

# Do The homework- SPRING 2020 - SESSION 4

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## AGE 6 TO 8:

- We recommend you do a homework session 1 to 3 times per week. Mix up your sessions to stay fresh. Follow along!
- 30-minute sessions
- Focus: Performance, Ball Movements and Dribbling
- Session 4 Details:
  - ❖ Fast Footwork Infinities - 10-minutes
  - ❖ Dribbling - Front and Angle Ball Movements - 10-minutes
  - ❖ Defender on Side Finishing - 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.

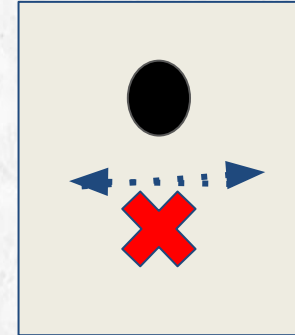


## BALL MOVEMENTS

# 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

#### Vs

Non Pendulum, two foot in front, behind back, side, V-Fest- all mixed up Vs

#### Active Rest

Active Rest 360s - round planted leg with ball. Balance ball on foot.

[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 - 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 explode to the goal.
- Switch moves every 2-4 mins
- Switch left to right after each shot

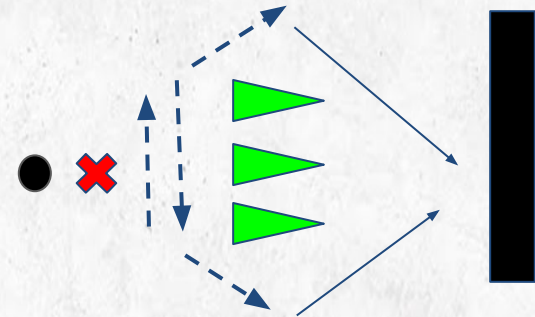
### POINTS

- 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

[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



# DIAGRAM KEY

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**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))