



Rec Soccer Home Workouts: Wednesday Reps

Category: Technical: Passing & Receiving
Skill: U12

Pro-Club: Loudoun Soccer Club
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Description

Wall Passes (10 mins)

Objective: improve first touch and passing technique

Duration:

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

- * use a wall or flat surface (back of couch, etc.)
- * each round is 25 passes, and organized into Groups. Rest 30 seconds after each group.

Group A:

Round 1: two touch dominant foot only (receive and pass with inside of same foot)

Round 2: two touch weak foot only

Round 3: two touch inside/outside dominant foot only - pass with inside of foot, receive with outside of foot, repeat

Round 4: two touch inside/outside weak foot only

Round 5: two touch alternating feet (pass with right foot, receive with left foot, pass with left foot, receive with right foot, repeat)

Group B:

Round 6: one touch inside foot dominant foot only

Round 7: one touch inside foot weak foot only

Round 8: one touch inside foot alternating feet (right, left, right, left)

Round 9: one touch in-step dominant foot only

Round 10: one touch in-step weak foot only

Key Points:

- * body balanced (on soles of feet, feet shoulders width, knees bent, booty out) to receive and play ball
- * soft first touch, directional toward second touch
- * passing technique: non-kicking foot next to ball pointing in direction of pass; passing foot open with toes up/heel down/ankle locked; hit through the ball
- * full rest in between each group



Wall Pass and Turn (10 mins)

Objective: improve passing and receiving technique

Duration: 10 minutes

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

- 1 Play ball against wall, quickly moving to adjust to its rebound
- 2 Receive the ball, turning to dribble away
- 3 Dribble to cone, turn, and dribble back to start

Each round = 10 reps. Rest 30 seconds after each round.

Round 1: receive across body with left foot

Round 2: receive across body with right foot

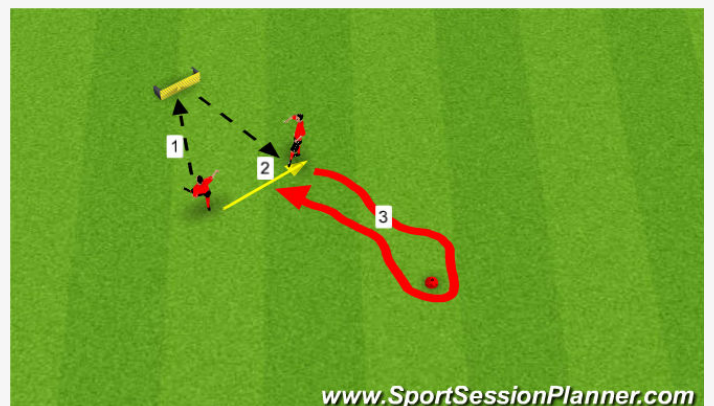
Round 3: receive and turn with outside of left foot - back to cone

Round 4: receive and turn with outside of right foot - back to cone

Round 5: receive and turn - your choice - be creative!

Key Points:

- * body balanced to receive ball
- * meet the ball - check back if it's underhit
- * open hips to receive across body
- * with back to cone: reach with foot to sweep with outside of foot to spin and turn



Receiving from Air (10 mins)

Objective: improve ability to receive out of the air

Duration: 10 minutes

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

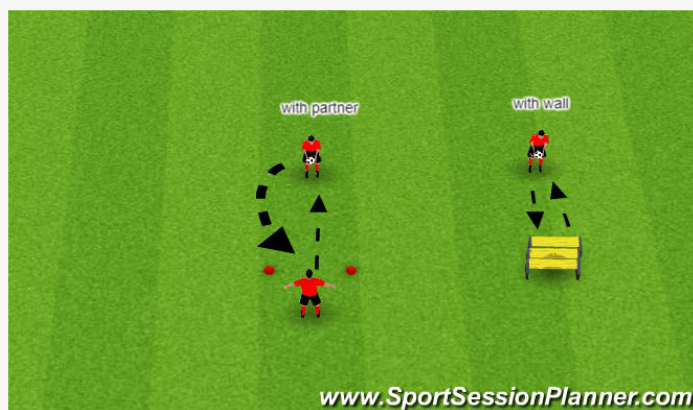
- * Use a partner (sibling, parent, etc.) to serve or a wall if by yourself
- * Serve ball in air, and use appropriate surface to receive the ball
- with partner: receive from air, and pass back on ground
- with wall: receive from air, pass against wall, and then repeat with self-service

Surfaces to use:

- top of right foot
- top of left foot
- right thigh
- left thigh
- chest

Key Points:

- * body balanced to receive ball
- * receive at your highest point - e.g. use your chest instead of letting the ball drop to your foot
- * vary the surfaces - if using a partner, manipulate service so some play to feet, some to thigh, and some to chest.
- * 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



Daily Juggles (10 mins)

Objective: improve touches and control

Duration: 10 minutes

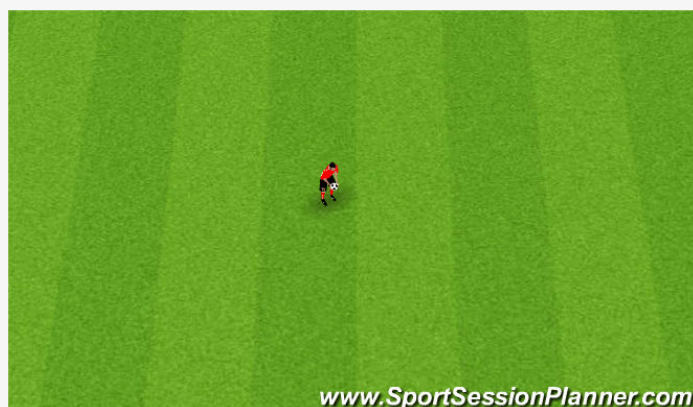
Description (rules, number of players, grid size, etc.):

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



Push-Ups! (5 mins)

Objective: improve strength

Duration: 5 minutes

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

5 reps
each rep = 5 pushups
rest 15-30 seconds between reps

Key Points:

- * hands slightly wider than shoulders
- * feet apart for balance as needed
- * body as a straight line (keep your butt down)
- * engage your core: clench your butt while tighten your abs
- * head looks forward, not down - your chin should touch the ground, not your nose
- * arms straight at top of pushup
- * in downward position: arms should be tucked in, not flare out (body should look like an arrow, not a T)

