

# Do The homeWORK - SPRING 2020 - SESSION 7

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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: Performance, Receiving, Dribbling, Moves, Finishing
- Session 7 Details:
  - ❖ Defender In Front - MIRROR MOVES FIGURE EIGHT - 10-minutes
  - ❖ Defender On Angle Moves - MIRROR MOVES FIGURE EIGHT - 10-minutes
  - ❖ Receiving & Dribbling Turns - WALL BALL BRIGGSEY - 10-minutes
  - ❖ Check out the Super 7 Showdown!

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.

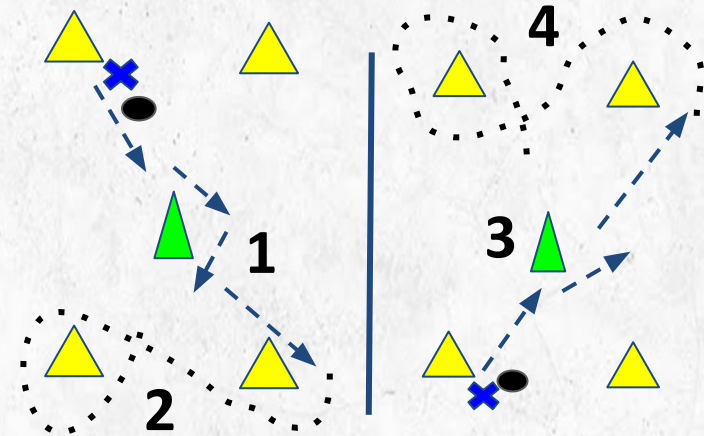


# DEFENDER IN FRONT - DRIBBLING MOVES

## “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  
Scissors  
Rollover

Matthews - Inside Of Foot Set Up (Front)  
Scissors - Shoelace Set Up (Front)  
Rollover - Inside Set Up (Front)

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



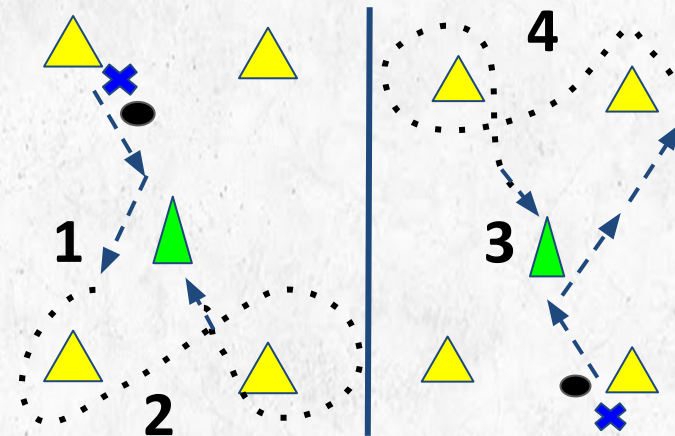


# DEFENDER ON ANGLE - DRIBBLING MOVES

## “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

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

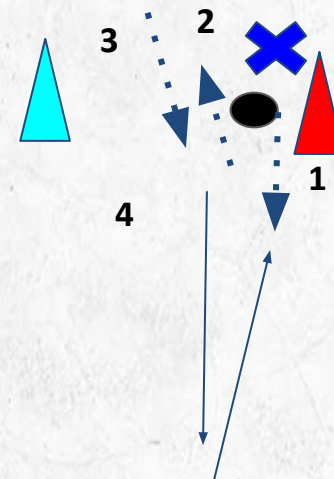
# PASSING - THE BRIGGSEY



## 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**

DRIBBLING  
TURN  
VIDEOS

**Step Pull Turn**

Step Pull Turn - Simple (No Fakes)

**Outside Foot Hook**

Outside Foot - Hook And Chop (180 / 240 Degrees)

**Cruyff**

Cruyff - Fake Shot (Inside Big Toe On Top Of Ball)

[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 (ask your parents first))