

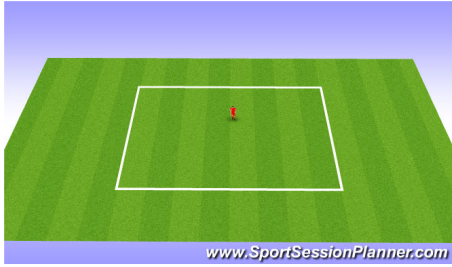


# At Home Technical 1

Category: Warm-ups  
Difficulty: Beginner

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

## Ball Manipulations (5 mins)



TSF Technical Touches

Push pulls inside foot, both feet, 30seconds on 15 seconds rest, repeat x 3

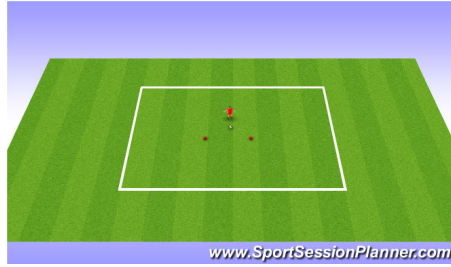
Push pulls outside/inside both feet, 30seconds on 15 seconds rest, repeat x 3

Push pulls outside, laces and inside,

30seconds on 15 seconds rest, repeat x 3

Box,box, pull, 30seconds on 15 seconds rest, repeat x 3

## Skills (5 mins)



Skills

1) Scissor/Scissor touch pull x 2, then figure 8 around cones, end opposite side and repeat x6

30 second rest

2) Steptover/Steptover box box, then figure 8 around cones, end opposite side and repeat x6

30 second rest

3) Sole roll Stop, then figure 8 around cones, end opposite side and repeat x6

30 second rest

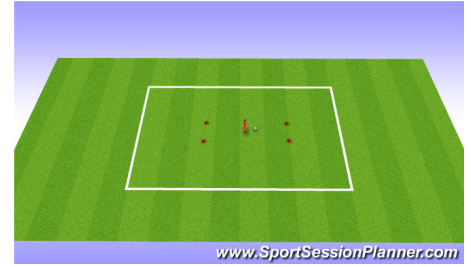
Disguise

Head up

Small touches around the cone

Change of foot to keep ball away from defender

## Turns (5 mins)



Turns

Inside Hook

Toe taps rolling the ball to each foot, 5 each foot, burst between cones Inside Hook right foot, accelerate to opposite end, inside hook left foot back to middle. 15second rest, repeat 6 times

Outside Hook

Toe taps rolling the ball to each foot, 5 each foot, burst between cones Outside Hook right foot, accelerate to opposite end, outside hook left foot back to middle. 15second rest, repeat 6 times

Quick Turn

Toe taps rolling the ball to each foot, 5 each foot, burst between cones Outside Hook right foot, accelerate to opposite end, outside hook left foot back to middle. 15second rest, repeat 6 times

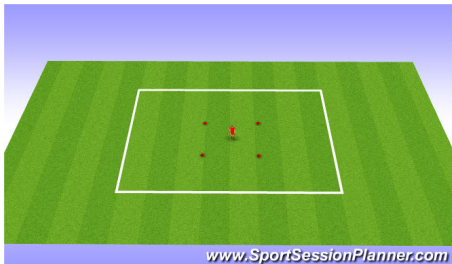
Arms to disguise

Head up as you come out of the turn

Weight of touch

Accelerate to opposite end and back to middle

## Juggling (10 mins)



Juggling

Lace, lace, inside foot (bounce if needed) 3 minutes

Lace, lace, outside foot (bounce if needed) 3 minutes

Lace, lace, inside foot, outside foot (bounce if needed) 3 minutes