

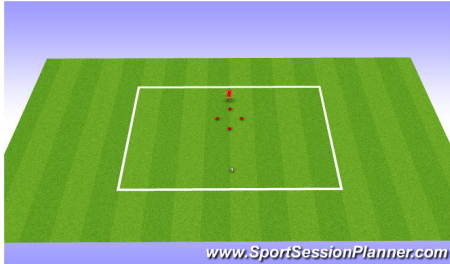


Home Technical Week May 4th

Category: Technical: General
Difficulty: Beginner

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

Ball Manipulation



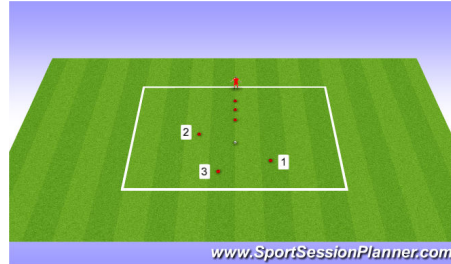
Make a small diamond with the cones

1) Jump in to middle high knees, jump over outside cone then back to middle, top cone back to middle, opposite outside cone in to middle then sprint forward to the ball, box-box-touch out-pull x 6. Repeat exercise 6 times

2) Small steps in circles around each cone, sprint forward, box-box-sole roll x 5. Repeat exercise 6 times.

3) Start at base of diamond, sprint to top cone back peddle to base, sprint to side cone back peddle to base, sprint to opposite wide cone back peddle to base then sprint to the ball. Box-box - Lturn x 6. Repeat exercise 6 times

Ball Technical



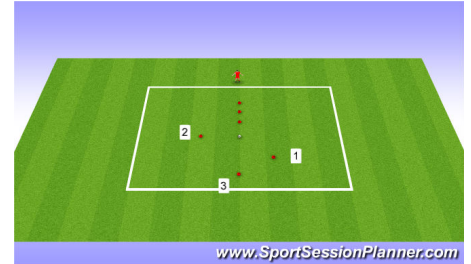
- 1) Side step through cones and sprint to ball
- 2) Attack cone 1 with first touch, then inside hook with right foot and attack cone 2
- 3) Attack cone 2 and inside hook left foot and attack cone 3
- 4) Attack cone 3 with a drop shoulder and burst past the cone

Sidesteps - focus on bent knees in order to push off and change direction. Head stays focused forward

Disguise and acceleration on turns

Head up as you come out of the turn to scam the area

Ball Technical



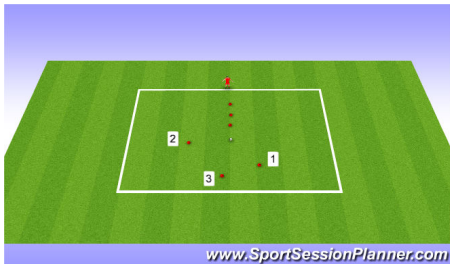
- 1) Side step through cones and sprint to ball
- 2) Attack cone 1 with first touch, then L-Turn with right foot and attack cone 2
- 3) Attack cone 2 and L-Turn left foot and attack cone 3
- 4) Attack cone 3 with a Sole Roll and burst past the cone

Backwards Sidesteps - focus on bent knees in order to push off and change direction. Head moving checking behind you

Disguise and acceleration on turns

Head up as you come out of the turn to scam the area

Ball Technical



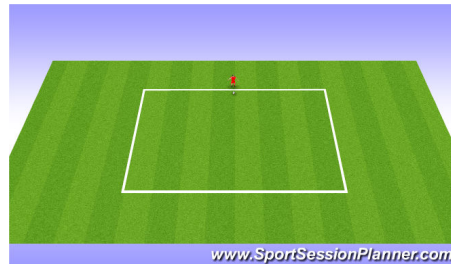
- 1) High Knee Jumps over cones and sprint to ball
- 2) Attack cone 1 with first touch, then Drag Back with right foot and attack cone 2
- 3) Attack cone 2 and Drag Back with left foot and attack cone 3
- 4) Attack cone 3 with an Iniesta and burst past the cone

High Knee Jumps - Focus on bringing knees up to chest, not chest down to knees, arms stay locked

Disguise and acceleration on turns and skills

Head up as you come out of the turn to scam the area

Fitness



Cones 10yds apart
Dribble ball to opposite end, 10 squats, dribble ball back, 10 mountain climbers, dribble ball back, 10 jumps over the ball, dribble ball opposite end 10 lunges

Repeat 6 times and stretch