



Homewood at Home Red Teams

Week of 4/27-5/3

Week 5 Focus Passing Using Instep, B.A.C. (Balance/Agility/Coordination)

Equipment Needs

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Wall/Sibling/Parent
- Water Bottle or something that can be a makeshift bowling pin!
- 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.
- *Practice Juggling with the ball staying below the knee and while sitting down!

Click Here for Video Guide	Click Here to Build Your Own Kick Wall!
--	---

Passing Using Instep (Inside of Foot)

- *Use a parent/sibling/wall/hill to practice passing using your instep (inside of the foot).
- *Remember the 3 keys to passing!
 - 1) Keep ankle locked
 - 2) Passing foot toe pointed up not down
 - 3) Plant foot facing your target!
- *Click the link for free plans on how to build a kick wall!

Click Here for Video Guide	Click Here for Picture Guide (Soccer Bowling)
	Click Here for Picture Guide (Passing Gate)

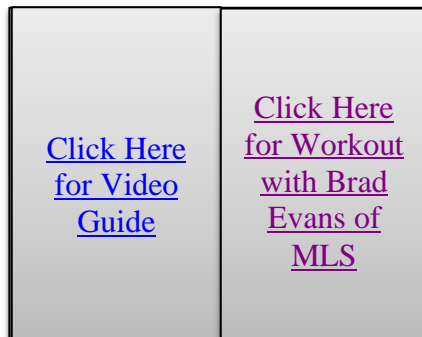
Soccer Bowling and Passing Gate!

- *Use bottles/cones/balls set up bowling pins. Pick a distance that challenges but does not frustrate you!
- *Play a couple of games of “Soccer Bowling” against an opponent or challenge yourself! Work on your technique and passing accuracy.
- *Using cones/socks/makeshift marker set up a gate
- *Play a couple of games of Passing Gate against a sibling/parent or challenge yourself! If challenging self using a wall for target is best!



Lateral Skills (B.A.C)

- *Set up 2 Cones, roughly 2 big steps apart.
- *Side Shuffle between the cones 5x (there and back is 1)
- *Dribble around the cones using only instep 5x (there and back is 1)
- *Side Shuffle around the cones 5x (there and back is 1)
- *Dribble around the cones using outside of foot 5x (there and back is 1)
- *Outside touch and Hop 5x



Ball Touch Workout

- * Set up a small box using cones/socks/makeshift markers. Each side of the box should be 1 big step!
- *Perform Pendulums for 1 minute, then rest for 30 seconds
- *Perform Toe Taps for 1 minute, then rest for 30 seconds
- *Perform Sole Push/Pull for 1 minute, then rest for 30 seconds
- *Perform inside/outside for 1 minute, then rest for 30 seconds
- *Juggle for 1 minute
- *Repeat the workout! Work on opposite foot for Sole Push/Pull and inside outside during the second time through! Increase the workout time or rest time as needed!

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. This week we worked on juggling the ball low (below the knee) and we tried juggling while sitting down!

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!