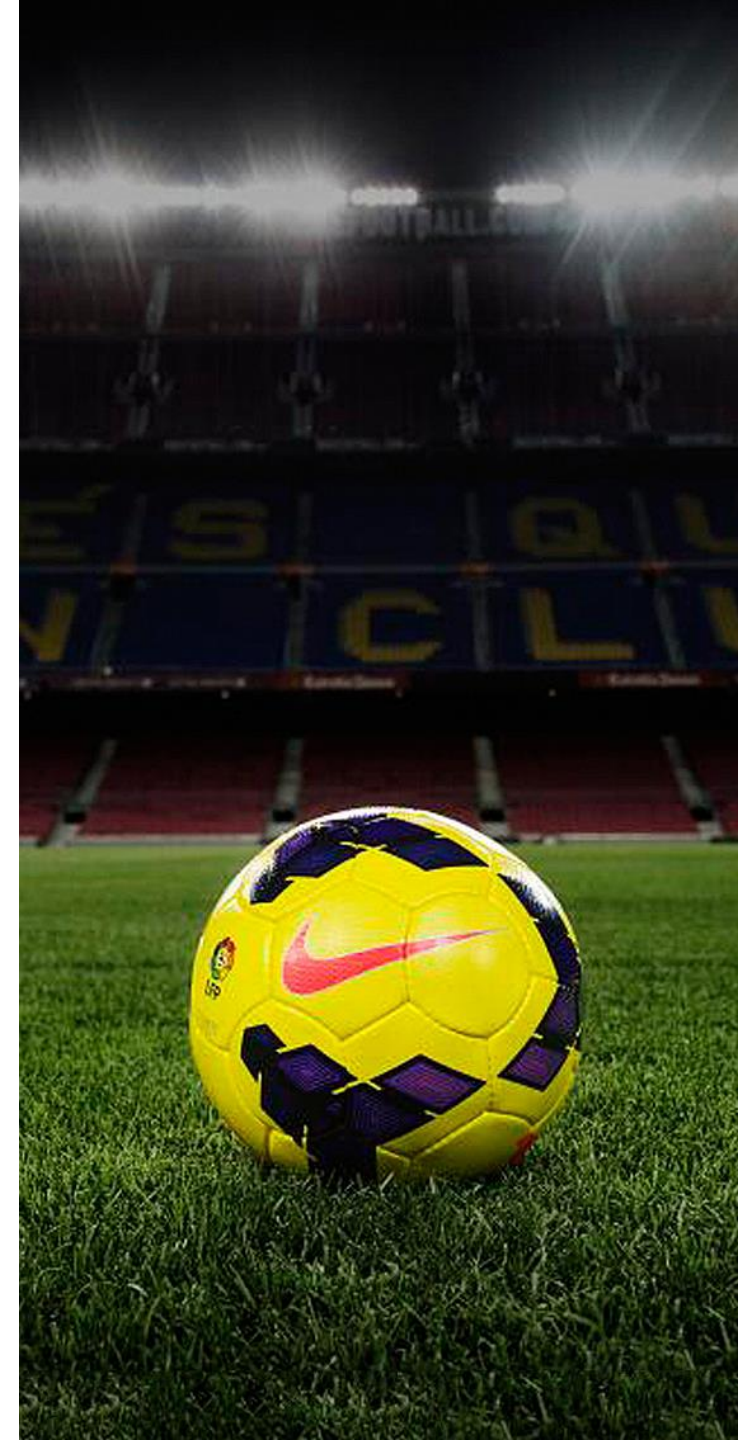
- **Every step is a touch on the ball**
- **Small quick steps, small quick touches**
- **Using different parts of the foot**
- **Take a look around (for awareness)**
- **Good Ball Control (Keep the ball close)**



FAST FOOTWORK

■ Key Points

- High intensity intervals
- Quick touches
- Different types of touches (inside, outside, sole, laces)

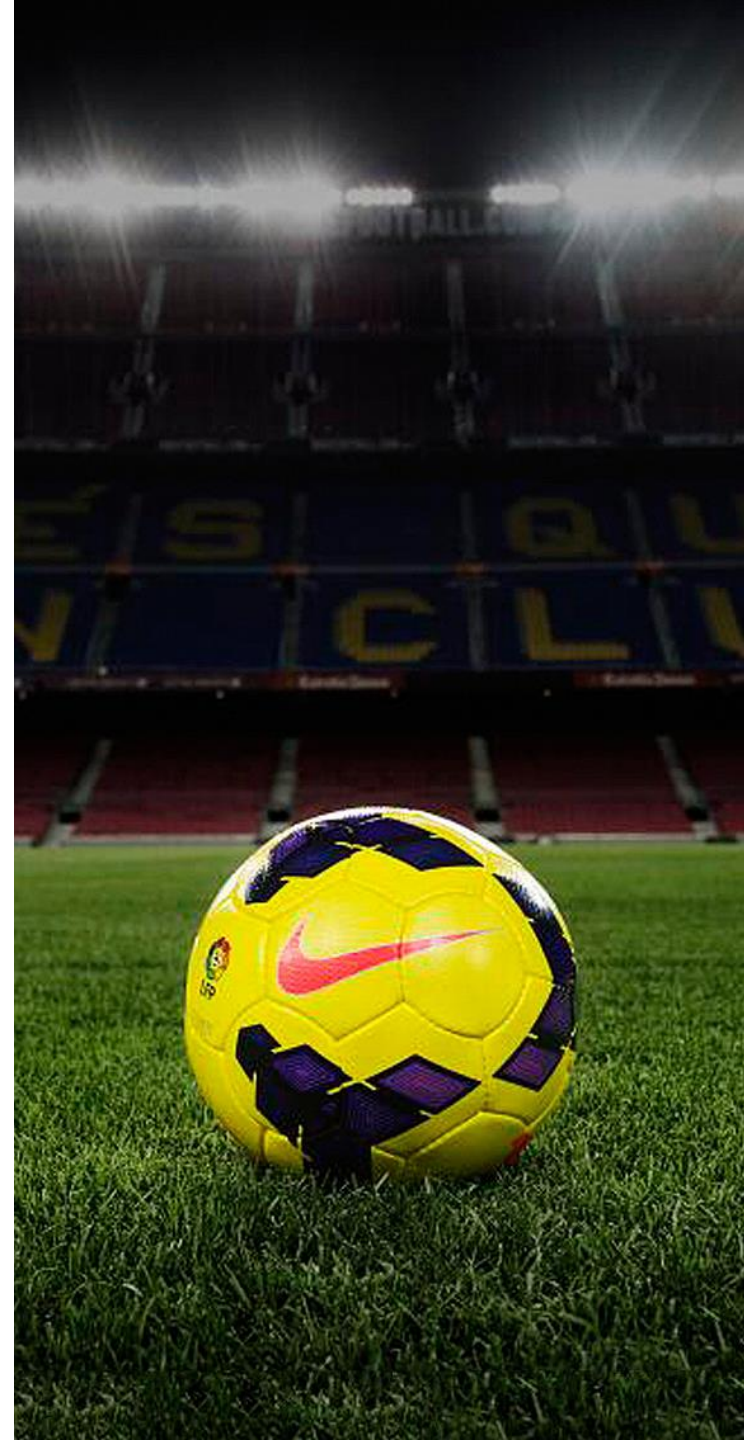


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JUGGLING

■ Key Points

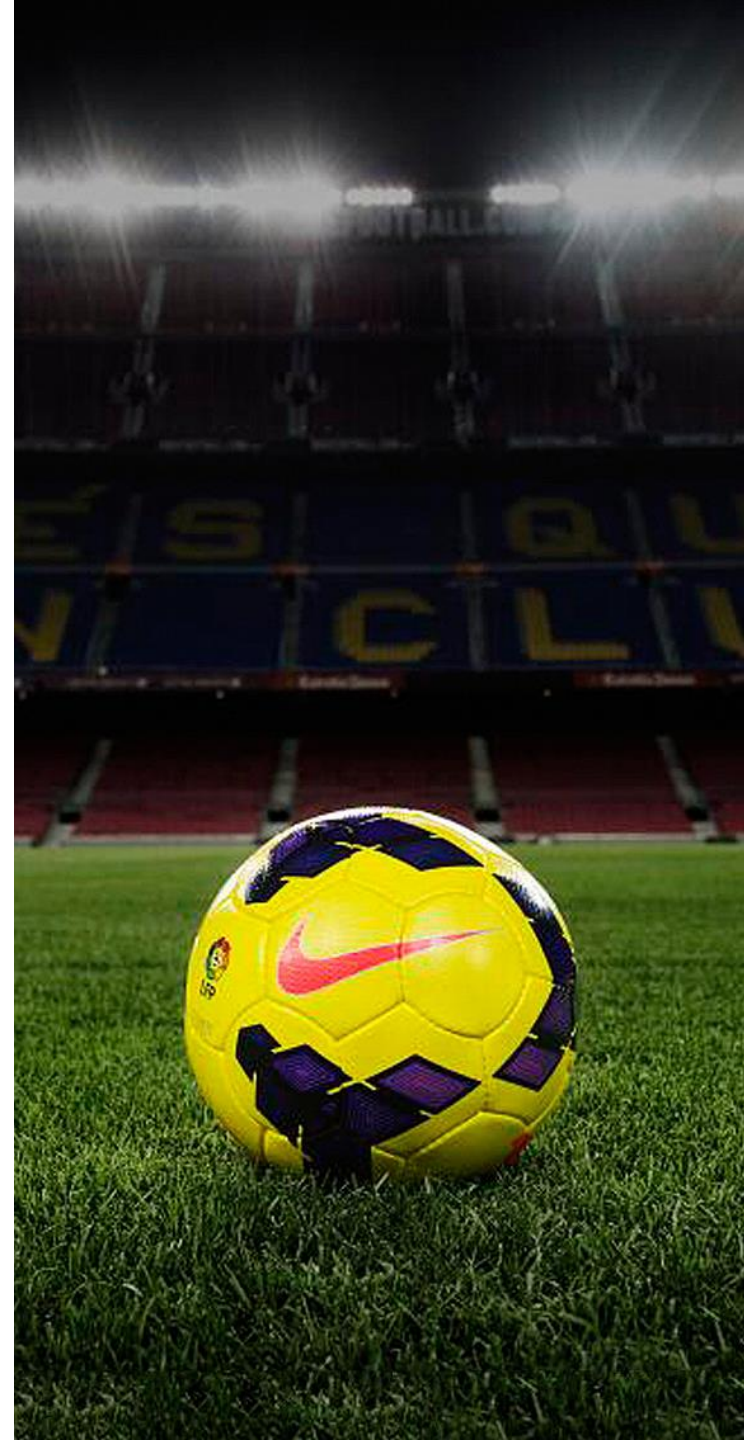
- **Keep Ankle Locked**
- **Keep the ball below the chest**
- **Use your laces**
- **Eliminate backspin**



PASSING

■ Key Points

- **Plant foot facing target**
- **Ankle locked (kicking foot)**
- **Follow through pass**
- **Control the weight of the pass**



Resources



@Predatorsoccertraining



**Predator Soccer Training
BSN SPORTS Coaches Corner**



**Ship-To-Home
Training Equipment**



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VISITORS

Questions?



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