



Homewood at Home Red Teams

Week of 5/11-5/17

Week 7 Focus Different Ways to Get touches on the Ball!

Equipment Needs

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Box/Bucket/Trash Can
- 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.
- *Free Juggle! This week is all about what you want to do. Look back through the previous week videos as needed!

Click Here for Video Guide	Click Here for Picture Guide
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“M” Exercises

- *Set up a box using 4 cones/improvised markers. Adjust box size to space needs and skill level. Bigger is easier.
- *Dribble or jog through the “M” so you learn the basic pattern
- *Practice various dribbling techniques (pendulums, toe taps, roll overs, turns, etc)
- *Perform different fitness and agility moves through the “M” (sprints and backpedaling, skips, super jumps, etc)

Click Here for Video Guide	Click Here for US Soccer Trivia!
	The Bundesliga is back this weekend! Click for Schedule!

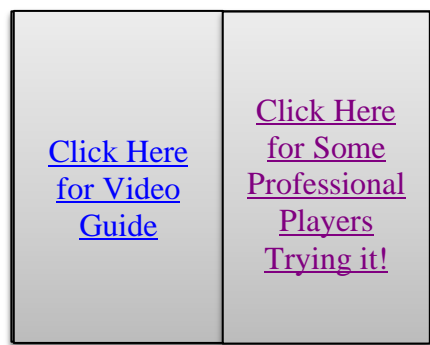
Touch Touch Roll and Triangles

- *Practice Pendulums and Roll Overs with Touch Touch Roll.
- *Start by touching the ball from one foot to the other (pendulum) and then adding the roll over after the second touch. The roll over should carry you immediately into the next pendulum.
- *Practice soft touches and using sole of foot with Triangles.
- *Start by pushing the ball forward with one foot, then pulling it back with the other. Then touch to the side of the other foot and repeat.
- *Start slow with both skills and then speed up as you can!



Skill Square

- *Set up a box using 4 cones/improvised markers.
- *Use a parent/sibling or phone recording. While you dribble within the square perform different skills on command.
- *Pendulums and Toe Taps
- *Turns (pull back, step over, chop, etc)
- *Dribbling with only left foot/right foot/laces
- *Down (knees touch the ball one at a time and then ball through legs)
- *Out (leave your ball and run out of grid and then run back to ball).
- *Juggling!
- *Start by going for 5 minutes and if it is too easy add more time!



Dizzy Penalty Challenge

- *Set up a target (box, cone, bucket, trashcan, etc) roughly 5-10 yards away from you. This will serve as a goal!
- *Place one hand on the ball and spin around it a complete 5 times. If you think it's too easy you can increase number of times you have to spin around it!
- *As soon as you complete your spins see if you can pass/shoot the ball into the target without falling over.
- *Repeat as many times as you want while having fun! This is more about being silly!

Remember there is Homewood gear waiting for most improved and highest number of juggles so do not forget to send in your scores! You can send in your scores to me or keep them on your own and turn in later. This week we looked at some different ways to get touches on the ball and modified some things we would normally do in practice to be done at home! Don't miss the Dizzy Penalty Challenge!

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!

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