



Homework - Spring 2020- Session



AGE: 13 years and older

Sessions per week: 3-5

Session Length: 60 minutes

Session Focus: Ball movement, Dribbling Juggling, Finishing

Session Activities:

Performance-Multidirectional Speed-10 minutes

Fast FootworkPendulums- 10 minutes

Change of Direction Turn Races- 10 mins

Juggling- Brazilian Style- 10 Minutes

Front/Angle Move Finishing- 10 minutes

Bonus Showcase Challenges (pick one of the below)- 10 minutes

SUPER 7

SHIFTY 6

FILTHY 5

JUGGLEFEST TEST

Whats your 3



PERFORMANCE TRAINING- Speed and Agility



MULTIDIRECTIONAL SPEED

Good For: Multidirectional Speed · Agility · Overall Fitness · Lower Body Strength

Equipment: Cones

Speed Instruction: The easiest way to get fast is to run fast, so run fast! “It’s the little details that are vital. Little things make big things happen.”

High Intensity

Warm-Up

High Knees - 30 seconds

Butt Kicks - 30 seconds

Carioca - 30 seconds

Leg Kicks - 30 seconds

Rest - 20 seconds

Rotate & Sprint Round 1

Forward Rotation & Sprint - 10 Yards

Rest - 30 seconds

Backward Rotation & Sprint - 10 Yards

Rest - 30 seconds

Shuffle, Forward Rotation, & Sprint - 10 Yards

Rest - 30 seconds

Shuffle, Backward Rotation, & Sprint - 10 Yards

Rotate & Sprint Round 2

Forward Rotation & Sprint - 10 Yards

Rest - 30 seconds

Backward Rotation & Sprint - 10 Yards

Rest - 30 seconds

Shuffle, Forward Rotation, & Sprint - 10 Yards

Rest - 30 seconds

Shuffle, Backward Rotation, & Sprint - 10 Yards



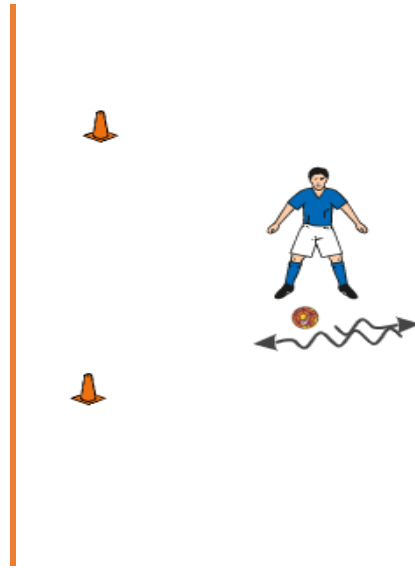
All Scenarios- Ball Movements



FAST FOOTWORK- Pendulums

COACHING POINTS

- ❖ Stand over the top of the ball. Legs on both sides of ball. On toes.
- ❖ Take a big step to the side and slide the ball across switching it from one foot to the other/
- ❖ 30 Seconds / 15 Seconds of rest (active rest)
- ❖ Knees slightly bent
- ❖ Arms bent at side and slightly out
- ❖ Ankles locked and feet not floppy
- ❖ Body should always be balanced and in control
- ❖ Head where you can see in front (not facing down or up)
- ❖ Head on swivel / sneak looks around
- ❖ Use the middle of the inside of foot to big toe



Pendulum- Inside of both feet back and forth

Motorcycles- Pendulum, step on ball, roll out to the side, turn it over, back to pendulum

Triangles- Pendulum, push out with one foot and pull back with the other

Rollover- Pendulum, rollover with one foot catch with the other/ Infinity Rollover- rollover with one foot and roll back with other

Quarter Cuts- Pendulum- tuck ball behind plant foot with the other and turn to find it at 90 degrees

Pendulum Medley- Mix all moves randomly



TOUCH-STRIKING



JUGGLING- Brazilian Style

Set up

Coaching Points

PROGRESSIONS

- Juggle inside a square grid. Try to stay in the grid

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- Perfect Form Juggling Style - toes pointed out / ankle locked / shoelace meets ball / foot raises to meet ball / ball rises to eye level. Beginners let it bounce.
 - Thigh Juggling - raise knee high so your thigh is parallel to the ground.

Brazilian Style With Toe Up - Small little touches.

- Brazilian Style - All Right Foot / All Left Foot
- Brazilian Style Alternating Feet (Right & Left Back & Forth)
- Brazilian Style - Two Each Foot
- Brazilian Style - Progress, one right, one left. Then two right, two left, then three each, go to 10 each and then work your way back down to 1 each.
- Brazilian Style - Flip it up to knee high and go around the ball from inside out - around the world.
- Brazilian Style - Walk and Run Juggling
- Brazilian Style - Freestyle



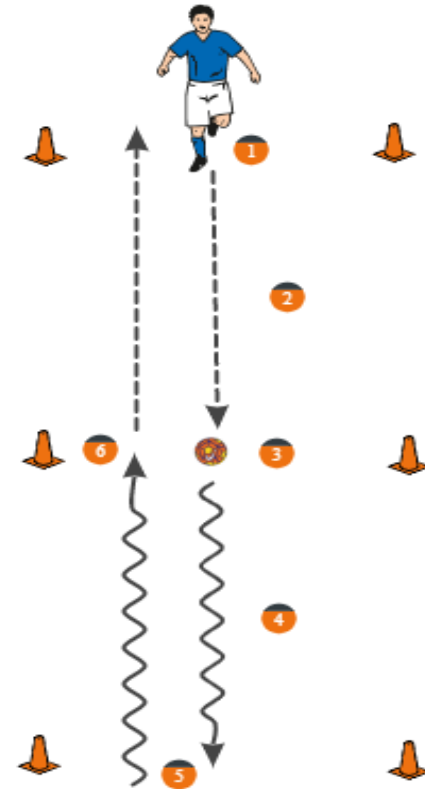


DEFENDER ON THE SIDE-DRIBBLING TURNS-PERFORMANCE



"CHANGE OF DIRECTION TURN RACE"

- 1 - **START VARIATION** - head on, back turned, sitting, sitting with back turned, laying down, laying down with back turned
- 2 - **MOVEMENT VARIATION** of the first section run to the ball. Backwards, shuffles, skip, hops. 1 foot, 2 foot
- 3- Explode with soft touch on the ball. Keep it close while you explode. Retract/cushion foot on ball.
- 4 - **DRIBBLE VARIATION** Shoelace for speed, inside outside touches. Roll ball. Pull ball backwards.
- 5 - Change of direction dribbling turn at the far cones. See below for variety of turns list.
- Progress to 3 turns at the far cones.
- 6- Dribble back to center cones and stop it clean on the line and then sprint in without the ball.



SET-UP

MOVES/TURNS

PULL TURN
U-TURN
OUTSIDE HOOK
CRUYFF
STEPOVER-ONE FOOTED (RIVELINO)
STEPOVER- TWO FOOTED
COMBO- IMPROV



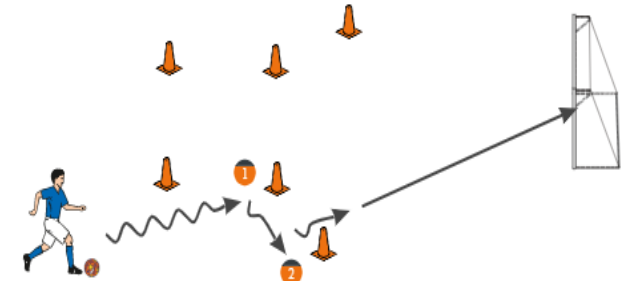
DEFENDER IN FRONT- FRONT MOVES AND FINISHING



"FRONT MOVE FINISHING"

Set up

- Dribble at cone or modified defender,
- 1 - do a front move on first cone
- 2 - do an angle move on second cone.
- Switch moves every 4-5 mins
- Switch left to right after each shot



Coaching Points

- Set up move with a shoelace touch and explode off the move.
- Quick shot after move within 1 second.

Striking Technique:

- ❖ Toe Down / Locked Ankle
- ❖ Short Choppy Steps / Last Step Big
- ❖ Plant foot right next to ball pointed to target
- ❖ Punch thru middle of ball towards target
- ❖ Land on shooting foot

Moves

- Matthews- Inside Foot Set Up (Front)
- Drag- Inside Foot Set Up (Front)
- Scissors- Shoelace Set Up (Front)
- Lunge- Shoelace Set Up (Front)
- Rollover- Shoelace Set Up (Front)
- Hop Chop (Angle)
- Maradona (Angle)
- Xavi -360 Turn (Angle)
- Shuffle (Angle)

COMPETITIONS:

- Point System (5 pts for Upper 90, 3 pts for side netting, 2 points for in the net, 1 point for post, 0 for on ground between side netting rops.
- How many points can you get in 10 minutes?



ROMA FC PLAYER DEVELOPMENT



SHOWCASE CHALLENGES

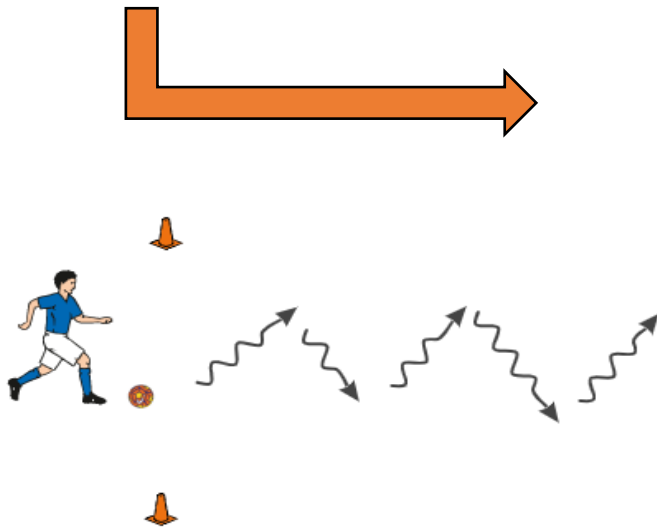


Defender in Front/Angle Move Combination



"SUPER 7 PLUS" - SHOWCASE CHALLENGE

- *Dribble forward in a zig zag for 20 yards doing the 7 moves in order
- *Beginners should start by repeating the first 2 moves until you are confident doing them. Then add the 3rd, repeat until confident. Add the 4th, repeat, and so on until you know all 7.
- *PLUS - Add in 5 seconds of any freestyle move(s) you want at the end.



- Fake Pass
- Drag
- Hop Chop
- One Footed V Behind
- Two Footed V
- Fake Shot Cut/Rollover
- Maradona
- Double Scissors (Sub in any other)

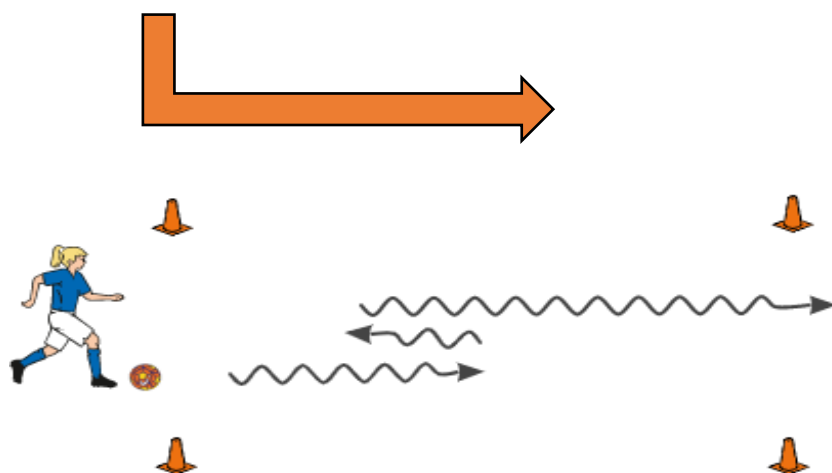


DEFENDER ON SIDE- TURNS SERIES



"SHIFTY SIX SHOWCASE"

- ❖ Dribble back and forth with minimal steps in between doing the 6 dribbling turns in order. Turn away from imaginary defender on side on each turn
- ❖ Beginners should start by repeating the first 2 moves until you are confident doing them. Then add the 3rd, repeat until confident. Add the 4th, repeat, and so on until you know all 6.



Outside Foot Hook
Pull Turn
U- Turn
Cruyff
Stepover- One Footed
(Rivelinos)
Stepover- Two Footed



MOVES COMBINATION SERIES



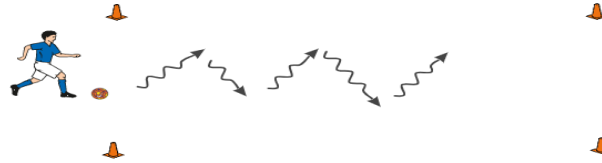
"THE FILTHY FIVE" SHOWCASE CHALLENGE

- ❖ Dribble forward in a zig zag for 10-15 yards doing the 5 moves in order
- ❖ Beginners should start by repeating each move by itself until you are confident. Next, repeat the first 2 moves together until you are confident doing them. Then add the 3rd move, repeat until confident. Add the 4th and then the 5th.

6-8 Year olds

**Windshield Wiper
Shuffle**

Plus add any 3 extra moves



DETAILED DESCRIPTION:

Left foot start example:

- 1) Lunge: Left foot - Lunge next to ball (but don't touch ball after you lunge)
- 2) Windshield Wiper - Left foot goes over ball and back. (this looks like a Rivelino stepover and scissors combined)
- 3) Shuffle - Left foot to right foot
- 4) Preki Rollover - Right foot starts it with the roll, then left foot steps over it.
- 5) The Snake - Left foot Swerve into a Castro: start with inside of big toe of left foot, then outside with left pinky toe then inside of left big toe. All one footed and try to keep foot on ball.
Tip - little hop after the first big toe inside touch helps keep balance -or- do the opposite and start with the right foot

9-12 Year olds

**Preki Rollover
The Snake**

Plus add any 3 extra moves

13 +

**Lunge
Windshield Wiper
Shuffle
Preki Rollover
The Snake**



CREATE A COMBINATION SERIES

"WHAT'S YOUR 3 CHALLENGE"

- ❖ Dribble in any direction doing any 3 Moves or Turns creating a Combination Series.
- ❖ Pick 3 from the below lists or make up your own.
- ❖ Practice over and over so you get really fast at your 3 with little to no steps between moves.
- ❖ Put one or two or three cones out and treat as defenders.
- ❖ Post a video on twitter and/or Instagram using #RomaFChomework of your 3 moves.
- ❖ State your name, age group and name of your Series.
- ❖ Thank an "Essential Worker" that you know that is working during the Pandemic in your video. If you don't know one, thank them all!

Hop Chop
Maradona
Xavi- 360 Turn
Shuffle
240 Rivelino
240 U Turn
240 Hook

Pull Turn
U-Turn
Hook Turn
Cruyff
Stepover- One Footed
Stepover- Two Footed
V- Behind the Back
V- To the Side
V-Two Footed

Matthews
Drag
Lunge
Rollover
Double Scissors
Double Lunge
Windshield Wiper
Preki Rollover
Snake (Swerve/Castro)



JUGGLEFEST



- ❖ Take the Juggle test twice, once at the beginning of the week and once at the end of the week. Take another in the middle of the week if you want. Take it everyday if you want.
- ❖ If you improve your test score, from your first test to your last test, tweet your name and age group and type that you improved.

Perfect juggling form

Beginner - Let it bounce between touches

Brazilian Style juggling

Right foot and left foot

Outside of foot juggling

Thighs with the right, then do thighs with left

Walk Juggle

Up & Down the Ladder Challenge - Foot, thigh, head, thigh, foot, repeat

Every touch twice as high

180 Turn Juggle - Juggle over the head and turn to face other direction, Turn 180 degrees, keep it up, juggle, repeat

Spin Juggling - Skim the bottom of the ball to get it spinning. Inside of foot and then outside of foot

Shoulder Juggling

Forehead Juggling

Shoulder Head Shoulder

COACHING POINTS:

- **Perfect form - We are very into this and we feel the best way to juggle because it simulates the same motion as striking the ball. Toes pointed out / ankle locked / knee bent / shoelace meets ball / foot raises to waist level to meet ball / ball rises to eye level / try to get little to no spin**
- **Beginners should let it bounce and or do one then catch, then increase to 2, then 3, etc.**