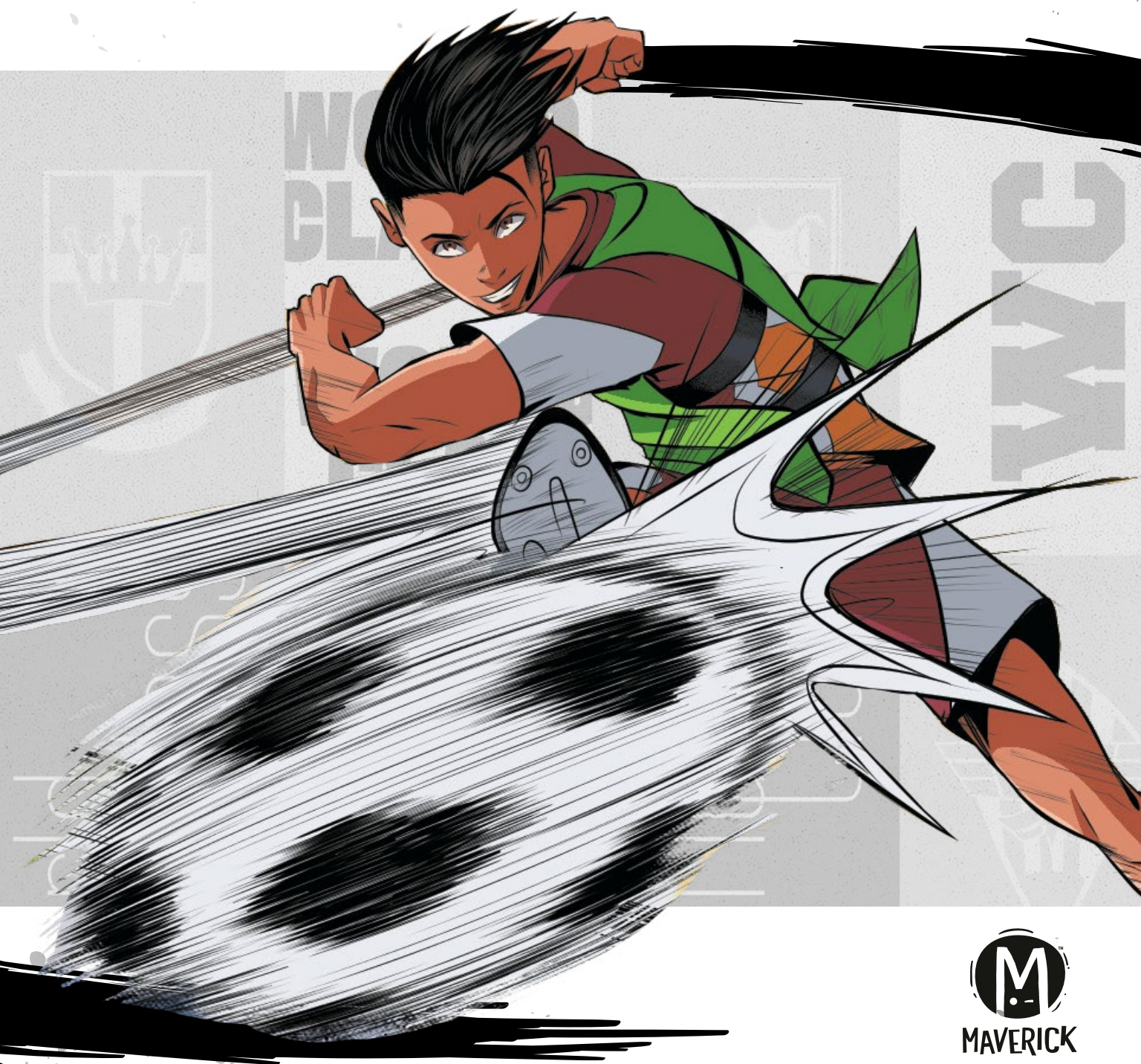


# WORLD CLASS

Discover Your Team



MAVERICK





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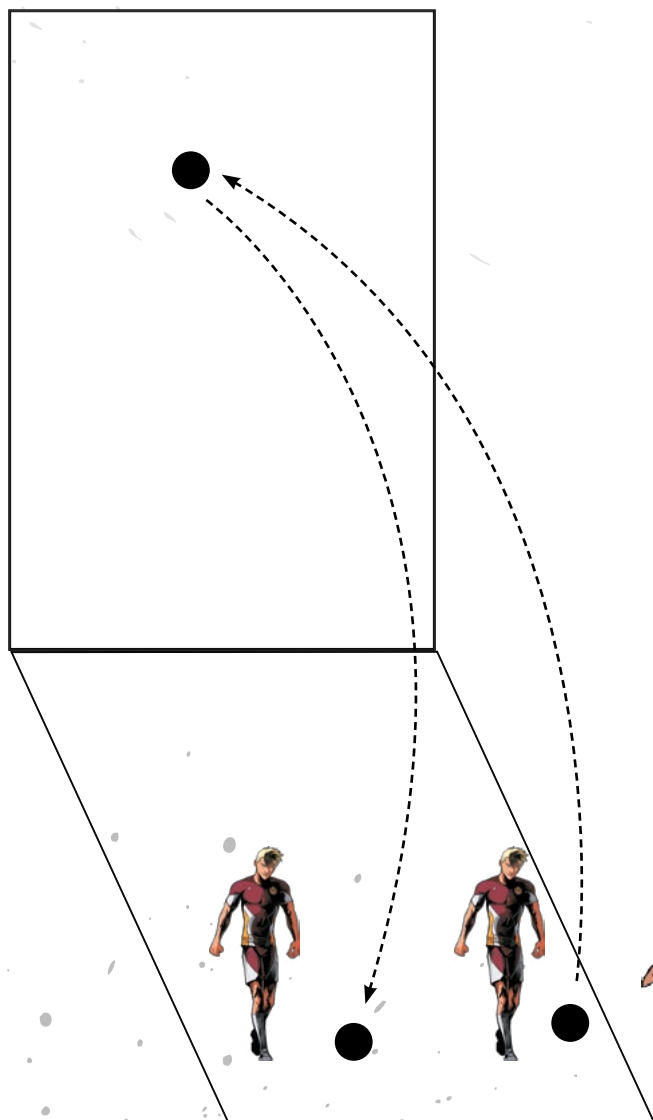
# 1. Soccer Drills To Do At Home

## Wall Ball Drill

What You Need:

- **Soccer ball**
- **Solid wall or tall fence**

Wall ball is one of the simplest solo soccer drills. All you need to do is stand a few feet from the wall and kick the ball towards it, using the return to train passing, kicking, or receiving skills. Stand closer to the wall to practice receiving and further away to practice kicks. For precision, aim your shots towards a marker on the wall. Avoid using a wall with gaps or windows — that's just asking for trouble. A solid fence can work in place of a wall, but a chain-link fence can damage the ball.



# 2.

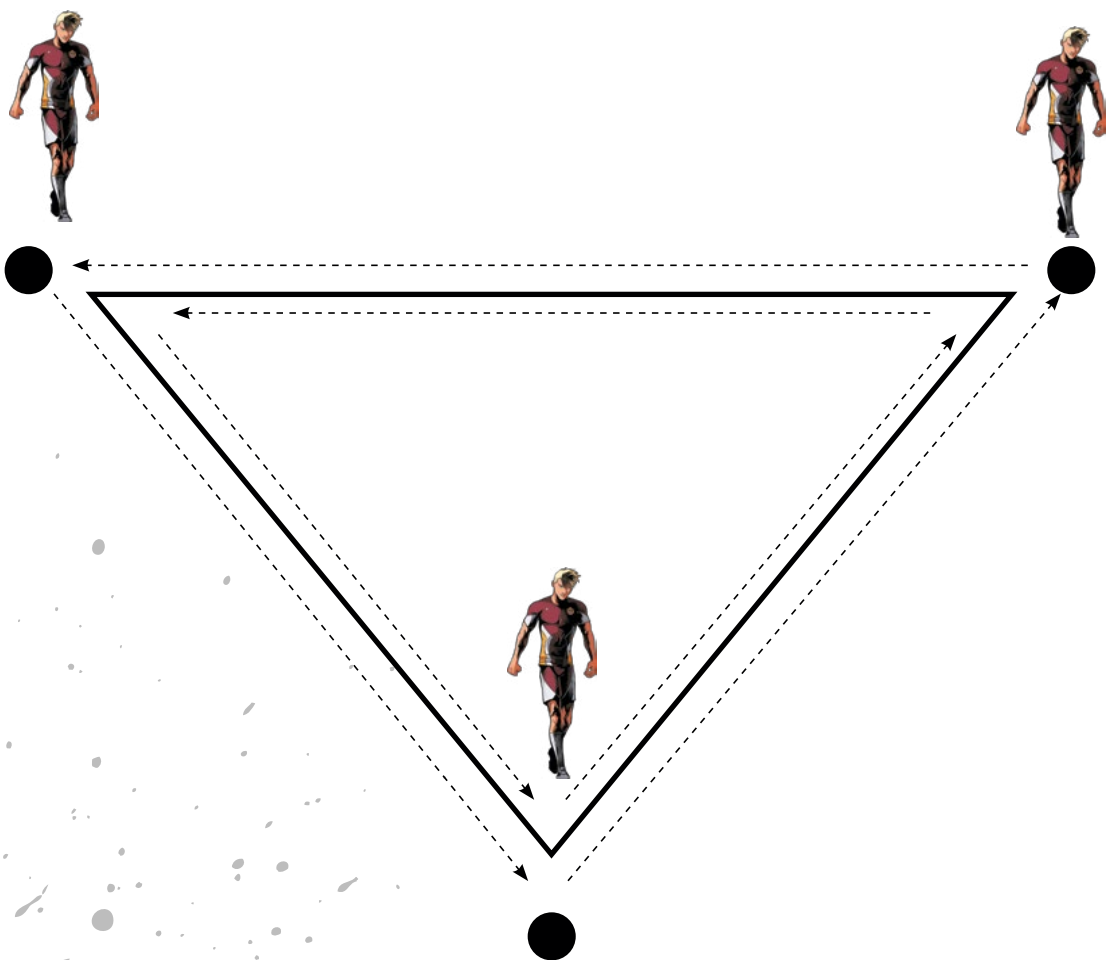
## Soccer Drills To Do At Home

### Triangle Drill

What You Need:

- **Soccer ball**
- **3 cones or any markers**
- **At least 10' x 10' of space**

One of the earliest drills new players learn is the triangle drill, which develops skill in dribbling and moving the ball in close quarters. All you need to do is form a triangle with three pylons about five feet apart, then dribble the ball between them.



# 3.

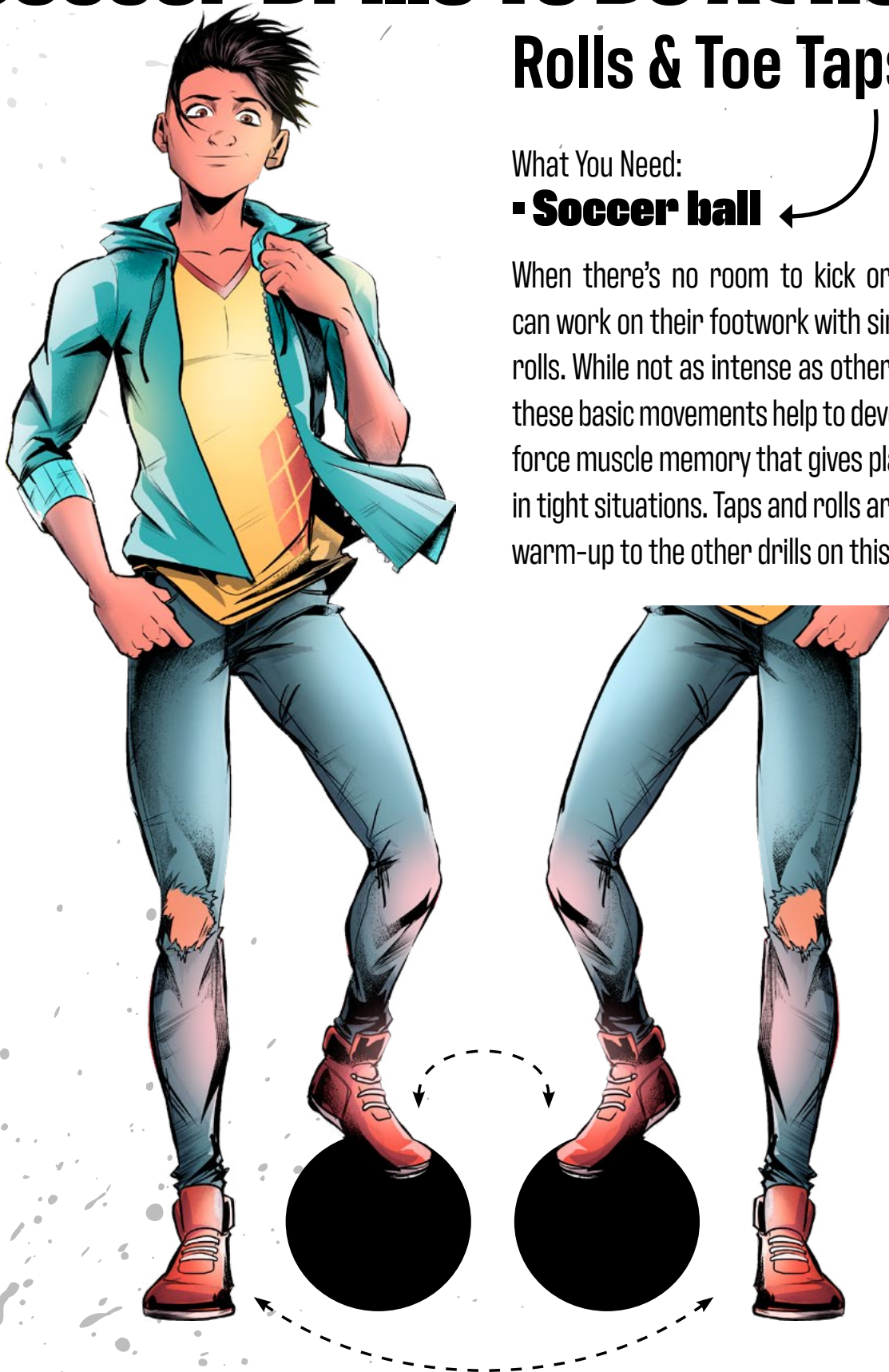
## Soccer Drills To Do At Home

### Rolls & Toe Taps Drill

What You Need:

• **Soccer ball**

When there's no room to kick or run, players can work on their footwork with simple taps and rolls. While not as intense as other soccer drills, these basic movements help to develop and reinforce muscle memory that gives players an edge in tight situations. Taps and rolls are also a great warm-up to the other drills on this list.



# Take A Moment to Reflect

Nothing means more to Adrian than making his family proud and fulfilling his dream to play in the big leagues; what are your biggest dreams and goals?

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Luciano DeSilva takes Adrian under his wing, and gives him the confidence to be himself - who does this for you, and how can you be there for those you care about in the same way?

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# How To Deal With Bullying

→ Bullying hurts, and being a victim of any kind of bullying does not feel good. It's important for you to know two things:

**You're Not Alone**  
**It's Not Your Fault**

If you or someone you know is being bullied, there are things you can do to keep yourself and others safe from bullying. Each instance can present a different type of problem. **Stopbullying.gov** provides resources to help you identify the specific type of problem you or someone you know is dealing with, and provides ways you can get help!



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