

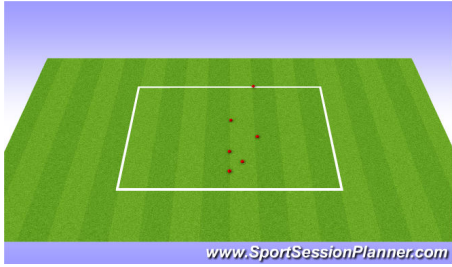


# Day 1 Practice

Category: Technical: Ball Control  
Difficulty: Moderate

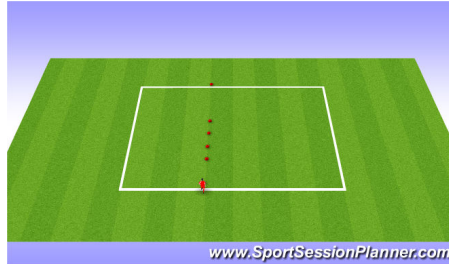
Am-Club: TSF Academy  
James Smith, Lincoln Park, United States of America

## Warm Up (10 mins)



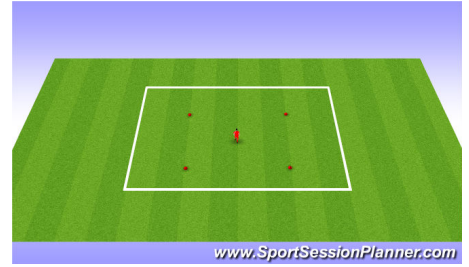
- TSF Warm Up
- Open gates
- Close gate
- Knee hugs
- Sw eep the floor
- Kick throughs
- Ankle grabs
- Different sprints at the end

## Ball Manipulation (10 mins)



- Inside/Outside one foot through cones, dribble with ball to top cone, 10 yds away, small touches around cone, come back through cones using opposite foot
- Repeat x3,
- Outside touch/roll inbetween cones, dribble to top cone, forward toe taps around the cone, come back through the cones. Repeat x 3
- Iniesta through cones (inside touch across body left foot, inside forward touch right foot, inside right foot touch back across body and through cones), dribble to top cone backwards toe taps around the ball, comeback through cones. Repeat x 3

## Turns (15 mins)



- Turns - Cruyff
- Every 3 touches Cruyff turn, right foot then 3 touches left foot
- Focus on
- Disguise - use the arms to fake a long pass, cross or shot
- Accelerate - change of speed for 5 steps after turn
- Head Up - as you come out of the turn, head up, see the next picture
- Change of Directions - make contact with the front of the ball, to push the ball backwards. Non kicking foot in line with the ball but not too close to the ball. Contact the ball with the inside of foot.
- Once player has perfected the Cruyff turn, time themselves to see how long it takes them to complete square. Player must start in the middle of the square, cones must be 8 steps from centre of square.
- Player dribbles up to cone, perform turn, then must go back to middle of the square before going to the next cone
- Player must perform two Right foot Cruyff turns and two left foot Cruyff turns. After player is back in the middle after last turn, timing can stop
- Inside Hook
- Every 3 touches Inside Hook, right foot then 3 touches left foot
- Focus on
- Disguise - use the arms to fake a long pass, cross or shot
- Accelerate - change of speed for 5 steps after turn
- Head Up - as you come out of the turn, head up, see the next picture
- Change of Directions - make contact with the front of the ball, to push the ball backwards. Non kicking foot moved to the side of the ball but not too close to the ball. Contact the ball with the inside of foot.
- Hips - turning to make the turn faster, should be completed in 1 touch.
- Once player has perfected the Inside Hook, time themselves to see how long it takes them to complete square. Player must start in the middle of the square, cones must be 8 steps from centre of square.
- Player dribbles up to cone, perform turn, then must go back to middle of the square before going to the next cone
- Player must perform two Right foot Inside Hook and two left foot Inside Hook. After player is back in the middle after last turn, timing can stop
- Repeat 3 times and try and beat time