



**Stars and Stripes  
Community Program**

# Purpose

- To promote individual skill development for players 8-14 years of age.
- To encourage players to practice on their own) “Stripes”.
- To promote college and university soccer programs throughout the state of Indiana. (community) “Stars”.

# Program

## “Stripes”

### Five Themes

- One Stripe(Dribbling)
  - Two Stripes(Juggling)
  - Three Stripes(Receiving)
  - Four Stripes(Passing)
  - Five Stripes (Shooting)
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- Dribbling, Juggling, Receiving, Passing, Shooting
  - Five sessions done within your local club or at home.

## Program Options

There are two options to earn your awards:  
Attend 4 college/high school matches and participate in all of the clinics that are set up by each college/high school.

OR-

Attend 2 college/high school matches and write an observation report. Additionally, complete the “Stripes” skills program either at home or with your local club/coach.

# Program

## “Stars”

Attend two college or high school soccer matches.

- Players will mail an observation sheet to Indiana Youth Soccer in which they will inform the director of education the dates and schools of the two matches they watched.
- After the second match, mail the observation sheet along with their “Stripes Skills Sheet” to the director of education of Indiana Youth Soccer on what you observed for one of the matches.
  - Ideas for observation are:
    - What skills you noticed the players really utilizing (dribbling, passing, receiving, heading, etc.)
    - What you learned from watching the player that plays your position.

- *Observation reports should be no more than one page in length.*

# Registration Process

- Participants must pre-register via the Indiana Youth Soccer website.
- After registering, download the “Stars” match observation sheet and “Stripes” Skills sheet
- There is a \$15 fee which pays for the scarf you will receive after completing both the “Stars” and “Stripes” requirement.

# Awards

- Participants will receive free admission to the college/university match that is hosting the “Stars”.
- Participants will receive an “Stars and Stripes” scarf and certificate after completing the requirements for both programs.

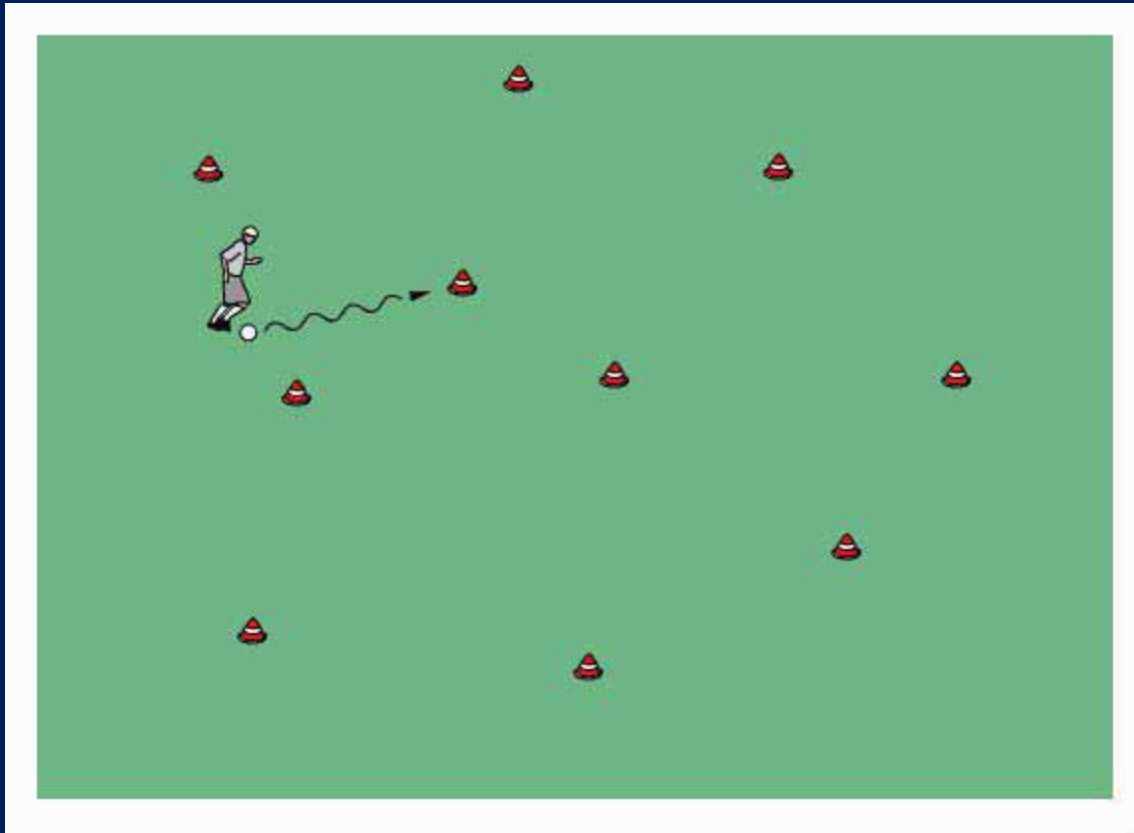
# Verification

- Participants attend a participating college/high school match.
- Players will download a “Match Observation Sheet and a “Stripes Skills” sheet.
- After attending the two matches, mail the director of education for Indiana Youth Soccer the “Match Observation Sheet”.
- The “Stripes” sheet will be initialed by either your coach and/or parents.
- The “Stripes” sheet will then be emailed or sent in via mail for verification.

# One Stripe

- Dribbling
    - **Yard Dribble -**
    - Around your yard, scatter cones, tin cans, towels, etc throughout the yard. You will then dribble from cone-cone.
      - Stage 1-Dribble to all of the cones using right foot.
      - Stage 2-Dribble to all of the cones using left foot.
      - Stage 3-Dribble to a cone with either foot then roll to another cone. Alternate feet.
      - Stage 4-Dribble to a cone, do a move and then dribble to another cone.
- Repeat until you do 5 moves.

# One



# Two Stars

- Juggling Kick-bounce
  - Feet only-no bounce
  - Alternate Feet-no bounce
  - Two parts-no bounce

# Juggling

## Stage 1-Kick-Bounce

- Players bounce ball off ground/floor, juggle -bounce. Alternate Feet. Players can catch ball if needed in between feet. Repeat 10x

## Stage 2-Feet

- Players juggle ball with feet only. No bounce
  - 8-10 year olds-juggle with feet 8 times without bouncing.  
**Target Score-6 times without bouncing.**
  - 11-12 year olds-juggle with feet 10 times without bouncing.  
**Target score-10 times without bouncing.**
  - 13-14 year olds-juggle with feet 15 times without bouncing.  
**Target Score-15 times without bouncing.**

# Juggling (continued)

## Stage 3-Alternating Feet

- 8-10 year olds-juggle 6 times alternating feet without bouncing.  
**Target Score is 5 times without bouncing.**
- 11-12 year olds-juggle 10 times alternating feet without bouncing  
**Target Score is 8 times without bouncing.**
- 13-14 year olds-juggle 14 times alternating feet without bouncing.  
**Target Score is 12 times without bouncing.**

## Stage 4-Two body parts juggling

**Players can not use the same body part twice.**

- 8-10 year olds-juggle 6 times without bouncing.  
**Target Score is 4 times without bouncing.**
- 11-12 year olds-juggle 10 times without bouncing.  
**Target Score is 10 times without bouncing.**
- 13-14 year olds-juggle 14 times without bouncing.  
**Target Score is 12 times without bouncing.**

# Three Stars

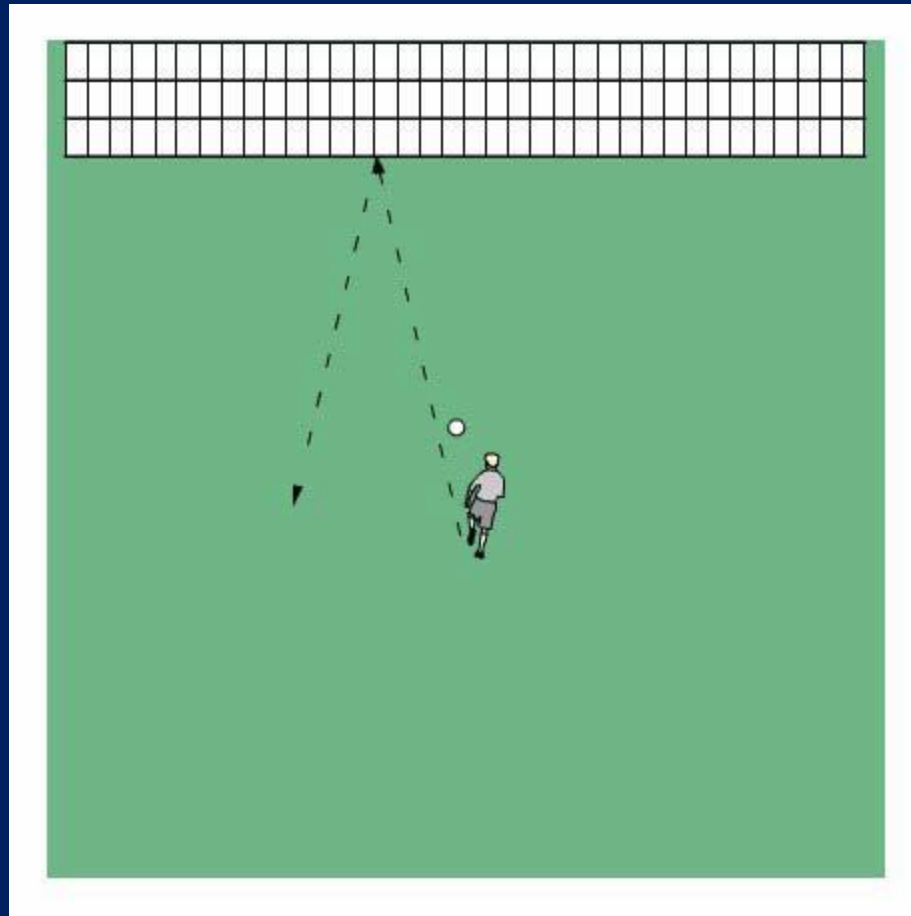
- Receiving
  - Use a wall, kick board, rebounder, etc.
- The object is to strike the ball against a wall and then receive it and strike it back against the wall.
  - **Stage 1** Strike ball against wall, receive ball with one foot, strike ball back to the wall with the other foot.  
Repeat 10x
  - **Stage 2** Strike ball against wall, receive ball with foot, strike ball back and then receive with a different part of your feet (outside, inside, etc.)  
Repeat 10x

# Three Stars

## Receiving

- Stage 3 - Strike ball against wall from your hands (punt), receive ball in the air off the wall and catch.  
Repeat 10x
- Stage 4 - Strike ball against wall from your hands (punt) receive ball with one body part, transfer to another body part, then catch.  
Repeat 10x

# Receiving Diagram



# Four Stars

- Passing
- Soccer Golf
  - Spread out, towels, t-shirts, etc. across a yard or area to create different golf “holes”. If using a towel or a t-shirt the ball must completely stop on top of it in order to count. Try to pass the ball from a distance and have the ball completely stop on a towel or t-shirt.

# Passing

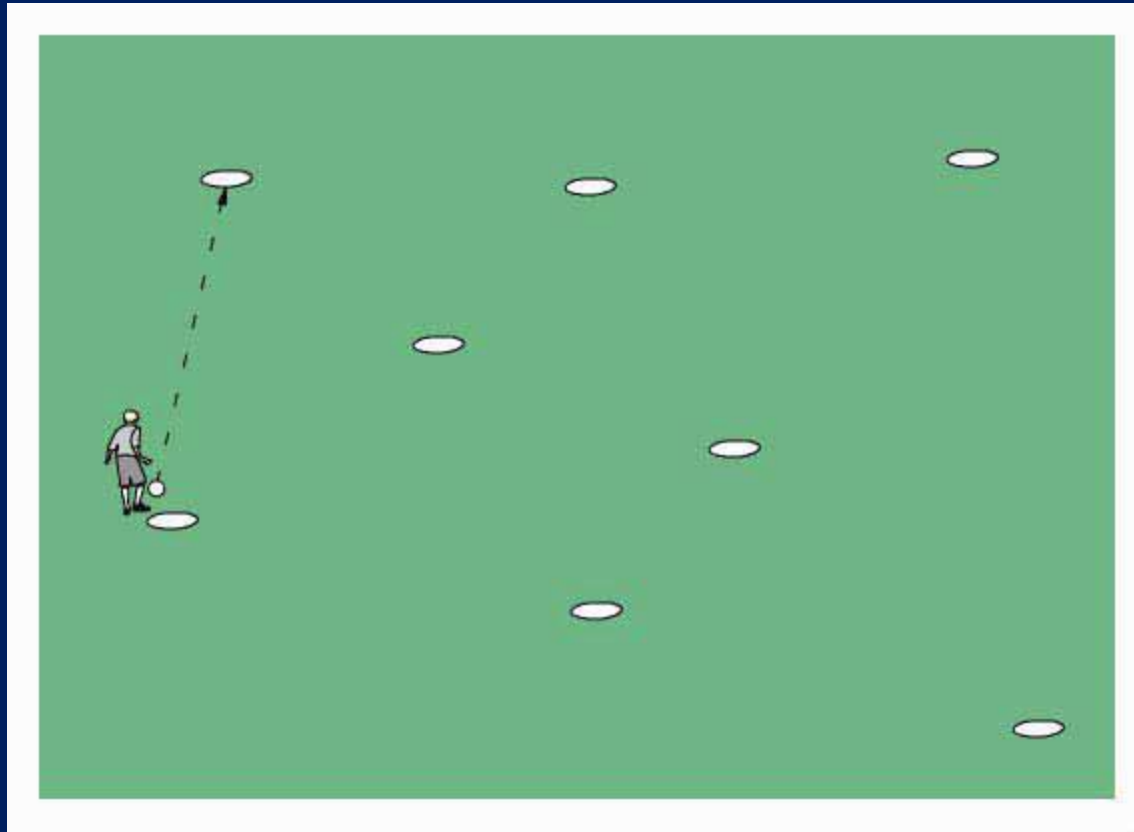
**Stage 1 - Stationary Passing** - Stand and pass to a “hole” with right foot. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x

**Stage 2 - Stationary Passing** - Stand and pass to a “hole” with left foot. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x

**Stage 3 - Longer Passing** - Stand and pass to a “hole” with either foot but you must always pass to the farthest “hole”. Repeat 15x

**Stage 4 - Moving** - Dribble in between holes and then aim for a hole. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x

# Passing Diagram



# Shooting

- Create a tunnel with cones 5 yards wide and 12-16 yards in length. A small 3 yard cone is made on each end.

Players should strive to have the ball go through the cones on the ground with pace or low, with the ball skipping as they it is going through the cones.

- **Stage 1-Dribble and Shoot.** Player stands on one end dribbles the ball up to the two cones and then shoots with strong foot. Repeat 4 times shooting twice with strong foot and twice with weaker foot.

# Five Stars

- Shooting
- Tunnel
  - Dribble and Shoot
  - Dribble and Shoot across
- Players can use a “wall” as a substitute for a goal.

# Shooting

## Stage 2 Shooting - Dribble and Shoot Across.

Player starts on one end, dribbles past the cone directly opposite and then shoots back to the far cones with weaker foot.

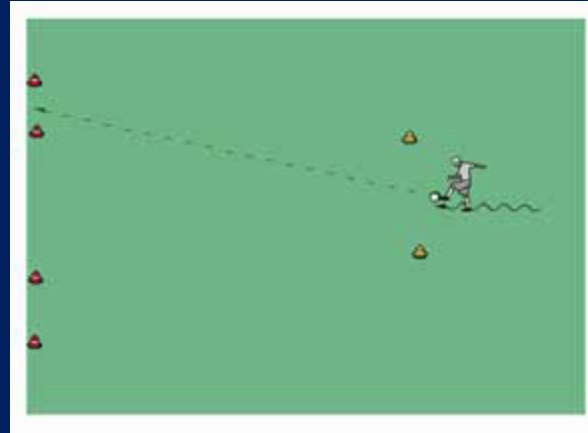
Repeat 5 times.

Stage 3 - Same as stage 2 except use the stronger foot.

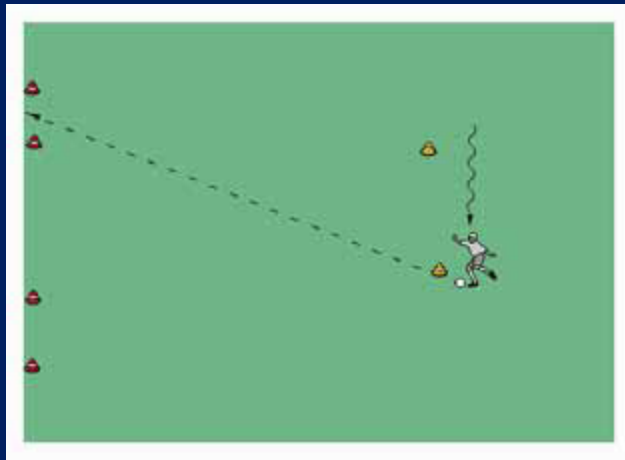
Repeat 5 times.

# Shooting Diagrams

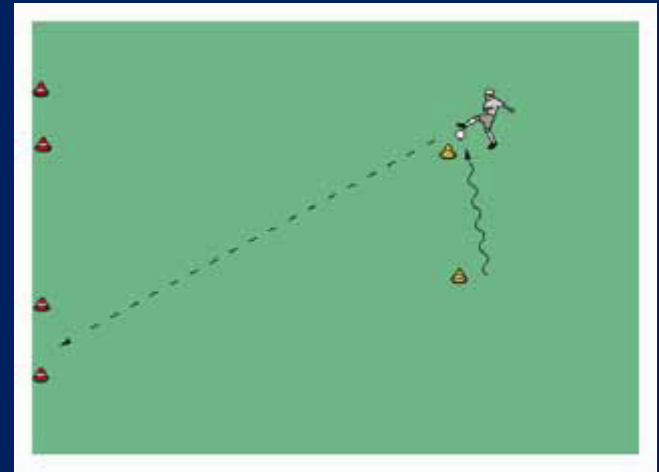
## Stage 1-Dribble and Shoot



## Stage 2 - Dribble and Shoot Across-Weak



## Stage 3 - Dribble and Shoot Across-Strong





Any Questions?

Contact: Steve Franklin,  
Director of Education for Indiana Youth Soccer.

[Steve@indianayouthsoccer.org](mailto:Steve@indianayouthsoccer.org)

1-800-347-4972 ext. 101