

Do The homework - SPRING 2020 - SESSION 4



AGE 13+:

- 3 to 5 times per week
- 60-minute sessions
- Focus: Performance, Dribbling, Finishing, Passing, Receiving
- Session 4 Details:
 - ❖ Performance - Jump and Weave / Cut - 10-minutes
 - ❖ Fast Footwork Infinities - 10-minutes
 - ❖ Aerial Receives- 10-minutes
 - ❖ Dribbling - Front and Angle Ball Movements - 10-minutes
 - ❖ Defender on Side Finishing - 10-minutes
 - ❖ Showcase Challenge - Rainbow the ball up, catch it on the short hop then do Shifty 6, plus add 5 seconds of freestyle at end (any move(s) or juggling you want) - 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.



PERFORMANCE TRAINING - SPEED & AGILITY

"JUMP & WEAVE / CUT"

Good For: Multidirectional Speed · Agility · Overall Fitness · Lower Body Strength · Quickness · Change of Direction

Equipment: Cones, Hurdles (optional), Agility Ring (optional)

Speed Instruction: Jumping improves sprint and sprinting improves jump. "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

High Intensity

Warm-Up

High Knees - 30 seconds

Butt Kicks - 30 seconds

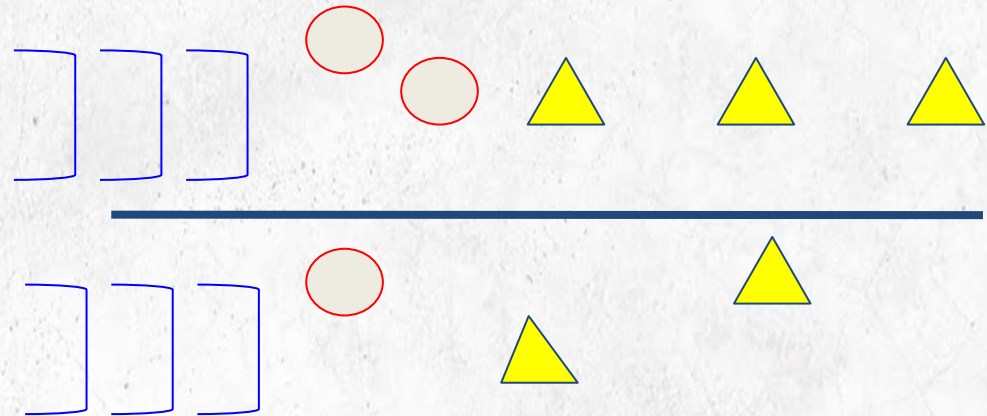
Carioca - 30 seconds

Leg Kicks - 30 seconds

Rest - 20 seconds

[ADDITIONAL EXERCISE LINK](#)

(YouTube)



ACTIVITY VIDEO

JUMP & WEAVE

- 3 sprints (minimal rest)
Rest - 30 seconds
- 3 sprints (minimal rest)
Rest - 30 seconds
- 3 sprints (minimal rest)

JUMP & CUT

- 3 sprints (minimal rest)
Rest - 30 seconds
- 3 sprints (minimal rest)
Rest - 30 seconds
- 3 sprints (minimal rest)



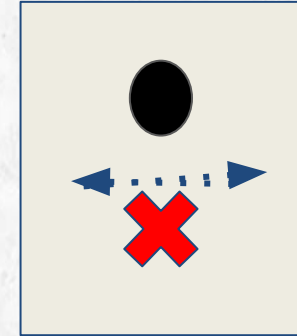
BALL MOVEMENTS

BALL MASTERS

INFINITIES FAST FOOTWORK

POINTS

- ❖ Non Pendulum Fast Footwork.
- ❖ No Steps or Touches between, Right Then Left
- ❖ 30 Seconds Fast / 15 Seconds of Rest (active rest)
- ❖ Knees slightly bent.
- ❖ Arms bent at side and slightly out
- ❖ Ankles locked and feet not floppy
- ❖ Body should always be balanced and in control (firm)
- ❖ Head where you can see in front (not facing down or up)
- ❖ Head on Swivel / Sneak Looks Around



ACTIVITY VIDEOS:

Rollovers	Non Pendulum, Roll ball over with bottom of foot, across outside in
Pele Hops - One Footed	Non Pendulum, Pele Hops, one Footed, Inside outside Hop
Scissors - Push It, Step On It, down	Non Pendulum, scissors, around It, push It, step on It, down
Non Pendulum Shuffle	Non Pendulum, hop sideways back and forth and slide ball between legs. stand over ball
Pull Back Castro	Non Pendulum, push out with inside of foot, stop it with other, pull back, Castro (pinky to big)
Pull Back Swerve	Non Pendulum, push out with inside of foot, stop it with other, pull back, Swerve (big to pinky)
Vs	Non Pendulum, two foot in front, behind back, side, V-Fest- all mixed up Vs
Infinites Medley	Non Pendulum, infinites medley, mix up of all the infinites, any order. random, creative
Active Rest	Active Rest 360s - round planted leg with ball. Balance ball on foot.

[REAL EXAMPLES PLAYLIST \(YouTube\)](#)



TOUCH - STRIKING

“JUGGLING & AERIAL RECEIVES”

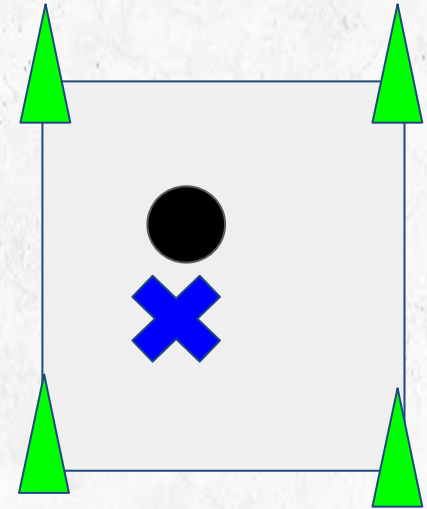
SET-UP

- Juggle inside a square grid.

[ACTIVITY VIDEO \(Perfect Form\)](#)

PROGRESSIONS

- Perfect Juggling Form
- All Right Foot / All Left Foot
- Alternating Feet (Right & Left Back & Forth)
- Walk down the field and back.
- Eye level with the ball and then twice as high as your body and then eye level and then twice as high repeat.
- Every touch is twice as high as your body
- Pop it up then cushion it or catch it down.
- Aerial Receives - Juggle it up Twice as high as your body then short hop receive (Hook, U-turn, Cruyff) - [Video](#)
- Juggle twice as high as you body 3-4 times, short hop turn, at end, add the Shifty Six plus 5 seconds of dribbling freestyle.



COACHING POINTS:

- Perfect Form Juggling Style - toes pointed out / ankle locked / shoelace meets ball / foot raises to waist level to meet ball / ball rises to eye level. [Video](#) -

[REAL EXAMPLES PLAYLIST \(YouTube\)](#)



BALL MANIPULATION

DRIBBLING BALL MOVEMENTS - "TBIMS"

SET-UP

- Start by dribbling across the grid doing the different dribbling patterns
- When you get to the other side, rest for 5 seconds then dribbles across again.
- Repeat changing your dribbling pattern every 2 minutes.

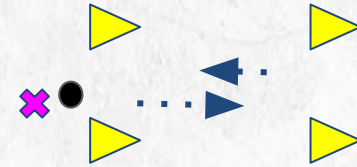
COACHING POINTS

- Go Quick, explosive
- Every step is a touch.
- Firm ankles, not floppy
- Head Up, Look Around

[REAL EXAMPLES PLAYLIST \(YouTube\)](#)

ROLLS & PULLS TBIMS VIDEOS:

- [TBIM - Peles - Insides, Outside \(1 Foot & 2 Footed\) - Video](#)
- [TBIM - 4 Pendulums, 4 Rolls - Video](#)
- [TBIM - Pulls - One Foot / Multi Touch - Video](#)
- [TBIM - Zig Zag Pulls - Video](#)
- [TBIM - Side Rolls - Video](#)
- [TBIM - Roll Touch - Video](#)



ANGLE TBIMS - VIDEOS

- [TBIM - 240 Rivelino - Video](#)
- [TBIM - 240 U Turn - Video](#)
- [TBIM - 240 Hook - Video](#)
- [TBIM - Maradona - Video](#)
- [TBIM - Hop Chop - Video](#)





DRIBBLING - STRIKING

“FINISHING - DEFENDER ON SIDE”

SET-UP

- Shield Defender with body.
- Do 2-3 Body fakes and or ball dribbling turns. Arm Bar Up.
- Then exploit to the goal.
- Switch moves every 2-4 mins
- Switch left to right after each shot

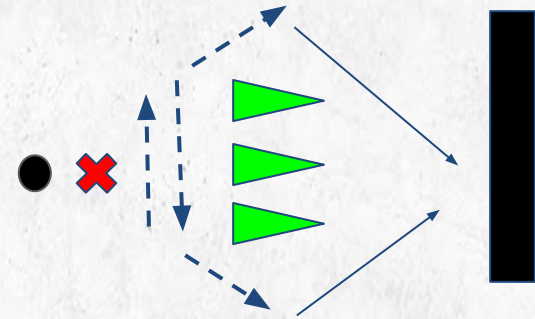
POINTS

- Explode on final move touch.
- Reduce time between move and shot (less than 1 second)

DRIBBLING
TURNS

- Step Pull Turn
- Inside U-Turn
- Outside Foot Hook
- Cruyff
- Stepover - One Footed (Rivelino)
- Stepover - Two Footed
- Combo - Cruyff Step Pull Turn

[REAL EXAMPLES PLAYLIST \(YouTube\)](#)



[ACTIVITY VIDEO \(Josh Sargent\)](#)

COMPETITIONS:

- Point System (5 pts for Upper 90, 3 pts for side netting, 2 points for in the net, 1 point for post, 0 for on ground between side netting rops.
- How many points can you get in 10 minutes?

Shooting Technique

- ❖ Toe Down / Lock Ankle
- ❖ Short Choppy Steps / Last Step Big
- ❖ Plant Foot Point to Target & Nest to ball
- ❖ Spring Off Planted foot Follow thru
- ❖ Land on shooting foot



DEFENDER ON SIDE - TURNS SERIES

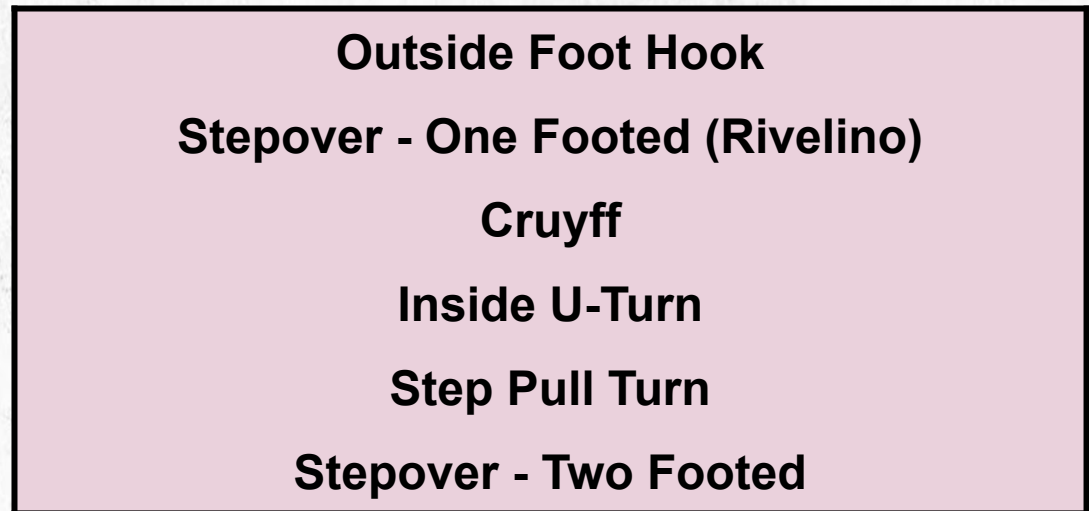
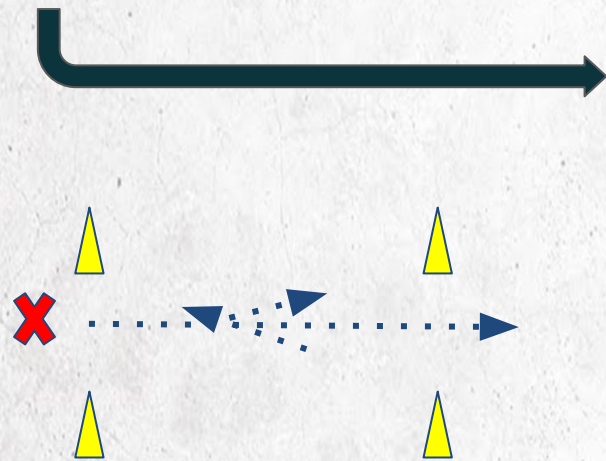
“SHIFTY 6 SHOWCASE”

- ❖ Dribble back and forth with minimal steps in between doing the 6 dribbling turns in order. Turn away from imaginary defender on your side. Arm Up.
- ❖ When finished, dribble to the other side of the grid.
- ❖ Showcase Challenge: Rainbow, short hop turn, power dribble a few times, then add the Shifty Six plus 5 seconds of dribbling or juggling freestyle.

[Example Video \(this video doesn't have the freestyle at end\)](#)

- ❖ If you want to inspire others, video yourself, put on social media and use the hashtag, #KCSGhomework (make sure you ask your parents first)

❖ VIDEOS:



[SHIFTY SIX VIDEO PLAYLIST \(YouTube\)](#)



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))