

Do The homeWORK - SPRING 2020 - SESSION 6



AGE 13+:

- We recommend you do one, 60-minute homework session, three to five times per week.
- The above homework guideline is for a period of time when you are not team training. During periods of time when you are team training, reduce the number by one or two times per week.
- Curriculum Focus: Performance, Juggling, Fast Footwork, Dribbling, Moves, Finishing
- Session 6 Details:
 - ❖ Performance - QUICK FEET - 10 minutes
 - ❖ Juggling - BALL LIFTS & FREESTYLE JUGGLING - 10 minutes
 - ❖ Ball Movements - FAST FOOTWORK GRID - 10 minutes
 - ❖ Dribbling - GATES - 10 minutes
 - ❖ Finishing - BEHIND & ANGLE - 10 minutes
 - ❖ Showcase Challenge - SUPER 7 - 10 minutes

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



QUICK FEET

Warm-Up

High Knees - 30-seconds

Butt Kicks - 30-seconds

Carioca - 30-seconds

Leg Kicks - 30-seconds

Rest - 20 seconds



Speed & Agility - Quick Feet

Ickey Shuffle - 6x

One Foot In & Out Right - 6x

One Foot In & Out Left - 6x

Lateral 1 Over 2 In Right - 6x

Lateral 1 Over 2 In Left - 6x

Hop Scotch - 6x

Lateral Run Right - 6x

Lateral Run Left - 6x

Cool Down:

Standing Quadriceps Stretch - 30-seconds

Leaning Calf Stretch - 30-seconds

Lying Hamstring Stretch - 30-seconds

Kneeling Hip Flexor Stretch - 30-seconds

ACTIVITY VIDEO

Good For:

Speed & Agility, Quickness, Balance

Equipment: Ladder, Cones work if no ladder

Speed & Agility Instruction:

Organize each foot inside of the ladder, DO NOT step on the ladder. Stay in an athletic position and on the ball of the foot. Focus on quick feet AND quick arms. Maintain good arm action throughout the movement

Moderate Intensity

[Additional Exercise Link \(Youtube\)](#)



TOUCH - STRIKING

BALL LIFTS & JUGGLING

SET-UP

- Work on lifting up the ball and juggling inside a square grid.

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

BALL LIFTS:

- One Footed Roll Back and Flip Up
- Two Footed Roll Back and Flip Up
- Two Footed Jump Behind Back
- Two Footed Back Heel Flip Up
- Two Footed Slide Together
- Roll Up Bounce Down Turn
- Rainbow

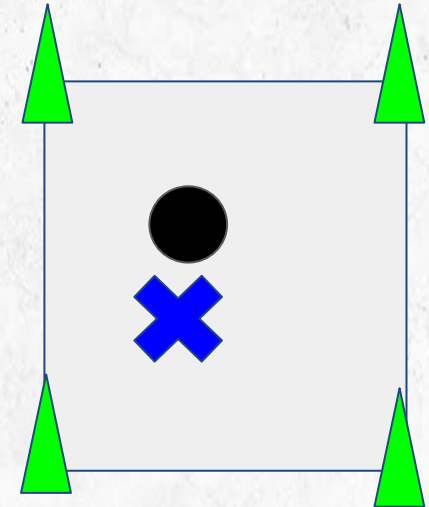
Go to the YouTube playlist for more creative examples.

VIDEOS:

JUGGLING:

- After you lift it up, juggle for a minute with these 3 types of juggling:

- Beginner - Let it bounce between touches
- Perfect Juggling form
- Brazilian Toe Touch Juggling



COACHING POINTS:

- Perfect form juggling - toes pointed out / ankle locked / knee bent / shoelace meets ball / foot raises to waist level to meet ball / ball rises to eye level / try to get little to no spin

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

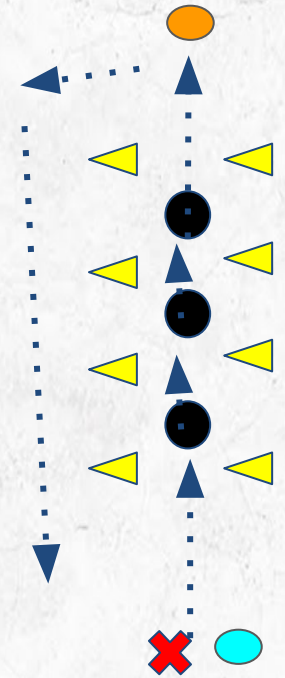


BALL MOVEMENTS

FAST FOOTWORK GRIDS

POINTS:

- ❖ Set up 3 to 3 square grids. Need 2-3 balls
- ❖ Balls stay in the grids. After you do fast footwork on ball 1, you sprint forward to the next grid to ball 2, then ball 3.
- ❖ Do 15-30 seconds of fast footwork, then move up to next grid
- ❖ Each grid is a different type of fast footwork (see below)
- ❖ After you get to the top of the grid, sprint to the top disc and then back to the beginning as fast as you can, work on fitness.
- ❖ Rest in line for 15 seconds after you move through the 2-3 grids
- ❖ Knees slightly bent
- ❖ Ankles and feet are firm and locked, not floppy
- ❖ Head up and look around for vision



ACTIVITY VIDEO

Vs

Push Out Pull Back

Vs - Behind Back - One Footed

Vs - Side - One Footed

Vs - Front - Two Footed

V-Fest

V-Fest + (V's + Push Out Pull Backs)

PENDULUMS

Pendulum

Motorcycle

Triangles

Roll Over

Quarter Cuts

Pendulum Shuffle

INFINITIES

Rollovers

Pele Hops - One Footed

Scissors - Push It, Step On It, Down

Non Pendulum Shuffle

VIDEOS:

REAL EXAMPLES PLAYLIST (YouTube)

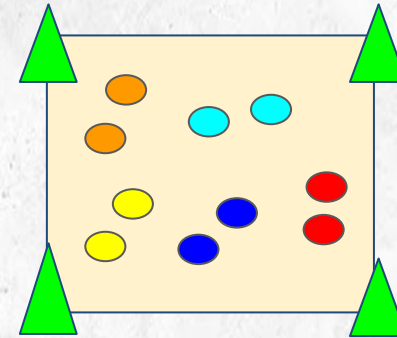


DRIBBLING MOVES & TURNS

GATES BALL MASTERY

SET-UP

- Set up 2-5 gates
- Weave in and out of the gates doing different moves/movements thru the gates
- Front & angle moves
- Dribbling turns
- Dribbling movements. eg, stop n goes, Pele in and outs, rolls, pulls



ACTIVITY VIDEO

VIDEOS:

ANGLE
MOVES

Hop Chop
Maradona
Xavi - 360 Turn
Shuffle

DRIBBLING
TURNS

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

FRONT
VIDEOS
MOVES

Matthews
Drag
Scissors
Lunge
Rollover
Double Scissors
Double Lunge
Fake Pass Drag
Shuffle
Swerve

REAL EXAMPLES PLAYLIST (YouTube)

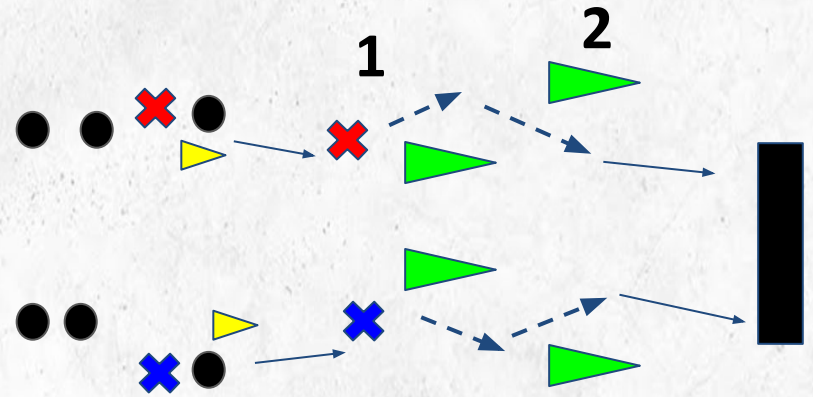


DEFENDER BEHIND & ANGLE - FINISHING

FINISHING - BEHIND & ANGLE

SET-UP

- Starts with a pass to player who has their back to goal. If you don't have a partner, just put the ball in front of you and do the receiving turn with a stationary ball.
- 1 - Perform receiving turns off the pass
- 2 - Perform an angle move on second cone, then finish
- Switch turns and moves every 2-3 mins
- Work on both feet



ACTIVITY - VIDEO

VIDEOS:

RECEIVING TURNS

- Arsenal Turn
- Paul Scholes
- Inside Snap
- Outside Flick
- Brazil Spin
- Hop Chop Turn

ANGLE MOVES

- Hop Chop
- Maradona
- Xavi - 360 Turn
- Shuffle

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)

Shooting Technique

- ❖ Toe down, ankle locked
- ❖ Short choppy steps, last step big
- ❖ Plant foot next to ball, pointed to target
- ❖ Explode, punching thru center of ball to target
- ❖ Land on shooting foot

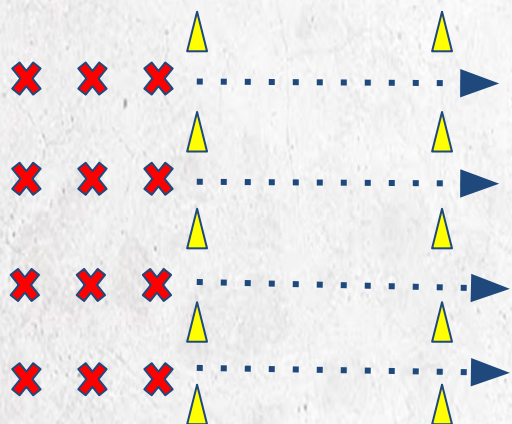
JOSH SARGENT EXAMPLE (YouTube)



MOVES COMBINATION SERIES

SUPER 7 SHOWCASE CHALLENGE

- ❖ Dribble forward in a zig zag for 20 yards doing the 7 moves in order
- ❖ Beginners should start by repeating the first 2 moves until you are confident doing them. Then add the 3rd, repeat until confident. Add the 4th, repeat, and so on until you know all 7.
- ❖ Different moves can be substituted after the original 7 are mastered
- ❖ Top Videos - <http://bit.ly/SLSG-pdt-super7-top>
- ❖ Each Move Videos



ACTIVITY - VIDEO

Fake Pass Drag

Hop Chop

Vs - Behind Back - One Footed

Vs - Front - Two Footed

Shot Fake Cut

Maradona

Double Scissors



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))