

Do The homeWORK - SPRING 2020 - SESSION 7



AGE 13+:

- We recommend you do one, 60-minute homework session, three to five times per week.
- Curriculum Focus: Performance, Receiving, Dribbling, Moves, Finishing
- Session 7 Details:
 - ❖ Performance - QUICKNESS - 10-minutes
 - ❖ Juggling & Aerial Receives - UP & DOWN THE LADDER CHALLENGE - 10-minutes
 - ❖ Defender In Front & Angle Moves - MIRROR MOVES FIGURE EIGHT - 10-minutes
 - ❖ Receiving Turns & Dribbling Turns - WALL BALL BRIGGSEY - 10-minutes
 - ❖ Finishing - UPPER FAR POST BENDERS - 10-minutes
 - ❖ Showcase Challenge - SUPER 7 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 - QUICKNESS

“QUICKNESS”

Good For: Quickness · Multidirectional Speed · Lower Body Strength · Ball Control

Equipment: Soccer Ball, Low Box (optional)

Quickness Instruction: Challenge yourself to move as quickly as possible for the entire time frame. “If you train hard, you’ll not only be hard, you’ll be hard to beat.”

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 \(Youtube\)](#)

Quickness Round 1

- Split Step - 10 seconds
- Active Rest (One Foot V Side) - 30 seconds
- Shuffle - 10 seconds
- Active Rest (Two Foot V Front) - 30 seconds
- Pogo Hop - 10 seconds
- Active Rest (One Foot V Behind) - 30 seconds
- Lateral Pogo Hop - 10 seconds
- Active Rest (V Fest) - 30 seconds
- Backward Pogo Hop - 10 seconds
- Rotational Pogo Hop - 10 seconds
- **Rest - 30 seconds**

Quickness Round 2

- Split Step - 10 seconds
- Active Rest (One Foot V Side) - 30 seconds
- Shuffle - 10 seconds
- Active Rest (Two Foot V Front) - 30 seconds
- Pogo Hop - 10 seconds
- Active Rest (One Foot V Behind) - 30 seconds
- Lateral Pogo Hop - 10 seconds
- Active Rest (V Fest) - 30 seconds
- Backward Pogo Hop - 10 seconds
- Rotational Pogo Hop - 10 seconds



JUGGLING - STRIKING

“UP & DOWN THE LADDER CHALLENGE”

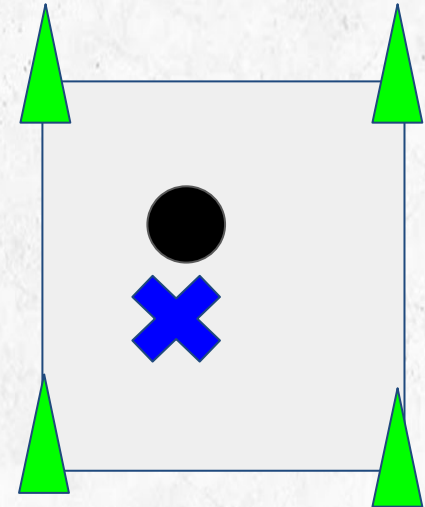
SET-UP

- Juggle inside a square grid.
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PROGRESSIONS

- Perfect juggling form warm up - [Video](#)
- Pop it up and then chest it up to keep juggling - [Video](#)
- Pop it up and then thigh it up and keep juggling. - [Video](#)
- Repeat chest but this time bring it down to the ground, then lift it back up and repeat.
- Repeat thigh but this time bring it down to the ground, then lift it back up and repeat.
- Do 5 thighs with the right, then do 5 thighs with left - [Video](#).
- Do 5 with the right foot, then do 5 with left foot - [Video](#).
- Up and Down the Ladder Challenge - Foot, thigh, head, thigh, foot, repeat - [Video](#).

ACTIVITY VIDEO (Ladder Challenge)



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 \(YouTube\)](#)

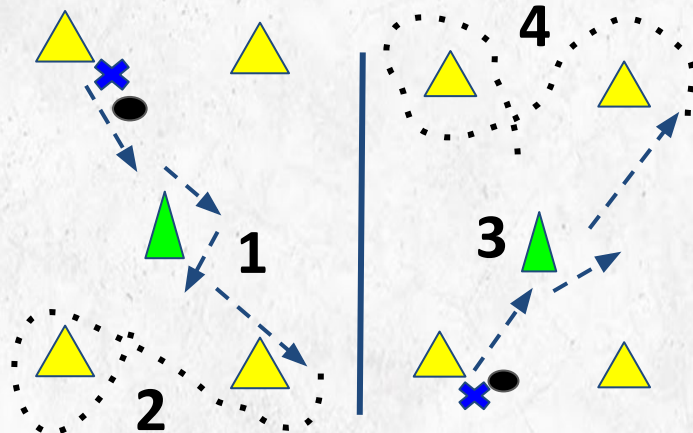


DEFENDER IN FRONT - DRIBBLING MOVES

“FRONT MOVES FIGURE 8”

SET-UP

- Start in the corner. Dribble at a center cone, which represents a defender.
- 1 - Execute a move in front of the cone (don't get too close) and explode to the left, the dribble to opposite corner cone from the cone you started on.
- 2 - Do a figure 8 on the two corner cones
- 3 - Pop out of the figure 8 and go at the center cone again, do a front move to right. Explode out of it
- 4 - Do a figure 8 on the other 2 corner cones
- Change the move after both feet. Rest for 15 seconds after you do 2 moves with each foot.



- Speed Variation (fast-slow-fast)
- Explode on final touch
- Touch the ball with every step

ACTIVITY VIDEO

FRONT VIDEOS MOVES

Matthews	Matthews - Inside Of Foot Set Up (Front)
Drag	Drag - Inside Of Foot Set Up (Front)
Scissors	Scissors - Shoelace Set Up (Front)
Lunge	Lunge - Shoelace Set Up (Front)
Rollover	Rollover - Inside Set Up (Front)
Double Scissors	Double Scissors - Shoelace Set Up (Front)
Double Lunge	Double Lunge - Shoelace Set Up (Front)
Fake Pass Drag	Fake Pass Drag - Inside Of Foot Set Up
Shuffle	Shuffle - Squat In or Stop Squat (Front And Angle)
Shot Fake Cut	Shot Fake Cut - Chop Down (Angle And Front)

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

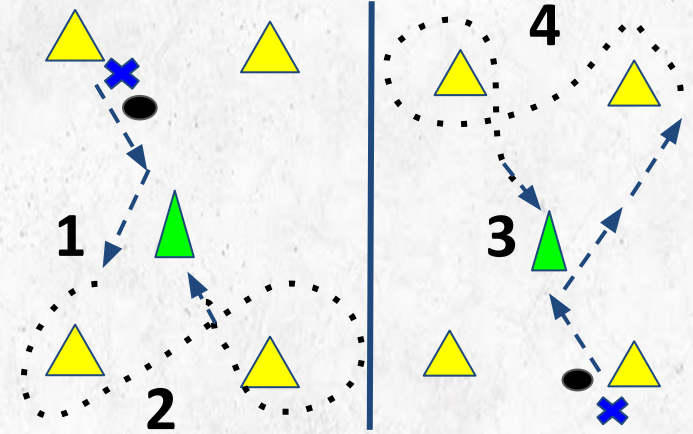


DEFENDER ON ANGLE - DRIBBLING MOVES

“ANGLE MOVES FIGURE 8”

SET-UP

- Start in the corner. Dribble at the center cone, which represents a defender.
- 1 - Execute a move in front of the cone (don't get too close) and explode to the left, then dribble to the opposite corner cone from the cone you started on.
- 2 - Do a figure 8 on the two corner cones.
- 3 - Pop out of the figure 8 and go at the center cone again, do a front move to right. Explode out of it.
- 4 - Do a figure 8 on the the other 2 corner cones.
- Change the move after both feet. Rest for 15 seconds after you do 2 moves with each foot (4 moves total).



POINTS

- Speed Variation (fast-slow-fast)
- Chop Ball hard on hop chop
- Fling Ball hard on Maradona
- Explode on final touch
- Touch the ball with every step
- Head up - vision

ACTIVITY VIDEO

ANGLE VIDEOS MOVES

Hop Chop	Hop Chop - Neymar And Ronaldo (Angle) - Video
Maradona	Maradona - Opposite Foot Grab (Angle) - Video
Xavi - 360 Turn	Xavi - 360 Turn - Three Touches - Video
Shuffle	Shuffle - Squat In or Stop Squat (Front And Angle) - Video
240 Rivelino	240 Rivelino - Video
240 U Turn	240 U Turn - Video
240 Hook	240 Hook - Video

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

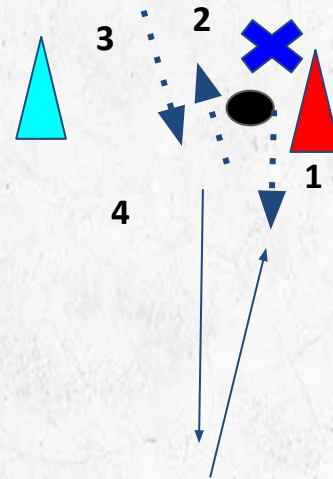


PASSING - THE BRIGGSEY

WALL BALL PASSING - "THE BRIGGSEY"

SET-UP

- Pass to a wall or with a partner
- Do the "Briggsey" which is
- 1 - receive the ball by popping into it as if you have a defender on back.
- 2 - Do a dribbling turns so your back is not to the wall. Imagining the red cone is the defender so put your body between the cone and the ball shielding. See below for turn list.
- 3 - Do a second dribbling turn so now your facing the fall again.
- 4 - Pass to the wall and then back up so you can repeat.
- 5 - For he next set up of turns, imagine the blue cone is now the defender so put your body between blue and ball. Change your turns.



ACTIVITY VIDEO

- Toe up, heel down, ankle locked on pass & receive
- Hips open, feet should make a T
- Short choppy steps, plant foot next to ball

VIDEOS

DRIBBLING
TURN

Step Pull Turn

Step Pull Turn - Simple (No Fakes)

Inside U-Turn

Inside U-Turn - Inside Big Toe On Top Of Ball (180 / 240 Dgr)

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

Combinations

Combo - Cruyff Step Pull Turn

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



DRIBBLING - STRIKING

“UPPER 90 FAR POST” FINISHING

SET-UP

- Start 5 yards outside of the 18, wide of the goal
- First work on the fake shot, push it to an angle with outside of foot (pinky toe). This is the main move here
- Hit a bender upper 90 far post
- Hit dead balls too but majority of the session should be off the move
- Add in front and angle moves before the shot

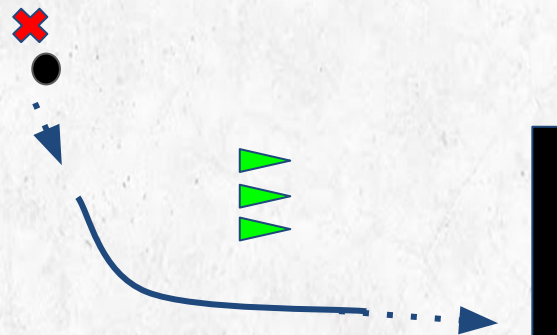
FRONT MOVES

- Matthews
- Drag
- Scissors
- Lunge
- Fake Pass Drag
- Swerve

ANGLE MOVES

- Hop Chop
- Maradona

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



[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?

Shooting Technique

- ❖ Toe down / Ankle locked
- ❖ Short choppy steps / Last step big
- ❖ Plant foot pointed to target & next to ball
- ❖ Punch thru center of ball towards target
- ❖ Curl foot around the ball the create bend.



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 your parents first))