



# KNSC Homework Activities

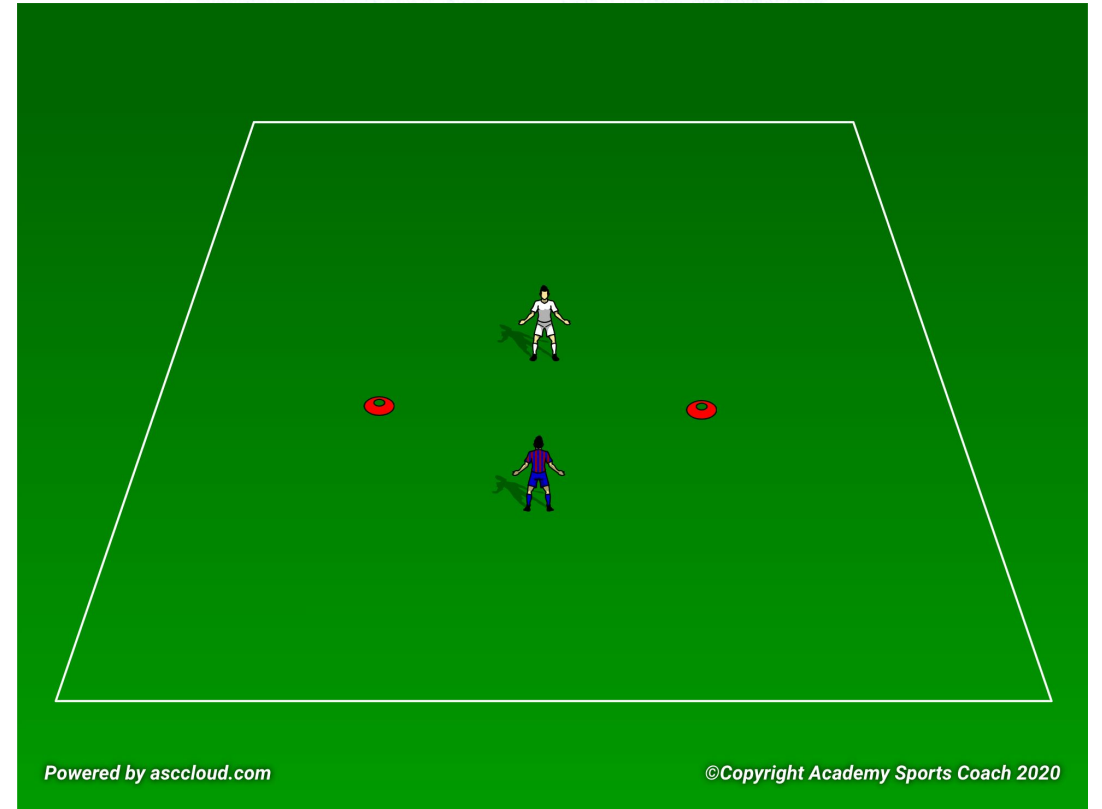
Week 2  
U11 & U12

# Age Group U11 & U12

## Mirror Game

- Play this with a family member if you can
- One person leads the other follows
  - Keep your balance.
  - Trick your partner
  - Make a decision and go left or right

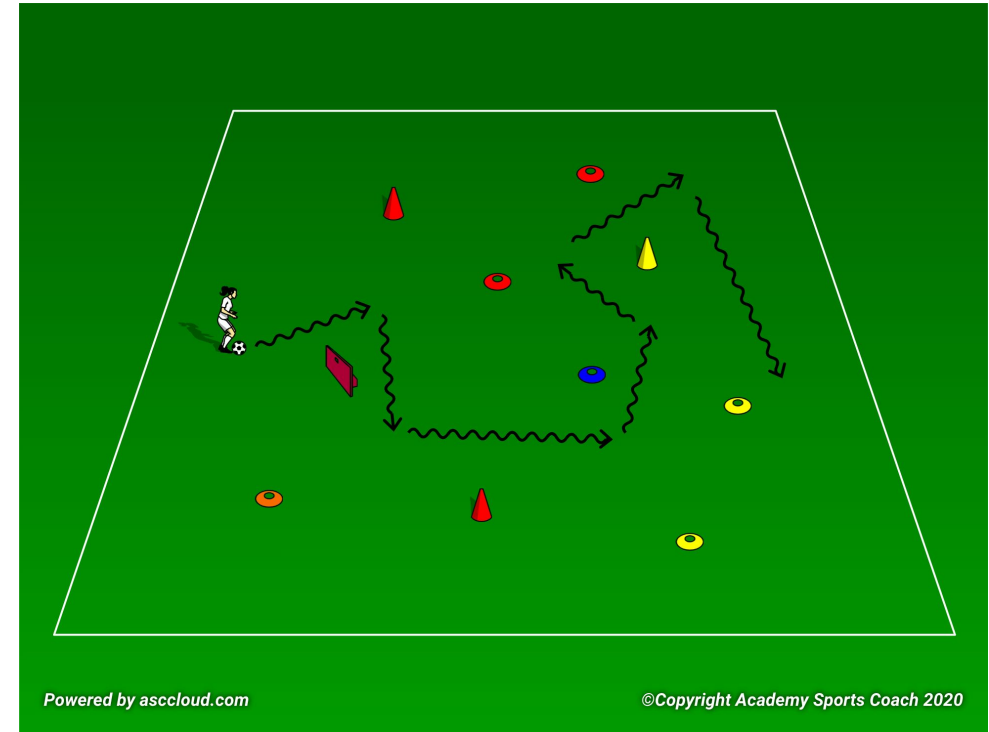
You can do this without a ball and then include a ball



# Age Group - U11 & U12

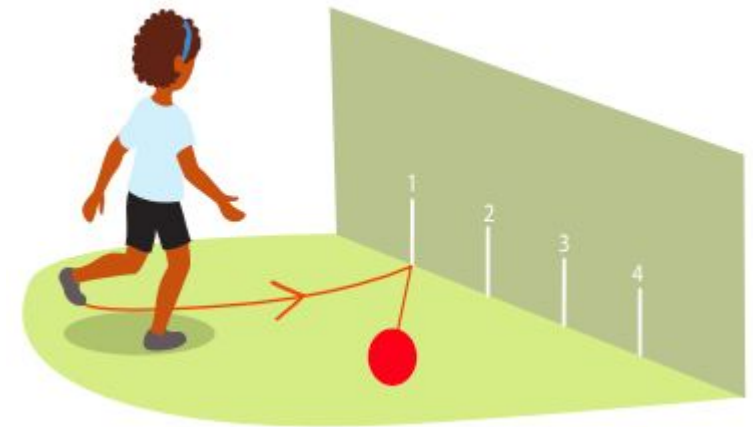
- Ball Skills
  - Dribbling
  - Activity 1 - place lots of different objects randomly in your way
  - Dribble around trying to avoid the objects you have placed

Remember to accelerate just like you are getting away from a defender in a game every time you go past an object  
Make sure you go in different directions



# Age Group - U11 & U12

- **Passing and Receiving with the ball in the air**
  - Start by kicking a ball against a wall in front of you with the ball off the floor, so that the ball rebounds straight back to you. Try and volley the ball back against the wall for you to continuously volley the ball
  - Next try kicking the ball against the wall at an angle, so it rebounds away from your position. Move quickly to meet the ball and volley it back.



# Learn from the pros

Click the players name below to find out more about them...

[Jordan Huitema](#)

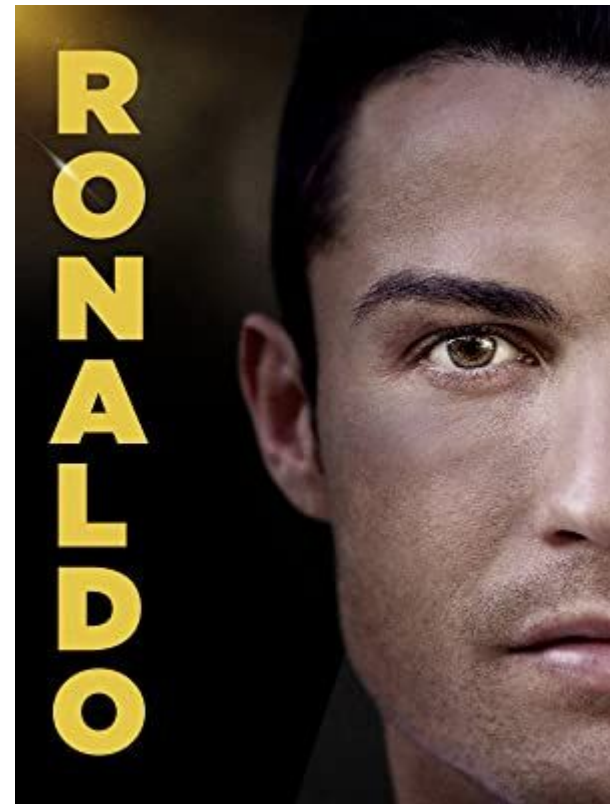
[Jonathan David](#)



# Recommended Watch

Netflix - Le K Benzema

Amazon Prime - Cristiano Ronaldo



# Recommended Read

[Click here to read about Alex Morgan](#)

[Click here to read about Jesse Lingard](#)

# Any Questions

## Contact

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