



Ga Rush Soccer at Home!

Issue 1, March 18, 2020

Activity	Time	Video Example
Dribble Obstacle Course	10 Minutes	https://youtu.be/B3O4_JbgTU4
Set up an obstacle course of "gates" to dribble through, targets to dribble to and around in your yard. Try it using both feet, then left foot, right foot!		
"Eyes Up" Dribble Connect the dots	10 Minutes	https://youtu.be/8WZSGJxLu4c
Set up targets to dribble to (point to point). The first couple of times, dribble any way you want - whatever feels natural. Then try to dribble the same course only looking at the ball ONCE in between obstacles. Can you dribble the whole course like this?		
Toe Taps	5 Minutes	https://youtu.be/dleBzXzQ604
Standing in place, alternate feet, touching your toes to the top of the ball. Go slowly at first to do it correctly and slowly increase your speed. Good form and accuracy are more important than speed. Can you do it wit the ball never moving?		
Toe Taps On the Move	5 Minutes	https://youtu.be/wKXpkQ3JBOg
Just like above, but moving the ball forward and backward with the bottom of your foot as you tap the ball.. SEE THE VIDEO!		
Pick Your Favorite Goal		
Each week we'll have a Favorite Goal Competition vote for your favorite on our Facebook Page by liking your favorite goal!		
1. Tim Howard Scores at Everton		https://youtu.be/XeZ5zNv9_40
2. Josef Martinez Breaks MLS Single Season Goal Record		https://youtu.be/UQX45xDw8Ag