



## Homewood at Home Red Teams

Week of 4/20-4/26

### Week 4 Focus Dribbling (turns), Agility, and Goalkeeping

#### Equipment Needs

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Wall/Sibling/Parent
- 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 for H-O-R-S-E. Rules</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.
- \*Play a game of H-O-R-S-E with parent/sibling or challenge yourself!

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for USMNT Trivia!</a>
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#### 20 Second Agility Challenge and Some Trivia!

- \*Find or set up a line either indoors our outdoors
- \*Step over the line for 20 seconds. Each time you cross the line it counts as 1. Beat Coach Chris score of 33.
- \*Jump over the line for 20 seconds, again each time you cross the line it counts as 1. Beat Coach Chris score of 52.
- \*Click trivia link and scroll down to quiz. Coach Chris only scored a 16 out of 24!

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Picture Guide</a>
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#### Turns (Pull Back, Step Over, Inside Cut, Outside Hook)

- \*Set up 2 cones whatever distance apart available.
- \*Start with a stationary ball and then move to performing while on the dribble at a slower pace. As you become more comfortable increase speed to make it more game like.
- \*Accelerate away for a few yards after performing each turn, the idea is to create separation between you and an opposing player.
- \*Challenge yourself to perform turns using both feet.



## GK Basics (The W, Scoop/Basket)

- \*Use a parent/sibling or a wall play a game of catch using the goalkeeping techniques discussed in the video.
- \*A hill can also be used or off the bounce so you can have the ball moving directly at you.
- \*Focus on performing the techniques while standing in place as well as moving side to side to work on coordination and lateral agility.
- \*Make sure you move your body into the path of the ball each time.



## GK Quick Hands Work Out

- \* Whole workout in GK ready stance. Feet shoulder width apart with knees slightly bent. All exercise 45 seconds to 1 minute.
- \*Bounce ball straight down and catch
- \*Bounce ball down and catch we move from one side to other
- \*Catch and flip ball between (see video for reference)
- \*Figure 8s with ball in hands (palm) using fingertips only
- \*Catch and flip ball figure 8 style (see video for reference)
- \*See how many you can do of each and try and build on your scores throughout 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. In less than 5 minutes of playing H.O.R.S.E against myself I logged a little over 50 touches so no excuses to not get 200 juggles for the week!

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