

# Do The homeWORK - SPRING 2020 - SESSION 8

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## AGE 13+:

- We recommend you do one 60-minute homework session, three to five times per week.
- Curriculum Focus: Performance, Fast Footwork, Turns, Receiving, Finishing
- Session 8 Details:
  - ❖ Performance - QUICK FEET LADDERS - 10 minutes
  - ❖ Fast Footwork - RADICAL RECTANGLE - 10 minutes
  - ❖ Dribbling Turns - CHANGE OF DIRECTIONS TBIMS - 15 minutes
  - ❖ Finishing - BACK FOOT RECEIVE - 15 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 - LADDERS

### “QUICK FEET”

#### Warm-Up

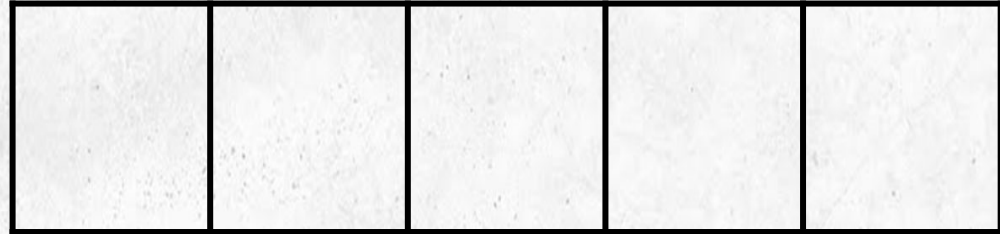
High Knees - 30-seconds

Butt Kicks - 30-seconds

Carioca - 30-seconds

Leg Kicks - 30-seconds

**Rest - 20 seconds**



#### ACTIVITY VIDEO

#### 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

#### 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 \(Youtube\)](#)



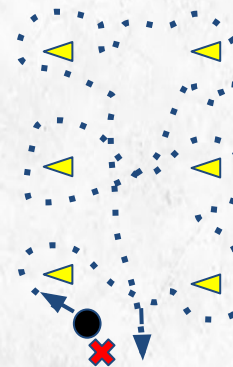
# FAST FOOT WORK, MOVES & TURNS

## “RADICAL RECTANGLE”

POINTS:

- ❖ Set up a rectangle grid.
- ❖ Start anywhere. Anything goes! Be creative!
- ❖ Do any type of fast footwork while you move around each of the 6 cones in any order
- ❖ Don't dribble normally. Move around while you work on your fast footwork.
- ❖ Take on some of the cones as if the cone is a defender.
- ❖ Some of the cones you can just dribble around.
- ❖ Mix up everything. Any fast footwork in any order.
- ❖ Body fakes, head fakes, arm fakes, and a lot of lunges.
- ❖ Every step is a touch. Knees slightly bent.
- ❖ Ankles and feet are firm and locked, not floppy.
- ❖ Head up and look around for vision.

**ACTIVITY VIDEO**



### ANGLE MOVES

**Hop Chop**  
**Maradona**

### FRONT MOVES

**Matthews**  
**Drag**  
**Scissors**  
**Swerve**

### SIDE TURNS

**Step Pull Turn**  
**Inside U-Turn**  
**Outside Foot Hook**  
**Combos**

VIDEOS:

### 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**

**REAL EXAMPLES PLAYLIST (YouTube)**



# DEFENDER ON SIDE - DRIBBLING TURNS

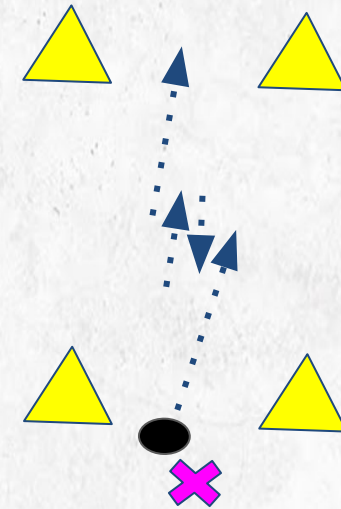
## CHANGE OF DIRECTION TURN TBIMS

SET-UP

- Dribble across grid with shoelaces
- Do two dribbling turns in the middle of the grid (see pic)
- Finish dribbling accross the grid and rest for 5-10 seconds, then repeat
- Do different turns and turn combinations (see below)

COACHING POINTS

- Firm ankles, not floppy
- Head up, look around
- Speed dribble to middle
- Limit steps between turns
- Keep the ball away from imaginary defender, shield ball, explode away



[Activity Video](#)

DRIBBLING TURNS VIDEOS

**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 EXAMPLES PLAYLIST \(YouTube\)](#)



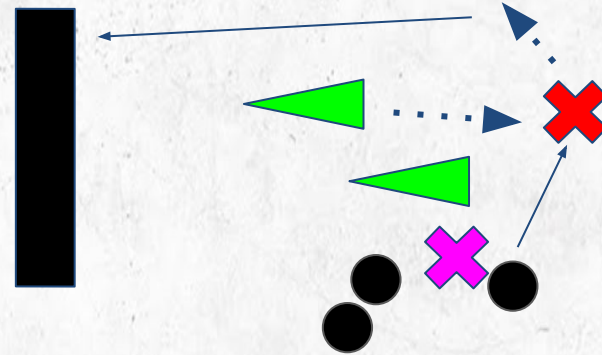
## BACK FOOT RECEIVE FINISHING

### SET-UP

- 1) Starts with the shooter losing their defender by showing backwards quickly.
- 2) They receive a pass from the second player. If you don't have a partner, just roll the ball slowly from the pink X position in the graphic and sprint past the ball to get in position.
- 3) Receive back foot and then hit it low near post around the defender (cone)
- Work on both feet

### COACHING POINTS

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



### ACTIVIY VIDEO (Josh Sargent)

- First touch is into space at an angle
- Quick shot after first touch
- **Striking Technique:**
  - ❖ Toe Down / Ankle Locked
  - ❖ Short Choppy Steps / Last Step Big
  - ❖ Plant foot right next to ball pointed to target
  - ❖ Punch thru middle of ball towards target
  - ❖ Land on shooting foot



# 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))