



TSF Zoom Session

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate | **Start Time:** 16-May-2020 09:30h

Am-Club: TSF Academy
Paul Kenworthy, Lincoln Park, United States of America

Description

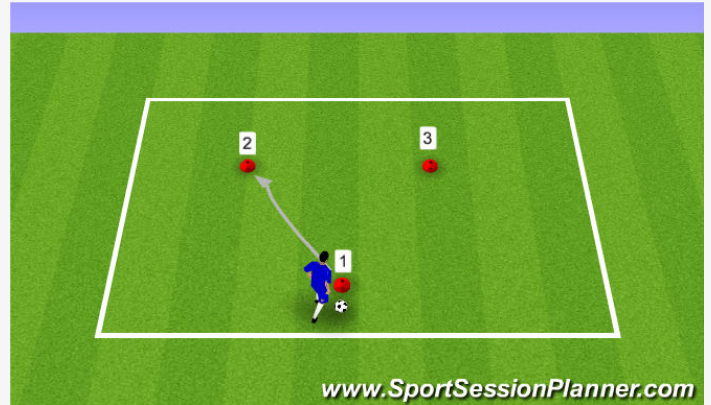
Ball Manipulation with dribbling and turning.

Technical Exercise 1 (15 mins)

- Player dribbles from cone 1 to cone 2, performs 10 quick toe taps (Boxes/Brazilian Sole Roles) then performs a turn and dribbles back to cone 1.
- Player will then repeat the same but going to cone 3.
- Player must dribble with different feet each time, too and from the cones.
- Player will be performing different turns each time.
- Player will add in a skill on the way back after the turn.

Competition

- How many cones can you get to in 60 seconds. (Always must go back to cone 1 each time)

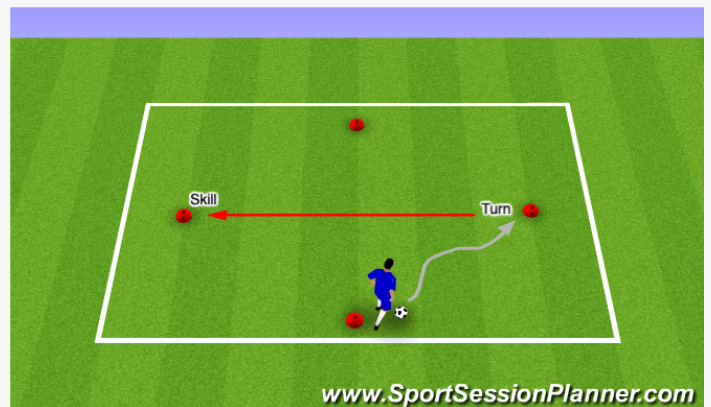


Technical Exercise 2 (15 mins)

- Player dribbles to a cone, performs a turn and attacks another cone and performs a skill.
- Player will then dribble to any cone, perform a turn and attack another cone, perform another different turn and attack the final cone to perform a skill.
- Player will then dribble to all 3 cones performing a different turn each time and then attack the last cone they started on and perform a skill.

Competition

- Player must try to get to as many cones as they can within 60 seconds performing any skill or any turn that they like.



Technical Exercise 3 (15 mins)

- Coach calls out a number or Soccer Player.
- Player will be performing TSF Ball Manipulation whilst waiting for the coach to call out something.
- Once the coach calls a command the player must perform 10 quick (Toe touches/ Boxes/ Sole roles etc...) and then get to the cone and back.
- Coach might make the player do something other than TSF ball manipulation moves for players quick reactions.
- Coach can change the numbers to different places and also change the players.

