



## *Homewood at Home Red Teams*

Week of 4/6-4/12

### Week 2 Focus Taps, Roll Overs, Sole Dribbling

#### Equipment Needs

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

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Juggle Tracker you can Print</a>
	<a href="#">Click here to make paper ball!</a>

#### 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.

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here Toe Taps Tips</a>
	<a href="#">Click Here for Walkouts Tips</a>

#### Toe Taps and Walkouts

- \*Perform Toe Taps for 30 seconds and keep track of your score. (each touch of the ball counts as 1). Try and beat your score.
- \*See if you can perform Toe Taps for a whole minute.
- \* Perform Walkouts in yard/around the house and see if you can perform faster by end of the week from practicing.

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Tips and Pointers!</a>
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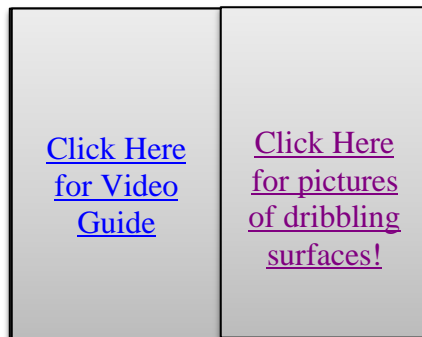
#### Roll Overs, Inside/Outside, Sole Push/Pull

- \*Practice Roll Overs so that you are comfortable using both right and left feet to perform.
- \*Using cones/socks/improvised markers set up a line to perform roll overs through.
- \*Practice Inside/Outside and Sole Push/Pull for till you can perform for 30 seconds each. See if you improve over throughout the week!



## 20 Second Challenge

- \* Setup 2 cones/socks/improvised markers roughly 10feet apart.
- \* Set a timer for 20 seconds! When it goes off you're finished.
- \* Perform roll overs or dribble from one cone to the other. When you get there you perform 4 Toe Taps (each ball touch counts as 1). Reach down and touch the cone/sock/improvised marker. This counts as 1!
- \* Perform roll overs or dribble to other cone and repeat process until timer goes off! See if you can beat Coach Chris's score (4).



## Freestyle Dribble Challenge

- \* Set up a space with cones/socks/improvised markers or you can just use a general area indoors or outdoors.
- \* Set a timer for 1 minute and keep track of every touch of the ball.
- \* For this challenge you cannot use the same surface 2x in a row so you have to constantly switch to different surfaces (laces left/right, instep left/right, outside of foot left/right, sole left/right)
- \*Be creative and see if you can beat your score during the week!

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. There were some great questions in regards about the activities last week so feel free to ask! For the juggling you can use any surface that can legally be used in a soccer game! Everything but your hands is fair game, if you are 12U and below it's encouraged that you do not head the ball.

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](mailto:Chrisrogers@homewoodsoccer.com) or tag us in your posts on Twitter/Facebook/Instagram!