



Rec Soccer Home Workouts: Thursday Tricks and Turns

Category: Technical: Attacking skills
Skill: U12

Pro-Club: Loudoun Soccer Club
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Description

Dribble Snake (10 mins)

Objective: technical touches at speed

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

Dribble to opposite cone in snake-like shape/pattern. If space is unavailable: set up a smaller snake, and increase the reps.

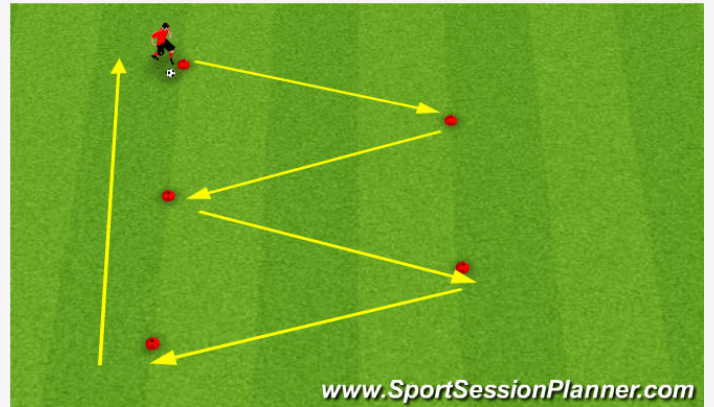
Dribble at speed back to start at end of pattern

Each Round = 5 times
perform specific turn at each cone

- Round 1: no restriction
- Round 2: pull back (right foot at 1st cone, left foot at 2nd cone, etc.)
- Round 3: stop turn
- Round 4: outside hook turn
- Round 5: inside hook turn
- Round 6: Cruyff turn (left foot at 1st, right foot at 2nd)

Key Points:

- * tight touches
- * sell fake at each cone - put whole body into move
- * dribble home at speed - point foot down, use pinky toe to "pop" or push ball forward



3 Cone Dribble (15 mins)

Objective: technical touches at speed

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

- * set 3 cones/markers, using as much space as possible
- * dribble from 1st cone to 2nd cone, perform an attacking move, and dribble at speed toward 3rd cone.
- * turn, and repeat in the opposite direction
- * repeat 5 times (down and back = 1 rep)

* Attacking Moves (perform with one foot or pattern one direction, then opposite foot/pattern coming back)

- cut and chop
- chop and chop
- Jab Step
- Scissor
- Matthews
- Step Over (Zico)

Variation: add a goal at the end to shoot into.

Key Points:

- * tight touches
- * body low and springy
- * perform move before the cone - imagine it as a defender
- * sell your fake - lean toward one direction and explode thru to opposite side
- * be sure to chop (inside foot) after move to correct direction and place your body between the ball and the "defender"
- * accelerate to the end/burst of speed - point foot downward, use pinky toe to "pop" ball forward in stride



Daily Juggles (10 mins)

Objective: improve touches and control

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

5 attempts at consecutive (in a row) juggles. Record your highest score

1 attempt of speed juggling: 5 minutes, total juggles counted

Key Points:

- * juggling should be primarily with feet
- * start from ground when possible; otherwise start from your hand
- * use of both feet - alternate feet when juggling to improve control and score
- * speed juggling: urgency in play

