



Real Colorado Edge 7U/8U Technical Targets

Dribbling

Novice Level

- ◆ Running with the ball to go forward or laterally.
- ◆ Running with the ball to go around an opponent.
- ◆ Turning the ball with the inside of the foot.
- ◆ Ball manipulation with the sole of the foot.

Intermediate Level

- ◆ Turning the ball away from an opponent with the inside of the foot.
- ◆ Turning the ball with the outside of the foot.
- ◆ Changing directions with the sole of the foot.

Advanced Level

- ◆ Turning the ball away from an opponent with the outside of the foot.
- ◆ Running with the ball using the farthest foot to dribble around an opponent.
- ◆ Making a feint/fake while dribbling (Scissors, Cryuff, Matthews, etc.).

Passing

Novice Level

- ◆ Push pass through the middle of the ball with the inside of the foot.
- ◆ Manipulate the weight of the pass.

Intermediate Level

- ◆ Introduce using the outside of the foot to pass.
- ◆ Passing to a teammate's feet so they can keep control.

Advanced Level

- ◆ Introduce using instep to make a longer pass.
- ◆ Passing a ball into space for a teammate to receive.



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Shooting

Novice Level

- ◆ Use of the instep/laces to shoot the ball.
- ◆ Placement of non-shooting foot to aim the ball to goal (Target).
- ◆ Transfer weight to strike the ball.
- ◆ Shooting off the dribble or while running with the ball.
- ◆ Emphasis on keeping the head steady when shooting.

Intermediate Level

- ◆ Shooting within two touches after receiving a pass from a teammate.
- ◆ Shooting a ball that is rolling away.

Advanced Level

- ◆ Turning the ball to shoot toward the goal.
- ◆ Shooting one touch after receiving a pass from a teammate.

Receiving

Novice Level

- ◆ Preparing to receive a pass with the inside of the foot.
- ◆ Physical preparation to receive a ground pass while moving.
- ◆ Redirecting a ground pass away from an opponent.
- ◆ Prepare the ball to dribble.

Intermediate Level

- ◆ Body awareness to improve vision when receiving a ground pass.
- ◆ Balance when receiving a ground pass.

Advanced Level

- ◆ Using the outside of the foot to receive a ground pass.
- ◆ Preparing a moving ball to shoot or to set up for a pass to a teammate.



Real Colorado Edge 7U/8U Game Concepts & Common Language

Attacking

- ◆ Can you go forward? Attack the space.
- ◆ Can you go forward by using a teammate?
- ◆ Can you keep the ball from the opponent?
- ◆ Can you make the decision on when to dribble and when to pass?

Defending

- ◆ Can you win the ball back?
- ◆ Can you stop the player with the ball from going around you?
- ◆ Can you and a teammate stop the ball from going around you?
- ◆ One player to the ball!
- ◆ Find your shape.

Shape

- ◆ **1-1-2-1 diamond**
- ◆ **1-2-2 square**
- ◆ **1-2-1-1 defensive**

Number System

- ◆ **1-Goal keeper**
- ◆ **4-Center back**
- ◆ **7-Right Midfielder**
- ◆ **11-Left Midfielder**
- ◆ **9-Striker**