

Inter Milan Youth Academy Skills

- Develop specific skills, dribbling and close control.
- Suitable for teams or small groups of players.
- Apply different types of turns to game situations.
- 40 different videos
- 8 organized blocks of skills
- Over 85 minutes of content
- Slow motions to 'catch' every detail
- Key points for each skill or exercise

These are the different skills that you will find in this package:

1) Close control:

- Inside-inside
- Inside-inside and step over

2) Skills:

- Elastico
- Roll and step over
- Step over
- Roll over
- Zidane turn (Veronica)
- Drag back and change of direction

3) Turns:

- Stop turn
- Inside hook
- Cruyff turn
- Drag back and Cruyff turn
- Outside hook
- Roll and step over

4) Skills combination:

- Roll-roll, inside-inside and roll-stop
- Inside-outside combinations
- Laces-stop, step over and inside-inside

5) Skills to square:

- Running with the ball at speed
- Inside-outside ball control
- Roll and outside touch
- Step over at speed
- Dribble at speed
- Dribble around the cone with inside of the foot
- Dribble around the cone with outside of the foot

6) Change of direction in channels:

- Roll sideways
- Inside-outside touch
- Feint and outside of the foot touch
- Step over and feint
- Roll and step over
- Veronica - Zidane turn

7) Dribbling and turning through gates:

- Roll sideways and passing
- Step over and outside touch

- Step over and give and go
- 'Veronica' and give and go

8) Movement before receiving the ball:

- Feint before receiving
- Inside-inside control and pass
- Roll over and pass
- Zidane turn and pass
- Step over and pass