



Homework - Spring 2020- Session



AGE: 9-12 years old

Sessions per week: 3-4

Session Length: 45 minutes

Session Focus: Ball movement, Dribbling Juggling, Finishing

Session Activities:

Performance- Strength Circuit Bodyweight-10 minutes

Fast Footwork Shuffles- 5 minutes

Defender on an Angle Moves- 10 minutes

Juggling- Perfect Form- 10 Minutes

Front Move Finishing- 10 minutes

Bonus Showcase Challenges (pick one of the below)

SUPER 7

SHIFTY 6

FILTHY 5

JUGGLEFEST TEST

Whats your 3

FACTORIO



PERFORMANCE TRAINING- STRENGTH

STRENGTH CIRCUIT- BODYWEIGHT



Good For: Total Body Strength · Power Development · Functional Strength · Overall Fitness

Equipment: None

Strength Circuit Instruction: Challenge yourself in foundational movements like squats, push-ups, and lunges by going all out. Push to get as many reps as possible in the timeframe.

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

Transverse Lunge R/L - 30 seconds
Decline Push Up - 30 seconds
Reverse Lunge Runner R/L - 30 seconds
Dips - 30 seconds
Skater Jumps - 30 seconds
Squat Jumps - 30 seconds
Clap Push-Up - 30 seconds
Rest - 20 seconds

Strength Circuit - Round 1

Transverse Lunge R/L - 30 seconds
Decline Push Up - 30 seconds
Reverse Lunge Runner R/L - 30 seconds
Dips - 30 seconds
Skater Jumps - 30 seconds
Squat Jumps - 30 seconds
Clap Push-Up - 30 seconds
Rest - 20 seconds



TOUCH-STRIKING



JUGGLING- "PERFECT FORM"

Set up

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



PROGRESSIONS Coaching Points

- 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.

- All Right Foot / All Left Foot
- Alternating Feet (Right & Left Back & Forth)
- All Right Thigh / All Left Thigh
- Alternating Thighs
- Right Foot. Right Thigh / Left Foot, Left Thigh
- Right Foot Left Thigh / Left Foot Right Thigh
- How many can you get without dropping. Personal Record



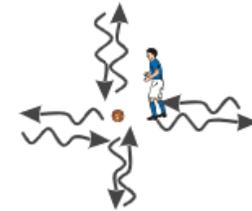
Defender in Front & Angle - Ball Movements



FAST FOOTWORK- SHUFFLES

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



Pendulum Shuffle
Non Pendulum Shuffles
Shuffle Back
Shuffle Plus Sign

Pendulum-Shuffle-Pendulum and then hop sideways and slide the ball between legs
Non Pendulum Shuffle- Hop sideways back and forth and slide the ball between legs
Shuffle Back- Hop sideways back and forth, slide ball between legs backwards at an angle
Shuffle Plus Sign- Perform shuffles in the shape of a plus sign



DEFENDER AT AN ANGLE- DRIBBLING MOVES



"ANGLE MOVES"

Set up

- Start off at an angle to the defender (cone)
- Dribble at the cone using a pinky toe touch, which represents a defender
- Execute the move in front of the cone (don't get too close) and explode away

Coaching Points

- Shoe lace or pinky toe set up
- Toe Down, firm ankle
- Speed Variation (fast-slow-fast)
- Explode on final touch at an angle away
- Touch the ball with every step
- Head up for vision.

Moves

Hop Chop- Neymar and Ronaldo (Angle)
Maradona- Opposite Foot Grab (Angle)
Xavi- 360 Turn- Three Touches
Shuffle- (Front and Angle)





DEFENDER IN FRONT- FRONT MOVES AND FINISHING



"FRONT MOVE FINISHING"

Set up

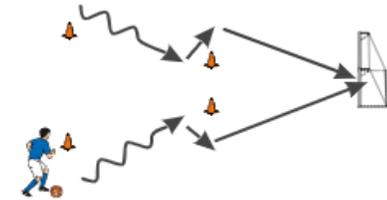
- Dribble at cone or modified defender, front move, then shot.
- Switch moves every 2-4 mins
- Work on both feet

Coaching Points

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

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)
Double Scissors- Shoelace Set Up (Front)
Double Lunge- Shoelace Set Up (Front)





ROMA FC PLAYER DEVELOPMENT



SHOWCASE CHALLENGES

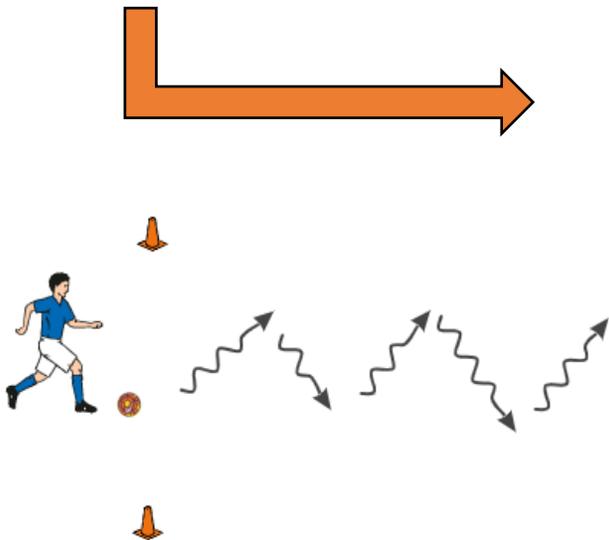


Defender in Front/Angle Move Combination



"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)

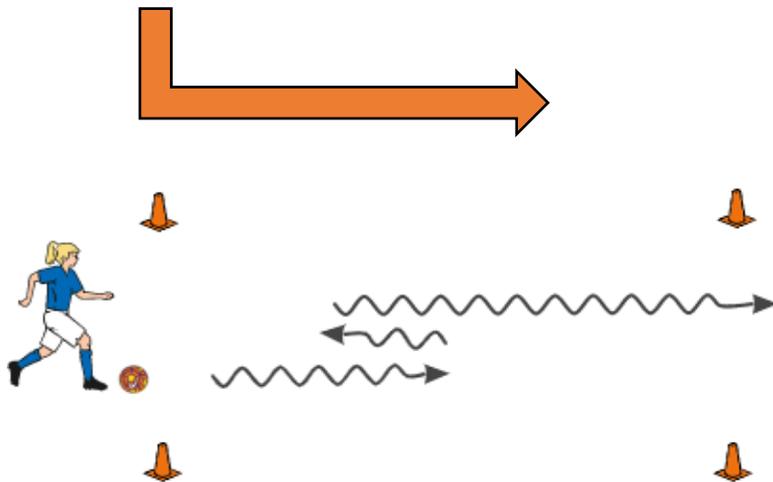


DEFENDER ON SIDE- TURNS SERIES



"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



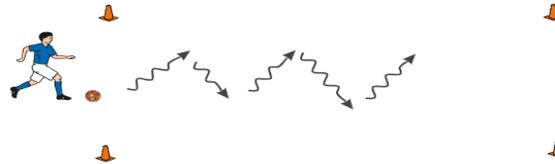
"THE FILTHY FIVE" SHOWCASE CHALLENGE

- *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



9-12 Year olds

**Preki Rollover
The Snake**

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

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.**