

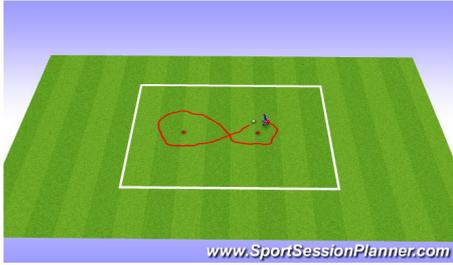


Session 11th May

Category: Technical: General
Difficulty: Beginner

Am-Club: TSF Academy
James Smith, Lincoln Park, United States of America

Figure 8 Juggling (10 mins)



Juggling Figure 8

Cones set 8yds apart.

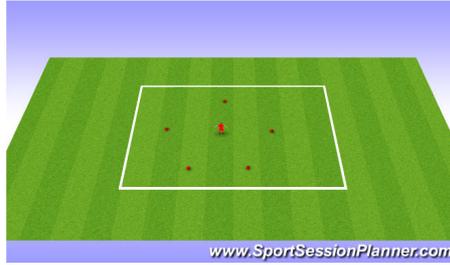
Complete the different juggline sequences as completing the figure 8

- 1) Strong foot only
- 2) Strong foot, every 3 touches, weaker foot
- 3) Right foot/left foot/right foot/left foot - alternating touches
- 4) Right foot/left foot/thigh
- 5) Right foot/left foot/thigh/thigh
- 6) Right foot/left thigh/left foot/right thigh

Set yourself a maximum bounce limit for the figure 8. If you exceed bounce limit start sequence again.

Progress to no bounce limit

Ball Manipulation Star (15 mins)



Make a star with the cones, each cone 4/5 steps apart

Player starts with the ball in the middle perform activities below then dribble around a cone and back to the middle to perform next activity.

After each activity the number of cones you dribble around increases by 1.

You can not dribble around a cone right next to the one you just dribbled around

- 1) Push Pulls Inside Foot x10
- 2) Push Pulls Outside/laces/Inside x 10
- 3) Toe taps around the ball all the way then go back the opposite way
- 4) Fake Pass (pass ball then pull it back) x 10 (5 each foot)
- 5) L-turn and catch (l-turn then pull the ball back with opposite foot) x 10 (5 each foot)

Repeat sequence x4

Dribbling

Soft touches

Laces

Head up coming out of the cone

Imagination Square (10 mins)



Imagination Box

How many different ways can you go around/through the box in 1 minute.

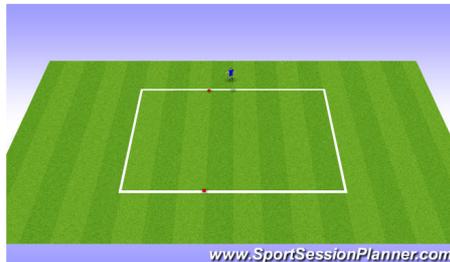
Think of different ways to move the ball around the box, different surfaces of the foot

Have to touch each cone or go around each cone for it to count

Can not just go around the square cone to cone has to include at least 1 diagonal run

Challenge yourself to be creative and try different flicks/rolls/skills/turns

Pyramid (15 mins)



Pyramid Fitness

Cones set 15/20yds apart.

Inbetween each set of sprints is a 10 second rest on go 1 sprint to opposite end, 10sec rest. Then 2 sprints, then 3 etc. Once you get to 5, 1 minute rest then go again.x 3 sets, each sprint is completed with a ball

Aerial control Star (15 mins)



Skill Star

Bring star closer together and add objects or other cones inside the star move the ball inside the star using different surfaces of the foot and different turns and skills.

After 10 touches flick the ball up and kick it into the air and so it goes outside of the star, control the ball and burst back into the star and carry on.

To begin with ball can bounce once and be thrown into the air or a small punt.

Focus on different types of aerial control, can you turn whilst bringing the ball down, using right side and left side touches

Add more objects inside the square to challenge yourself more