

LA GALAXY VIRTUAL SKILLS SERIES PRESENTED BY DIGNITY HEALTH

Push yourself to the next level by mastering the skills below. As you become more comfortable with each move, challenge yourself to add multiple moves without stopping.

The end goal is to perform all these moves without stopping, as you will see in the combo moves.

VIDEO TIMESTAMPS (SESSION 1):

SKILL 1: INSIDE/ INSIDE

◆ 0:30

SKILL 2: TOUCHES ON TOP OF THE BALL

◆ 1:15

SKILL 3: OUT & IN (TWO TOUCHES)

◆ 1:55

SKILL 4: OUT & IN (CONTINUOUS)

◆ 2:42

SKILL 5: PUSH PULL (LACES)

◆ 3:53

SKILL 6: PUSH PULL (INSIDE OF FOOT)

◆ 4:50

SKILL 7: PUSH PULL (OUTSIDE OF BODY)

◆ 5:47

SKILL 8: ROLL STEPOVER

◆ 6:42

SKILL 9: U PUSH PULL (INSIDE OF BOTH FEET)

◆ 8:08

SKILL 10: INSIDE TO OUTSIDE (CONTINUOUS)

◆ 9:07

SKILL 11: BEHIND THE LEG (TWO TOUCHES)

◆ 10:01

SKILL 12: BEHIND THE LEG (CONTINUOUS)

◆ 11:30

SKILL 13: INSIDE/ INSIDE ROLL

◆ 13:03

SKILL 14: GALAXY SPECIAL

◆ 14:20

SKILL 15: TOUCHES ON TOP OF THE BALL (BEHIND LEG)

◆ 15:48

SKILL 16: SKILLS COMBO

◆ 17:06

VIDEO TIMESTAMPS (SESSION 2):

SKILL 1: TOP TAPS

◆ 1:13

SKILL 2: INSIDE-INSIDE

◆ 4:35

SKILL 3: SOLE ROLL

◆ 8:35

SKILL 4: STEP OVER

◆ 11:40

We want to see your skills! Show them off at an LA Galaxy Youth Program or post a video of you practicing a skill from the video and tag [@LAGALAXYYOUTH](#) and [@DIGNITYHEALTHSOCAL](#) for a chance to be highlighted on our Youth handle Instagram story to be highlighted in the third LA Galaxy Virtual Skills Series presented by Dignity Health video!!

