

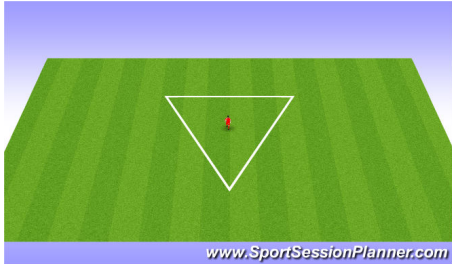


11th May Session 2

Category: Technical: General
Difficulty: Beginner

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

Juggle Triangle (10 mins)

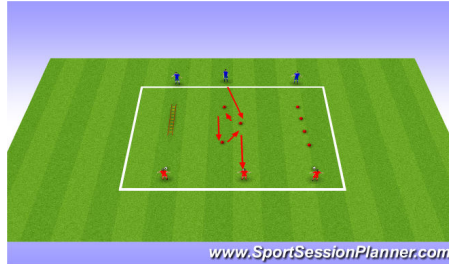


Juggle Triangle

4/5 Juggles, flick the ball up, as the ball in the air, sprint out touch a point of the triangle then back in with the ball only bouncing once or with no bounce.

Focus on different surfaces of juggling and different first touches to control the ball

SAQ (15 mins)



SAQ with Partner

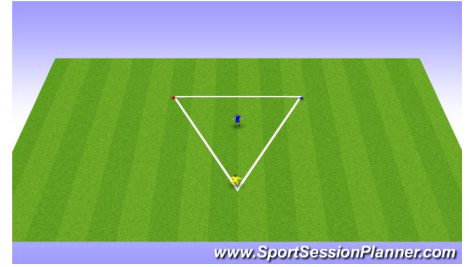
Go through ladder sprint and play two passes with partner and back to the beginning. Work for 1 minute

Up-back-through and spring, play two volleys back to partner. Work for 1 minute rest for 1 minute.

in and out of cones, sprint and play 2 chest volleys

Mix up SAQ Exercises and activity at the end

Receiving (25 mins)



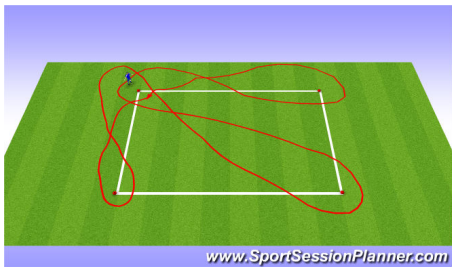
Player in middle check away and check back into receive pass. Partner shouts colour cone, player receiving has to receive, open then dribble around that cone and play pass back in. Work for 1 minute, rest for 1 minute.

Receive Side on

- Receive facing partner
- Check out sideways and receive
- Inside foot
- Outside foot
- Around the corner touch
- Ronaldo Chop touch
- Open up touch

Partner can mix it up by pointing to which cone as you receive, also through the ball in to work on aerial control

Figure 8 Sprints (10 mins)



Player Sprints figure 8's around each cone.

3 Cones equals a set.

Player completes 5 sets, 30 seconds rest in between each Set.