

Do The homeWORK - SPRING 2020 - SESSION 8



AGE U6 TO U8:

- We recommend you do one 30-minute homework session, one to three times per week.
- Curriculum Focus: Performance, Fast Footwork, Turns, Receiving, Finishing
- Session 8 Details:
 - ❖ Fast Footwork - RADICAL RECTANGLE - 10 minutes
 - ❖ Dribbling Turns - CHANGE OF DIRECTIONS TBIMS - 10 minutes
 - ❖ Showcase Challenge - "U PICK THREE" OF THE SUPER 7 - 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.

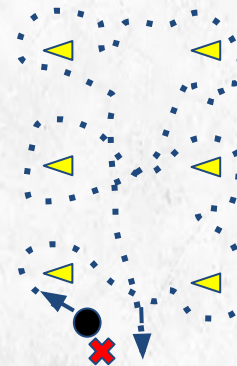
“RADICAL RECTANGLE”



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



DEFENDER ON SIDE - DRIBBLING TURNS

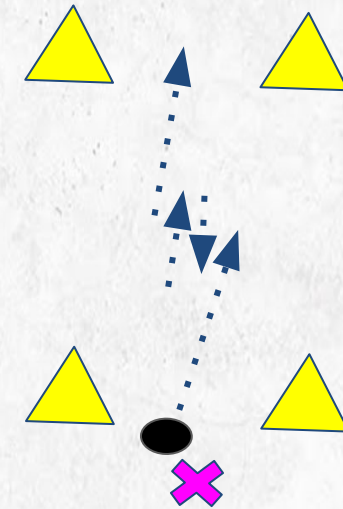
CHANGE OF DIRECTION TURN TBIMS

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)



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))