

# Do The homeWORK - SPRING 2020 - SESSION 5

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## AGE U6 TO U8:

- We recommend you do one, 30 minute homework session, one to three times per week.
- Curriculum Focus: Ball Movements and Dribbling
- Session 5 Details:
  - ❖ Dribbling - STOP 'N GO BALL MOVEMENTS - 10 minutes
  - ❖ Dribbling - RANDOM CONE DRIBBLING TURNS - 10 minutes
  - ❖ Passing & Receiving - WALL BALL - 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

# DRIBBLING - STOP 'N GO TBIMS

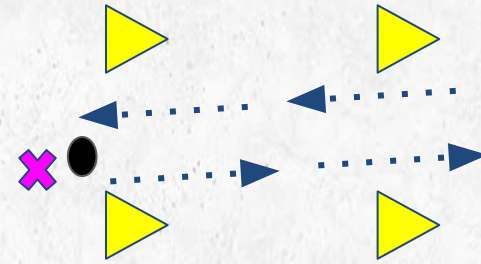
### SET-UP & PROGRESSIONS

- 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](#)

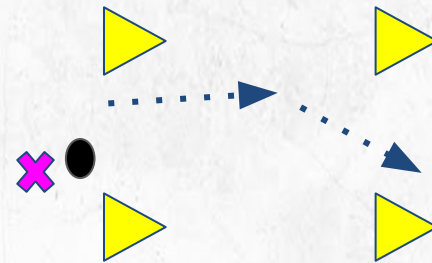
### COACHING POINTS

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

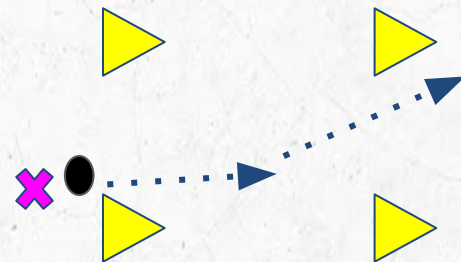
[REAL EXAMPLES PLAYLIST \(YouTube\)](#)



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



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



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



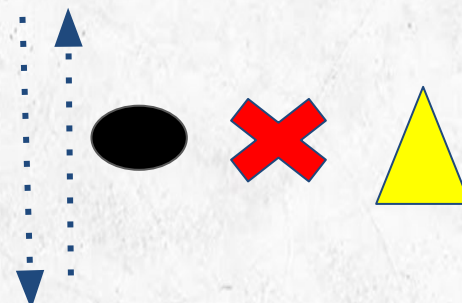
# DEFENDER ON SIDE - DRIBBLING TURNS

DRIBBLING MASTERY

## 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

<a href="#">Step Pull Turn</a>	<a href="#">Step Pull Turn - Simple (No Fakes)</a>
<a href="#">Outside Foot Hook</a>	<a href="#">Outside Foot - Hook And Chop (180 / 240 Degrees)</a>
<a href="#">Cruyff</a>	<a href="#">Cruyff - Fake Shot (Inside Big Toe On Top Of Ball)</a>

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



## DEFENDER BEHIND - RECEIVING TURNS

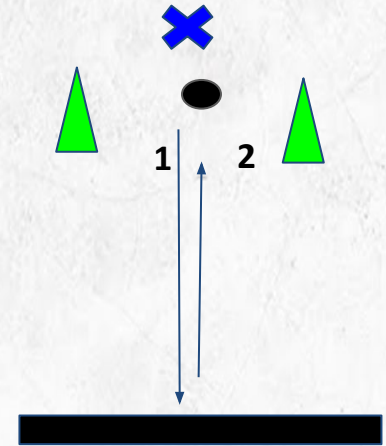
# WALL BALL PASSING

### 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
- 
- Pass & Receive 2 Touch - Same foot (Rt to Rt, Lft to Lft)
  - Receive with one foot, pass with other
  - Roll forward or sideways with bottom of foot on first touch
  - One touch passing - Same foot or alternate



**ACTIVITY VIDEO**

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



# 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 outside (ask you parents first!)