

EXERCISE 1  
JOG & LOOK AT THE  
COACH (TO STOP)

- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos



Listen to the command



Watch for the command



Keep the ball in the hands and listen to the command



Keep the ball in the hands and watch for the command



Juggle the ball and listen to the command

EXERCISE 2  
SKATING HOP

- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)



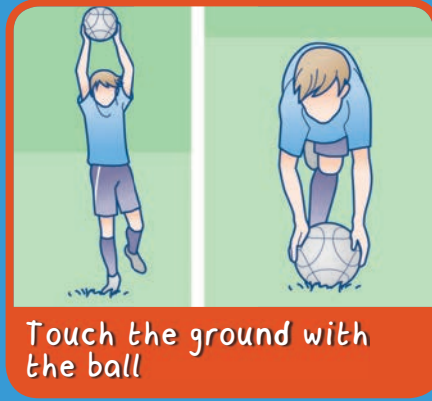
Practice how to land on one leg



Keep the ball in the hands



Balance the ball on one hand



Touch the ground with the ball



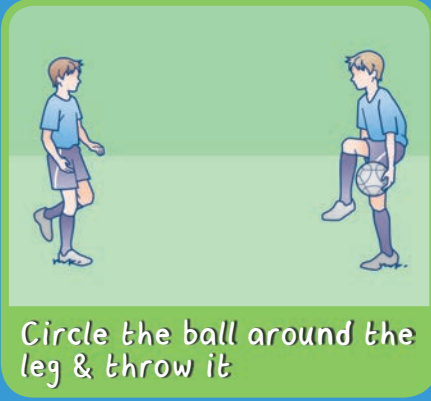
Balance and stretch forward with the ball

EXERCISE 3  
ONE LEG STANCE

- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds



Throw the ball



Circle the ball around the leg & throw it



Pass the ball



Throw the ball & play it back



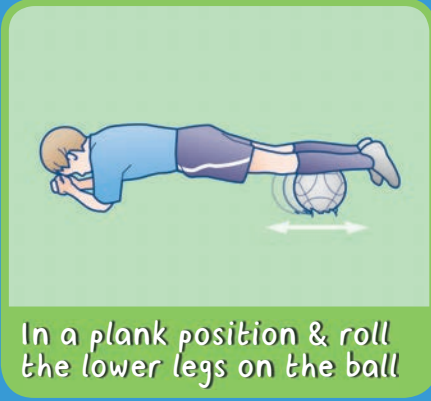
Challenge your balance

EXERCISE 4  
PUSH UP

- 2x, until each kid rolls 1x the ball (max. 8 kids)
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 10 seconds



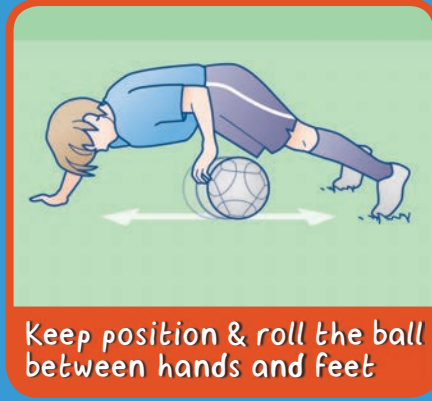
Make a tunnel & roll the ball underneath



In a plank position & roll the lower legs on the ball



Keep position & roll the ball between hands



Keep position & roll the ball between hands and feet



Hands on the ball & challenge your position

EXERCISE 5  
ONE LEG HOPS

- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg



Hop forwards



Hop forwards & backwards



Hop sideways



Follow the command & hop



Follow the command & hop while holding the ball in the hands

EXERCISE 6  
SPIDERMAN

- 3x à 15 seconds
- 3x à 15 seconds
- 3x over 5-10 meters
- 3x over 5-10 meters
- 3x over 5-7 meters



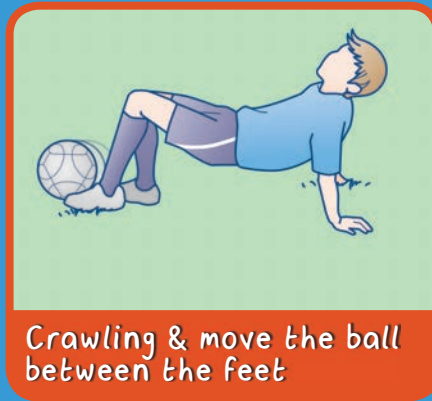
Touch the ball with alternating feet



Stretch out the position



Crawling



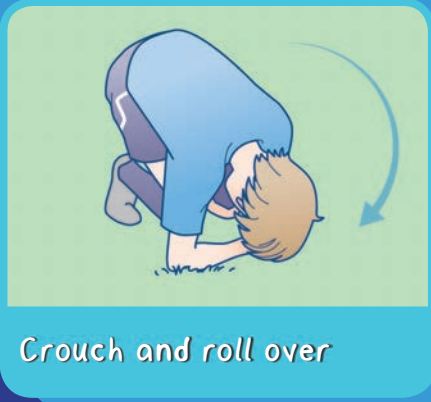
Crawling & move the ball between the feet



Crawling with the hands & move the ball with the feet

EXERCISE 7  
ROLL OVER

- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side



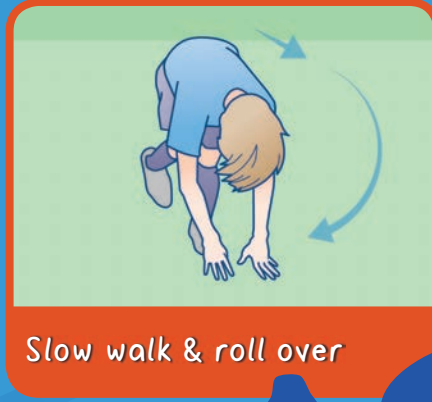
Crouch and roll over



From standing, slowly roll over



From standing, quickly roll over



Slow walk & roll over



Jog & roll over

FIFA U+ KIDS