

These are written out as exercises to do on your own as I know it's hard to get mum, dad or little sister to help out... but most can be done with someone else, or a mate. text in orange show variations of the exercise.

### **Mondays**

Control and pass

Pass the ball against a wall back to yourself x 100.

1. Control the ball, and then pass back against the wall. Do it all right footed, then all left footed, then alternate left foot and right foot.

2. Pass the ball against the wall without controlling it first. One touch passing. Left and right again.

\_Can you do 100 of each?  
\_How can you make it harder?  
\_Spin 360 degrees every 10 passes?  
\_Use different parts of the foot?  
\_Chip it against the wall, so it's harder to control?  
\_Pull the ball back with the inside of your foot as you receive it... and turn before passing back.  
\_What else can you add? Any rabonas?

### **Tuesdays**

Tricks and turns

Make a metre wide line of cones (or sticks, or string, or pens, or plastic cups/bowls... or even use spare balls). Start 3-4m away from the line.

1. Dribble the ball to the middle of the line, then do a Cruyff turn before the line, and go around it. Repeat x 50. Left and right.

2. Dribble the ball toward the middle of the line. Pull off at least two proper stepovers before the line and use a third stepover to change direction and go around the line. Repeat x 50. Left and right.

3. Spread out the 'cones' in a random pattern and dribble through the course, choosing the hardest path you can... not the easiest. Repeat x 50. Left and right feet.

What other tricks and turns can you do to send the opponent the wrong way?

\_Elastico?  
\_Hocus Pocus?  
\_Zika Zaka?

<https://www.youtube.com/watch?v=1vNmYNH8d4I>

### **Wednesdays**

Fakes

Make a metre wide line again.

1. Dribble to the middle of the line. Fake a pass to the left, by planting the left foot by the left side of the ball, looking to the left and swinging the right foot at it. Drop the left shoulder, really blatantly, so all your weight is on your left leg/foot, and you can bounce back out of it. As you swing at the ball with your right foot, bring it the left side of the ball, push off you left foot and move the ball to the right with the outside of the right foot. Repeat x 50. Left and right.

2. As above but once you get past your man (the line) get a shot off. Repeat x 50. Left and right.

3. Do tictacs side to side. You should be in the air most of the time. Try to go forward, left, back, and right in a square shape.

4. Put out your random 'cones' and tictac through the cones, picking a difficult path.

For more fakes search on youtube...

\_Shot fake... cut back?  
\_V-pullback?

<https://www.youtube.com/watch?v=2Le9TVyWpLY>

### **Thursdays**

Ball control

1. Throw the ball high in the air (or have someone throw it to you). Control the ball with your foot and keep it close to you. Own that ball. Then look up and decide whether to run with it, pass it, or shoot. Repeat x 50. Left and right.

2. If you do have someone throwing a ball too you, try chesting it under control, then move with it.

3. Try headers... keeping ball under control and also passing with your head. Can you direct a thrown ball left or right as a pass? Don't do many of these though, or use a light air ball.

4. Keepie ups. If you're not great at them yet, then let the ball bounce between touches. You can then try doing full keepie ups with a flattish ball which will be easier than a hard ball. Try and break Saffi's record of 52 (hard ball) or 57 (flat ball).

5. Keepie up headers. See how many you can do in a row. Don't do many of these though, or use a light air ball.

### **Fridays**

Shooting

1. Shooting with a static ball is all very well, and I know you love doing it, so crack on, but remember it's very rare to ever get a penalty, or a ball sat on the ground with no-one attacking it, so try to make shooting more realistic by dribbling first, going through cones, changing direction (with some of the skills you practiced on tues/weds), and remember to shoot with both feet.

2. If you have a goal then try the crossbar challenge... if not, maybe mark a line in chalk on a wall or fence.

3. Low crossbar. If you have a goal, pull it forward and spin 360° so you have a low crossbar. Try hitting that.

4. Throw the ball in the air, you have one touch to get it under control and then shoot. If it's too hard, start with two touches before shooting, then progress to one.

Left and right remember.

### **Saturdays**

Touches

1. Practice your rollovers. <https://www.youtube.com/watch?v=pjJBVjXhFRU>

2. Practice moving the ball around just using the sole of your foot. Can you turn 360° both ways? Can you use a rollover to fake with? Can you show the ball to the opponent and then sole roll it away?

3. Rainbow flicks. We're never likely to use one in a match but they are great for building coordination.

4. Pass and move. Go back to playing against a wall or with a partner. Pass the ball at an angle and move immediately to receive it again. Never pass and stay still. This is great for all passing and for one-twos.

Left and right remember.