

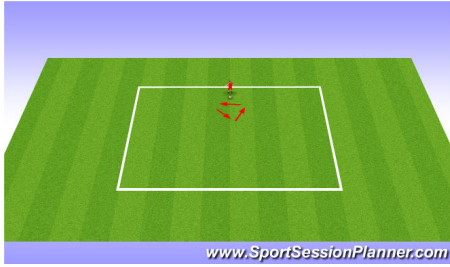


Homework May 4th session 2

Category: Technical: General
Difficulty: Beginner

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

Triangle (5 mins)

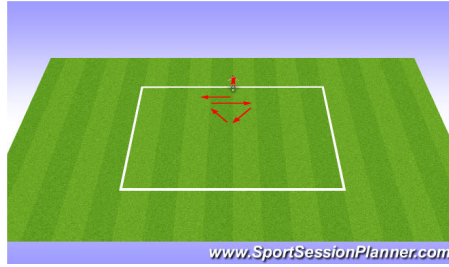


Ball manipulation - Triangle

Ball starts on right foot - roll across to left - left foot push forward - right foot pull the ball back to the start. Repeat the sequence
Work for 30 seconds, rest for 30 seconds.
Repeat 6 times

Reverse the sequence ball starts on left foot.
Work for 30 seconds, rest for 30 seconds.
Repeat 6 times

Triangle 2 (5 mins)

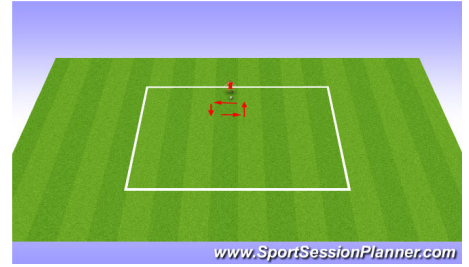


Ball manipulation - Triangle 2

Ball starts on right foot - touch ball out with outside of the foot - pull the ball back across to left foot - push ball forward with left - pull back with right
Work for 30 seconds, rest for 30 seconds.
Repeat 6 times

Reverse the sequence ball starts on left foot.
Work for 30 seconds, rest for 30 seconds.
Repeat 6 times

Square (5 mins)

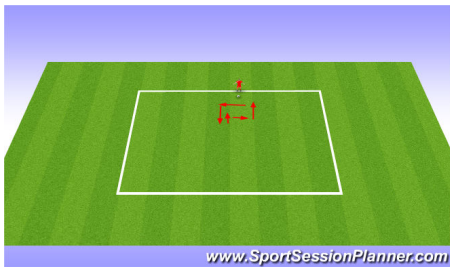


Ball Manipulation - Square

Ball starts on left foot - push across to right foot-right foot push forward - right foot roll across to left - left foot pull the ball back - then start cycle again.
Ball should make a square
Work for 30 seconds, rest for 30, repeat 6 times

Start with ball on right foot and reverse the sequence, work for 30 seconds, rest for 30 seconds, repeat 6 times

Square 2 (5 mins)



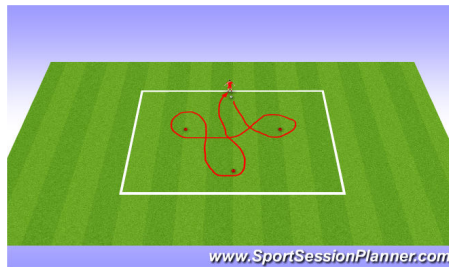
Ball Manipulation - Square 2

Ball starts on left foot - push across to right foot-right foot push forward - left foot pull the ball back - outside left foot pushes ball across - left foot pulls ball back to the beginning

Work for 30 seconds, rest for 30, repeat 6 times

Start with ball on right foot and reverse the sequence, work for 30 seconds, rest for 30 seconds, repeat 6 times

Figure 8 Dribbling (10 mins)

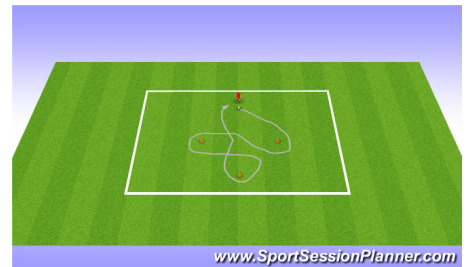


Dribbling figure 8

Before completing the figure 8 dribbling complete the exercise then go into figure 8 dribbling, rest 30 seconds then move

- 1) 10 sole roles from foot to foot
- 2) 10 boxes
- 3) 10 jumps over the ball
- 4) 10 push pulls inside
- 5) 10 push pulls outside/inside

Juggling and Dribbling (10 mins)



Juggling and Dribbling

- 1) 3 Juggles, ball goes up in the air bring it down inside of the foot then start the figure 8 dribbling, until back to beginning. Repeat 4 times to each foot
- 2) 3 Juggles, ball goes up in the air bring it down outside of the foot then start the figure 8 dribbling, until back to beginning. Repeat 4 times to each foot
- 3) 3 Juggles, ball goes up in the air bring it down right thigh then start the figure 8 dribbling, until back to beginning. Repeat 4 times to each foot
- 4) 3 Juggles, ball goes up in the air bring it down right thigh then start the figure 8 dribbling, until back to beginning. Repeat 4 times to each foot