

# *Midwest Soccer Coaching @ Home Curriculum*

***The importance of practicing in your spare time is vital to player development. Try and motivate yourself to at least 30 mins a day towards the following activities:***

## **Ball mastery – 30 mins – Day 1,3,5,7**

Inside – Inside

Pull pushes

Toe taps

Fancy toe taps

L – Shapes

Inside – Inside – Scissors

## **Shooting and Long distance Passing – 30 mins Day 2,4, 6**

Striking the ball with laces and instep with power

Aim for a target from 10 – 20 yards away

Practice shooting the ball on the dribble

## **Speed dribbling - 30 mins – Day 1,3 and 7**

Speed dribble in straight lines

Speed dribble using all different parts of your foot

Speed dribble changing direction on every 3rd touch

## **Passing – 30 mins Day 2 and 4**

Pass to a target, use both left and right foot

Increase the distance of passing, start 5 yards to 30 yards increasing every 5 yards

Chip pass, trying to get the ball in the air over 6 ft.

## **Juggling – 30 mins Day 6**

Use laces only

Use thigh only

Use head only

Use all

Select which category you are going to do each day; alternate on a weekly basis. Players only need to practice at minimum of 30 mins per day.

Any questions, Please contact me.

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