



DO THE homeWORK - SPRING 2020 - SESSION 1

AGE 6 TO 8:

- 1 to 3 times per week
- 30-minute sessions
- Focus: Performance, Dribbling, Finishing, Passing, Receiving
- Session Time:
 - ❖ Fast Footwork Vs - 10-minutes
 - ❖ Change Of Direction Turns - 10-minutes
 - ❖ Defender In Front Moves - 10-minutes

These homework routines are designed to keep KCSG players active during our current time off.

Inspire others with your training videos by using the hashtag "**#KCSGhomework**" on social media.

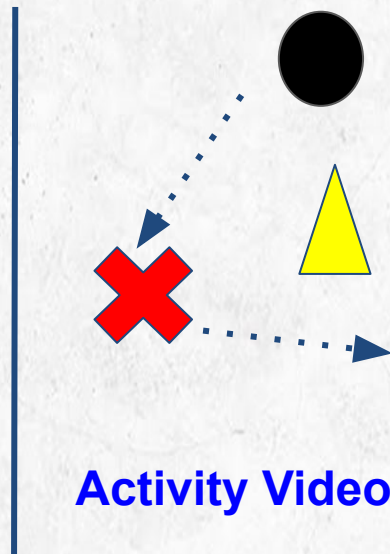


DEFENDER ON SIDE - BALL MOVEMENTS

FAST FOOTWORK - "Vs"

POINTS

- ❖ Make a V pattern with the ball
- ❖ No steps or dribbles between Vs / right then left
- ❖ Stay stationary in one spot
- ❖ 30 seconds fast / 15 seconds of rest
- ❖ Knees slightly bent, ankles locked, & feet not floppy
- ❖ Use cone to signify defender
- ❖ Firm arms & hands / bent at side and slightly up and out / switch arm bar as you V
- ❖ Body is balanced and under control
- ❖ Head on swivel / eyes up, don't stare at the ball
- ❖ Inside bottom of big toe on top of ball is best
- ❖ Change the type of V every 1-3 minutes



[Activity Video](#)

Vs VIDEOS

Push Out Pull Back

Push Out Pull Back-Out Lcaes, Back With Soul - 1 & 2 Footed

Vs - Behind Back - One Footed

Vs-Behind Back - One Footed

Vs - Front - Two Footed

Vs - Front- Two Footed

[Real Video Examples Playlist \(YouTube\)](#)



DEFENDER ON SIDE - DRIBBLING TURNS

“CHANGE OF DIRECTION DRIBBLING”

SET-UP

- Dribble across grid with shoelaces
- Do two dribbling turns in the middle of the grid (see pic)
- Finish dribbling accross the grid and rest for 5-10 seconds, then repeat
- Do different turns and turn combinations (see below)

COACHING POINTS

- Firm ankles, not floppy
- Head up, look around
- Speed dribble to middle
- Limit steps between turns
- Keep the ball away from imaginary defender, shield ball, explode away

DRIBBLING TURNS VIDEOS

Step Pull Turn

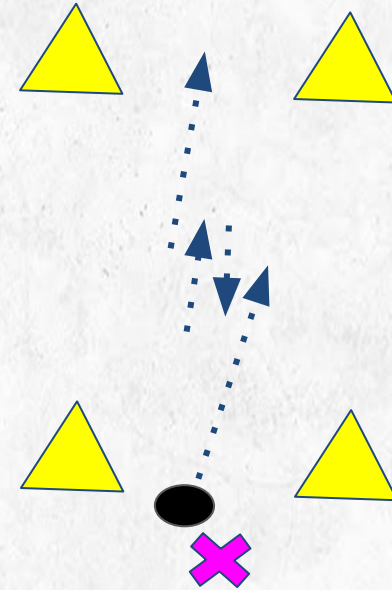
Step Pull Turn - Simple (No Fakes)

Outside Foot Hook

Outside Foot - Hook And Chop (180 / 240 Degrees)

Cruyff

Cruyff - Fake Shot (Inside Big Toe On Top Of Ball)



Activity Video

Real Video Examples Playlist (YouTube)



DEFENDER IN FRONT - DRIBBLING MOVES

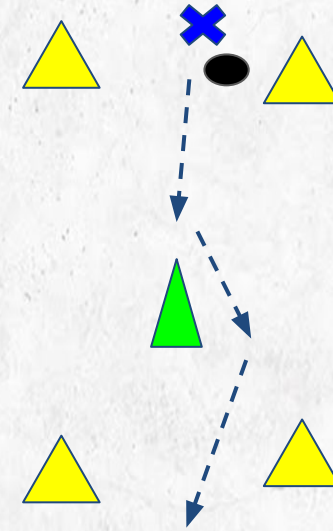
“FRONT MOVES”

SET-UP

- Dribble at a cone, which represents a defender
- Use the correct dribble set-up (inside or shoelace)
- Execute a move in front of the cone (don't get too close) and explode away

COACHING POINTS

- Set up move
- Inside, shoelace, or pinky toe set up
- Speed Variation (fast-slow-fast)
- Explode on final touch
- Touch the ball with every step
- Head up - vision



Activity Video

[Real Video Examples Playlist \(YouTube\)](#)

FRONT VIDEOS MOVE

Matthews	Matthews - Inside Of Foot Set Up (Front)
Scissors	Scissors - Shoelace Set Up (Front)
Lunge	Lunge - Shoelace Set Up (Front)
Rollover	Rollover - Inside Set Up (Front)
Shot Fake Cut	Shot Fake Cut - Chop Down (Angle And Front)



DIAGRAM KEY



BIG GREEN CONE



MEDIUM YELLOW CONE



SMALL YELLOW DISC



SMALL GOAL or PASSING WALL



SOLID ARROW - PASSING OR SHOOTING



DASH ARROW - RUNNING OR DRIBBLING



BLUE PLAYER



PURPLE PLAYER



BALL



LADDER (If you don't have one, use discs for the lines or use chalk and draw on the concrete (ask you parents first))