



Homewood at Home Red Teams

Week of 4/13-4/19

Week 3 Focus Dribbling (all surfaces) and Balance Agility and Control (B.A.C.)

Equipment Needs

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Bucket or Box
- Watch/Phone/Timer

Click Here for Video Guide	Click Here for Juggle Tracker you can Print
	Click here to make paper ball!

Juggling (keepy ups)

- *Record at least 200 total juggles minimum! (not in a row just total)
- *Record how many times you can juggle with the ball bouncing only once between each juggle over the span of 1 minute.
- *Record how many juggles you can do in a row within 2 minutes before the ball bounces using the tracker.
- *Can you get a juggle sequence that ends in box or bucket?

Click Here for Video Guide	Click Here for Rules and Picture Guide
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Fruit and Vegetable Dribbling

- *Draw one of the pieces of paper based on the detailed setup guide which can be found on the left. If it is a fruit dribble to fruit station, if it's a veggie dribble to veggie station.
- *When you arrive at cone stand on one leg and spell out the fruit or vegetable using your foot. For Fruits only can use Left Foot, for Veggies can only use right foot!
- *Focus on balance and control of your foot when spelling out the names! Complete 1 time for quality and then go again for speed!

Click Here for Video Guide	Click Here for Picture Guide
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Running with the Ball

- *2 Gates or 4 Cones/socks/improvised markers set up around 10-15 feet apart. The further the distance the better.
- *Take larger touches in the open space and tight touches when turning through the gates.
- *Practice going as fast as possible while still maintaining control of the ball. *See how many gates you can dribble through in 2 minutes. Can you beat that score?



Quick Ball Fit Circuit

- *2 Cones/socks/improvised markers set up around 10 feet apart.
- *Start by side shuffling between 2 cones for 45 seconds to a minute.
- *Perform Pendulums for 45 seconds to a minute
- *Perform side taps for 45 seconds to 1 minutes
- *Perform roll overs between the cones for 45 seconds to 1 minute.
- *Perform Toe Taps for 45 seconds to 1 minute.
- *Repeat Circuit 2x taking rests and stretching as needed.



Puppy Dog Dribbling (Imagination Game)

- * Set up a space with cones/socks/improvised markers or you can just use a general area indoors or outdoors.
- * Pretend that your soccer ball is a puppy and the space your dribbling within is a park.
- *When your puppy is happy perform pendulums (tail wags) when puppy wants to run take larger touches, when a car is near take small touches to keep puppy safe. To pat puppy on the head perform toe taps.
- *Use your imagination and be creative!

Remember there is Homewood gear waiting for most improved and highest number of juggles so don't forget to send in your scores! You can send in your scores to me or keep them on your own and turn in when we return to the fields. Even though we worked on using our feet to balance and lift the ball up to start juggling, you do not have to use that to start your juggle sequences for your scores. If you lift the ball up that does count as 1 though!

Want to become famous? Send us pictures/videos of you working on your touches! We are happy to share all over social media and our website! We hope to post some of the one's we've received after Easter Weekend so send them on in!

Send to Chrisrogers@homewoodsoccer.com or tag us in your posts on Twitter/Facebook/Instagram!