



Homework - Spring 2020- Session 5



AGE: 6-8 years old

Sessions per week: 2-3

Session Length: 30 minutes

Session Focus: Ball movement, Dribbling Moves, Juggling

Session Activities:

Dribbling - Stop and Go Movements - 10 minutes

Dribbling Turns- 10 minutes

Passing/Receiving- 10 minutes

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

SUPER 7

SHIFTY 6

FILTHY 5

JUGGLEFEST TEST

Whats your 3

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

PASSION - RESPECT - INTEGRITY - COMMUNITY



BALL Movements



DRIBBLING - STOP AND GO

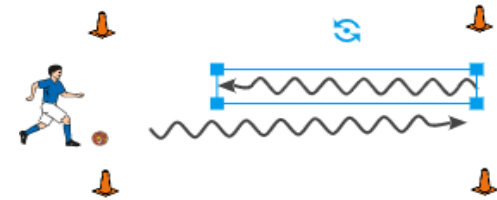
SET-UP

- 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.

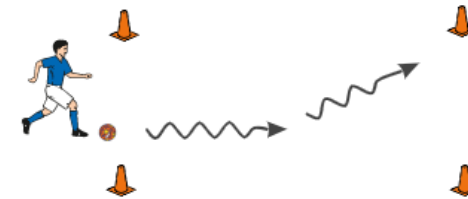
Add in a Drag to the Stop and Go Big Toe

COACHING POINTS

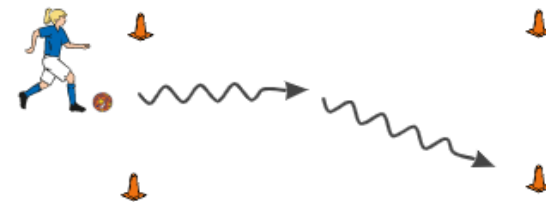
- **Go Quick, explosive**
- **Every step is a touch.**
- **Firm ankles, not floppy**
- **Head Up, Look Around**



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



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
- Roll forward bottom of foot
- One touch passing - Same Foot

