

Do The homeWORK - SPRING 2020 - SESSION 5



AGE 13+:

- We recommend you do one, 60 minute homework session, three to five times per week.
- Curriculum Focus: Performance, Dribbling, Turns, Passing, Receiving, Finishing
- Session 5 Details:
 - ❖ Performance - STRONG AT HOME - 10 minutes
 - ❖ Dribbling - STOP 'N GO BALL MOVEMENTS - 10 minutes
 - ❖ Dribbling - RANDOM CONE DRIBBLING TURNS - 10 minutes
 - ❖ Passing & Receiving - WALL BALL - 10 minutes
 - ❖ Finishing - VOLLEYS - 10 minutes
 - ❖ Showcase Challenge - SHIFTY SIX PLUS - 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 - STRENGTH

”STRONG AT HOME”

Good For: Total Body Strength · Lower Body Strength · Functional Strength · Overall Fitness · Upper Body Strength

Equipment: None

Strength Circuit Instruction: Focus on technique first and then increase your reps. “Progress only comes in incremental portions. Nobody becomes great overnight.”

Moderate Intensity

ACTIVITY VIDEO

Warm-Up

High Knees - 30 seconds

Butt Kicks - 30 seconds

Carioca - 30 seconds

Leg Kicks - 30 seconds

Rest - 20 seconds

[ADDITIONAL EXERCISE LINK \(YouTube\)](#)

Strength Circuit Round 1

Squat - 30 seconds

Push Up - 30 seconds

Glute Bridge - 30 seconds

Lateral Lunge - 30 seconds

Rest - 20 seconds

Strength Circuit Round 2

Squat - 30 seconds

Push Up - 30 seconds

Glute Bridge - 30 seconds

Lateral Lunge - 30 seconds

Rest - 20 seconds

Strength Circuit Round 3

Squat - 30 seconds

Push Up - 30 seconds

Glute Bridge - 30 seconds

Lateral Lunge - 30 seconds

Rest - 20 seconds



BALL MOVEMENTS

DRIBBLING - STOP 'N GO TBIMS

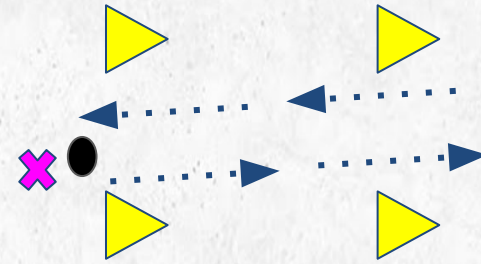
SET-UP & PROGRESSIONS

- Start by dribbling across the grid performing a dribbling Stop 'N Go movement
- When you get to the other side, rest for 3-5 seconds, then repeat
- Perform the Stop 'N Go with sole of foot and explode with same foot to the other side of the grid
- Perform the Stop 'N Go 1-2 times on the way across the grid each time
- 3 basic - Shoelace, pinky toe, big toe
- Advanced - stop ball with one foot and then explode with opposite foot - [video here](#)
- Add in a drag to the Stop N Go big toe [video click here](#)

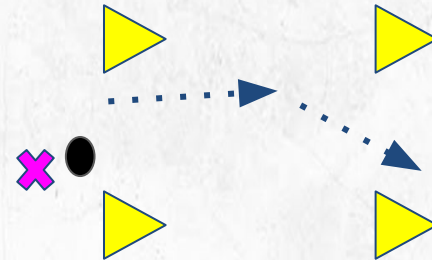
COACHING POINTS

- On toes, be quick & explosive
- Every step is a touch
- Firm ankles, not floppy
- Head up, look around

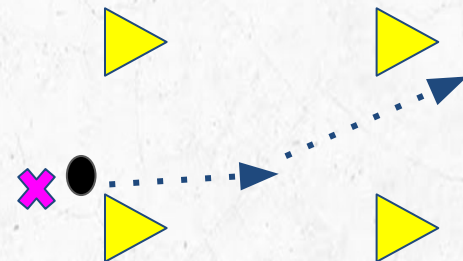
[REAL EXAMPLES PLAYLIST \(YouTube\)](#)



[STOP N GO - SHOELACE - ACTIVITY VIDEO](#)



[STOP N GO - PINKY TOE - ACTIVITY VIDEO](#)



[STOP N GO - BIG TOE - ACTIVITY VIDEO](#)

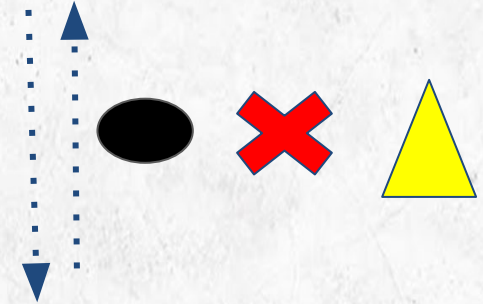


DEFENDER ON SIDE - DRIBBLING TURNS

URNS - RANDOM CONE SET UP

POINTS

- ❖ Dribble to the side of a cone, which represents a defender. Perform turns or turn combos with arm bar up on defender and protecting ball
- ❖ Minimal steps or dribbles between turns. Right then left.
- ❖ 20-30 seconds fast, 15 seconds of rest
- ❖ Knees slightly bent, ankles locked, feet not floppy
- ❖ Firm arms & hands bent at side & slightly up and out. Switch arm bar as you turn
- ❖ Body balanced and in control
- ❖ Head on a swivel, sneaking looks around



ACTIVITY VIDEO

DRIBBLING TURNS VIDEOS

Step Pull Turn	Step Pull Turn - Simple (No Fakes)
Inside U-Turn	Inside U-Turn - Inside Big Toe On Top Of Ball (180 / 240 Degr)
Outside Foot Hook	Outside Foot - Hook And Chop (180 / 240 Degrees)
Cruyff	Cruyff - Fake Shot (Inside Big Toe On Top Of Ball)
Stepover - One Footed (Rivelino)	Stepover - One Footed (Rivelino)
Stepover - Two Footed	Stepover - Two Footed
Combo - Cruyff Step Pull Turn	Combo - Cruyff Step Pull Turn

REAL EXAMPLES PLAYLIST (YouTube)



DEFENDER BEHIND - RECEIVING TURNS

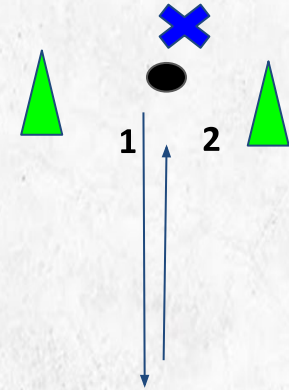
WALL BALL PASSING

SET-UP

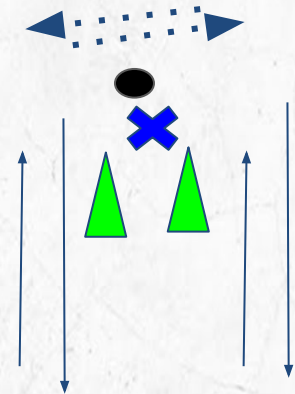
- 1 - Pass to a wall or with a partner
- 2 - Receive the pass using different receives (see below). Repeat.

POINTS & PROGRESSIONS

- Toe up, heel down, ankle locked on pass & receive
 - Hip open, feet should make a T
 - Short choppy steps, plant foot next to ball
 - Pass thru middle of ball, follow thru heel to target
 - Pass should not be in the air or bouncy
 - Always try to be balanced when passing or receiving
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- Pass & Receive 2 Touch - Same foot (Rt to Rt, Lft to Lft)
 - Receive with one foot, pass with other
 - Recieve outside of foot, pass Inside of foot
 - Pop into the ball forward, man on back
 - Roll forward or sideways with bottom of foot on first touch
 - One touch passing - Same foot or alternate
 - Advanced - Put two cones in middle, receive ball behind cones and do turns back and forth behind cones



ACTIVITY VIDEO



ADVANCED VIDEO

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



STRIKING

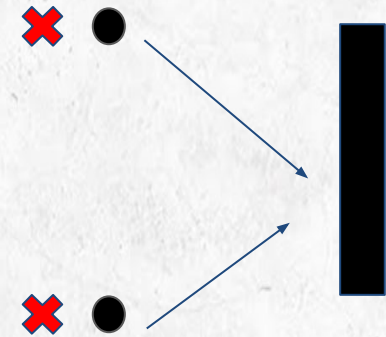
FINISHING - INSIDE THE BOX VOLLEYS

SET-UP

- Position yourself inside the PK box, toss up a ball, let it bounce once, volley it low, far post
- You can toss it up or have a friend, parent, or sibling do it
- Work on both feet

POINTS

- Strike the ball on the short hop or when it's on the way down, not when the ball is on the way up
- **Shooting Technique**
 - ❖ Toe down, ankle locked
 - ❖ Knee and head over ball
 - ❖ Short choppy steps, last step bigger
 - ❖ Plant foot pointed to target & next to ball
 - ❖ Explode, punching thru center of ball towards target
 - ❖ Land on shooting foot



ACTIVITY VIDEO (Josh Sargent)

COMPETITIONS:

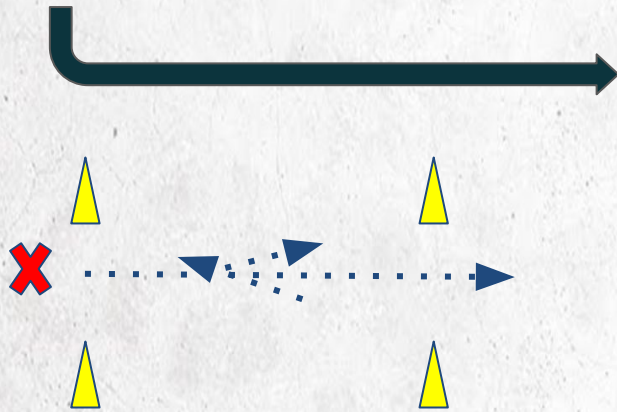
- **Point System (5 pts for upper 90, 3 pts for side netting, 2 pts for net in air, 1 point for post, 3 pts for post and in, 0 pts for ball on ground)**
- **How many points can you get in 10 minutes?**



DEFENDER ON SIDE - TURNS SERIES

SHIFTY 6 SHOWCASE CHALLENGE

- ❖ 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 bar up
- ❖ When finished, dribble to the other side of the grid.
- ❖ Today's Showcase Challenge: Rainbow, juggle twice as high as your body 3-4 times, short hop turn, then add the Shifty Six plus 5 seconds of dribbling or juggling freestyle. [Example Video](#)
- ❖ If you want to inspire others, video yourself, put on social media and use the hashtag #KCSGhomework. Ask your parents first!
- ❖ VIDEOS:



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

[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 outside (ask you parents first!)