



## American Baseball Foundation BASIC Summary and Progression of Soccer Instruction

Lesson #	Skill Category	Lesson Title	Area of Instruction
1	Passing	Soccer Passing 1	
2	Ball Control	Soccer Ball Control 1	
3	Ball Dribble	Soccer Ball Dribble 1	
4	Ball Control	Soccer Ball Control 2	
5	Passing	Soccer Passing 2	
6	Shooting	Soccer Shooting 1	
7	Ball Dribble	Soccer Ball Dribble 2	
8	Teamwork	Soccer Teamwork 1	
9	Passing	Soccer Passing 2	
10	Ball Dribble	Soccer Ball Dribble 3	
11	Ball Dribble	Soccer Ball Dribble 4	
12	Shooting	Soccer Shooting 2	
13	Passing	Soccer Passing 3	
14	Throw In	Soccer Throw In 1	
15	Dribble	Soccer Ball Dribble 5	
16	Corner Kick	Soccer Corner Kick 1	
17	Ball Dribble	Soccer Dribbling 6	
18	Shooting	Soccer Shooting 3	
19	Ball Dribble	Soccer Dribbling 7	
20	Passing	Soccer Passing 4	
21			
22			
23			
24			
25			



## **American Baseball Foundation BASIC Summary and Progression of Soccer Instruction**