

DoThe homeWORK - SPRING 2020 - SESSION 6



AGE U6 TO U8:

- We recommend you do one, 30-minute homework session, one to three times per week.
- Curriculum Focus: Performance, Juggling, Fast Footwork, Dribbling, Moves, Finishing
- Session 6 Details:
 - ❖ Juggling - BALL LIFTS & FREESTYLE JUGGLING - 10 minutes
 - ❖ Ball Movements - FAST FOOTWORK GRID - 10 minutes
 - ❖ Dribbling - GATES - 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.



TOUCH - STRIKING

BALL LIFTS & JUGGLING

SET-UP

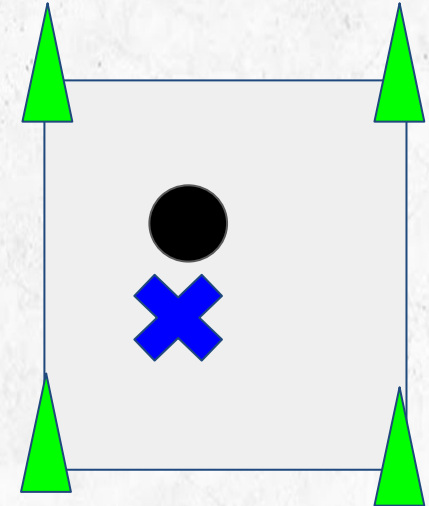
- Work on lifting up the ball and juggling inside a square grid.

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

BALL LIFTS:

- One Footed Roll Back and Flip Up
- Two Footed Roll Back and Flip Up

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

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 \(YouTube\)](#)

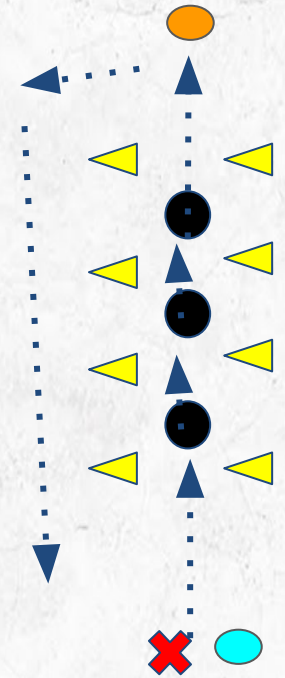


BALL MOVEMENTS

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

PENDULUMS

INFINITIES

VIDEOS:

Push Out Pull Back
 Vs - Behind Back - One Footed
 Vs - Side - One Footed
 Vs - Front - Two Footed

Pendulum
 Motorcycle
 Triangles
 Roll Over

Rollovers
 Pele Hops - One Footed
 Scissors - Push It, Step
 On It, Down

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

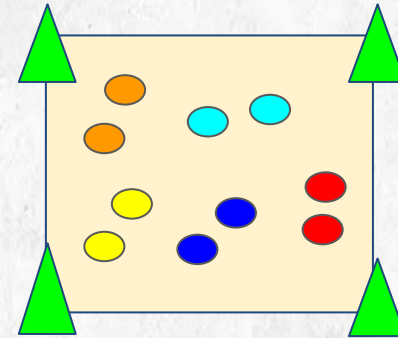


DRIBBLING MOVES & TURNS

GATES BALL MASTERY

SET-UP

- Set up 2-5 gates
- Weave in an 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

DRIBBLING TURNS

Step Pull Turn
Outside Foot Hook
Stepover - One Footed (Rivelino)

FRONT MOVES

Matthews
Drag
Scissors
Lunge
Rollover
Shuffle

REAL EXAMPLES 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))