

VIDEO SKILLS LIBRARY



Below are the links to the NMSC 5 Week “Skill Builder” Challenge:

Week 1 (June 1 –7) - “Ankle Rolls” - [click here](#)

Week 2 (June 8 –14) - “Ball Circles” - [click here](#)

Week 3 (June 15 –21) - “Inside Taps” - [click here](#)

Week 4 (June 22 –28) - “The Slide” - [click here](#)

Week 5 (June 29 –July 5) - “V-Shape” - [click here](#)

KEY Technical Points:

Keep the Ball Close – Close control is important – don’t kick the ball away. By repeatedly keeping close control, the child forms a learning circuit in the brain.

Use Both Feet – Try each skill using both your right and left foot. Using both feet will improve a player’s coordination and helps stimulate a child’s brain.

Use All Surfaces – Players should look to touch the ball with the inside, outside and sole of their feet to experience what each surface feels like and how they can use them to manipulate the movement of the ball.

Maximize Touches – Exercising while using a ball can work both the brain and the body and promote the growth of new brain cells. It is “Le3arning with a Ball” and it can have a big impact in early childhood, when the brain is developing at a rapid rate.

