



Homework - Spring 2020- Session 5



AGE: 13 years and older

Sessions per week: 3-5

Session Length: 60 minutes

Session Focus: Performance, Dribbling, Finishing, Receiving

Session Activities:

Performance- Strong at Home- 10 minutes

Dribbling Stop and Go Movements- 10 minutes

Dribbling- Turns Random Cone Setup- 10 minutes

Passing and Receiving- 10 minutes

Finishing - Volleys- 10 minutes

Bonus Showcase Challenges- Showcase Challenge - Rainbow the ball up, catch it with do 2-4 perfect juggle touch twice as high as your body, then do SHIFTY 6, plus add 5 seconds of freestyle at end (any move(s) or juggling you want). For less advanced players, eliminate the Rainbow start. - 10-minutes

Inspire others with your training by posting on social media...Use the Hasthage #RomaFChomework



PERFORMANCE TRAINING- STRENGTH

STRENGTH CIRCUIT- BODYWEIGHT



Good For: Total Body Strength · Lower Body Strength · Functional Strength · Overall Fitness · Upper Body Strength

Equipment: None

Strength Circuit Instruction: Focus on technique first and then increase your reps. “Progress only comes in incremental portions. Nobody becomes great overnight.”

Moderate Intensity

Warm-Up

High Knees - 30 seconds
Butt Kicks - 30 seconds
Carioca - 30 seconds
Leg Kicks - 30 seconds
Rest - 20 seconds

Strength Circuit Round 1

Squat - 30 seconds
Push Up - 30 seconds
Glute Bridge - 30 seconds
Lateral Lunge - 30 seconds
Rest - 20 seconds

Strength Circuit Round 2

Squat - 30 seconds
Push Up - 30 seconds
Glute Bridge - 30 seconds
Lateral Lunge - 30 seconds
Rest - 20 seconds

Strength Circuit Round 3

Squat - 30 seconds
Push Up - 30 seconds
Glute Bridge - 30 seconds
Lateral Lunge - 30 seconds
Rest - 20 seconds



BALL Movements



DRIBBLING - STOP AND GO

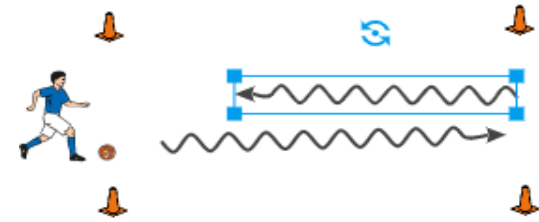
SET-UP

- Start by dribbling across the grid doing different dribbling Stop 'N Go movements.
- When you get to the other side, rest for 3-5 seconds then dribbles across again.
- Do the Stop 'N Go with bottom of foot and explode with same foot to the other side of the grid.
- Do the Stop 'N Go, 1 or 2 times on the way across grid
- 3 Types, Shoelace, Pinky Toe, Big Toe.
- Advanced is stop ball with one foot and then explode with opposite foot.

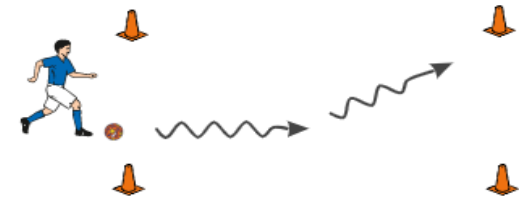
Add in a Drag to the Stop and Go Big Toe

COACHING POINTS

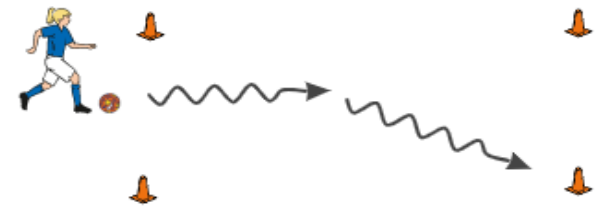
- **Go Quick, explosive**
- **Every step is a touch.**
- **Firm ankles, not floppy**
- **Head Up, Look Around**



Stop and Go - Shoelace



Stop and Go - Big Toe



Stop and Go- Pinky Toe



DEFENDER ON THE SIDE- DRIBBLING TURNS



"TURNS - RANDOM CONE SET UP"

COACHING POINTS

- ❖ Dribble on the side of a cone that represents a defender.
- ❖ No Steps or Dribbles Between Vs / Right Then Left
- ❖ Stay Stationary
- ❖ 30 Seconds Fast / 15 Seconds of Rest
- ❖ Knees slightly bent / Ankles Locked & Feet Not Floppy
- ❖ Firm Arms & Hands Bent at Side and Slightly Up and Out / Switch Arm Bar As You Turn.
- ❖ Body Balanced / Firm / In Control.
- ❖ Head on Swivel / Sneak Looks (not facing down)
- ❖ Inside of Big Toe on the Top of the Ball



TURNS

Pull Turn
Hook Turn
Cruyff
U-Turn
Stepovers- One and Two Footed
Combo- Improv



DEFENDER BEHIND - RECEIVING TURNS



"WALL BALL PASSING"

Set up

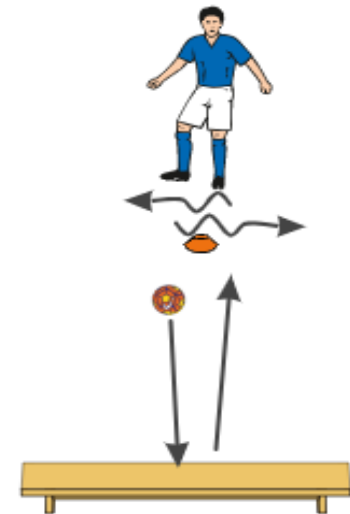
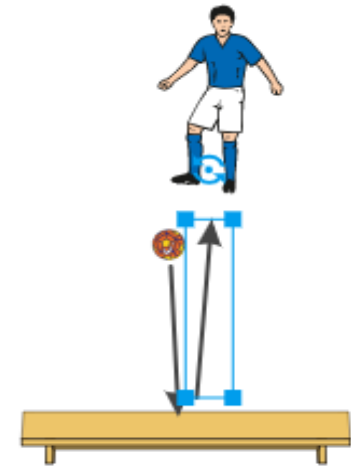
- 1 - Pass to a wall or with a partner.
- 2 - Receive the pass in different ways, see below. and repeat.

Coaching Points

- Toe up, heel down, ankle locked,
- Hip open, T shaped feet,
- Short choppy steps, plant foot next to ball,
- Follow through with heel to target.

PROGRESSIONS

- Pass & Receive 2 Touch - Same Foot (Rt to Rt, Lft to Lft)
- Receive across body rollover
- Receive outside of foot, pass Inside of foot
- Pop into the ball, man on back
- Roll forward bottom of foot
- One touch passing - Same Foot
- Advanced - Put two cones in middle, receive ball behind cones and do turns back and forth behind cones





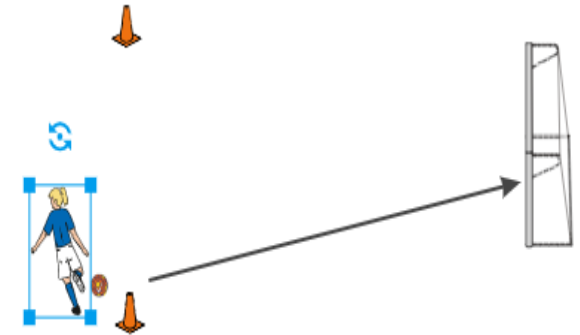
BALL STRIKING



FINISHING - INSIDE THE 18 VOLLEYS

Set up

- Drop a ball and volley it low far post inside the 18 at an angle.
- You can drop it or have a friend or parent or sibling.
- Switch left to right after each shot



Coaching Points

- Kick the ball on the half bounce or kick in on the way down (not when the ball is on the way up)

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

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?

PASSION - RESPECT - INTEGRITY - COMMUNITY

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