



Homewood at Home Red Teams

Week of 5/4-5/10

Week 6 Focus Lots of Touches, B.A.C. (Balance/Agility/Coordination)

Equipment Needs

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Box/Bucket (something to represent putting green hole)
- Random things that can be obstacles!
- 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.
- *Attempt Around the World/Continent/Block Challenge!

Click Here for Video Guide	Click Here for Picture Guide
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Speed and Agility Challenge

- *Set up 3 cones/markers roughly 5 yards apart.
- *High skip all the way to end and back
- *Sprint to first cone/marker and then back pedal to start, and then sprint to last cone/marker and back pedal to start.
- *Sprint to first cone and perform a super jump, and then sprint to last cone and perform a super jump. Sprint back to start!
- *See if you can beat Coach Chris score of 30 seconds!

Click Here for Video Guide	Click Here for Picture Guide
	Click Here To Print/Make a Mother's Day Card

Stop and Go

- *Practice the Stop and Go move! Make sure that as soon as you stop the ball, you push it forward using the opposite foot!
- *Explode into the space after performing the move to create separation from you and the defender.
- *Using 3 cones(markers) go 1v1 at the center cone like it is a defender. Practice different moves or try and create your own!
- *Click the link to make a Mother's Day Card! Show her that you care!



Skill Line

- *Set up 3 cones/markers roughly 5 yards apart.
- *Follow the instructions to go through the skill line
- *Pendulums at each cone
- *Toe Taps at each cone
- *Circles around each cone
- *Pull Back and each cone
- *Juggling at each cone
- *See how fast you can and keep control! Coach Chris did it in 1 minute and 38 seconds!



Soccer Putt Putt Golf

- *Design your own Putt Putt miniature golf hole!
- *Use a box/bucket/cone/marker to serve as the hole.
- *Use whatever random things you can as obstacles and hazards.
- *Play against a parent/sibling each taking turns with how many kicks it takes to get the ball in the box/bucket or touching the cone/marker.
- *Guess how many kicks it will take and if you guess wrong you must perform a super jump.
- *This is a great game to work on passing accuracy and to let the creative juices flow! Make it as hard or as easy as you want and see who can come up with the most outrageous hole!

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 when we return to the fields. This week we tried to “Around the World” challenge. Remember it is not easy so modify with “Around the Continent” or “Around the Block”. Make sure you give whoever that special lady in your life a hug and a big thank you for all that she does! Mother’s Day is Sunday the 10th!

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!