



Rec Soccer Home Workouts Friday Freestyle

Category: Technical: Ball Control
Skill: U12

Pro-Club: Loudoun Soccer Club
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Description

Patterns and Rhythms (10 mins)

Objective: touches on ball in 6'x6' box

Duration: 10 min

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

* perform each pattern for 30 seconds. Rest 30 seconds after each group.

Group 1 (each pattern is 30 seconds)

- * Soccer box
- * Toe taps
- * Sole Rolls: roll the ball back and forth to each foot, using the sole of the foot
- * Fast Feet (both feet)
- * Pull Pop (alternate feet)

Group 2:

- * Triangles (pull ball back with dominant foot, push ball across body with inside of same foot, push ball forward with inside of opposite foot, repeat)
- * Puskas (alternate feet)
- * V Pull (alternating feet)
- * L Pull (alternating feet)

Key Points:

- * clean technique, even when fatigued
- * full rest in between each group



soccer mine field (5 mins)

Objective: technical touches at speed

Duration: 5 minutes

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

- * place cones/markers tightly in area between start and finish cone/marker
- * dribble through cone/marker minefield, using all surfaces of feet
- * explode through at end to finish
- * turn, and repeat

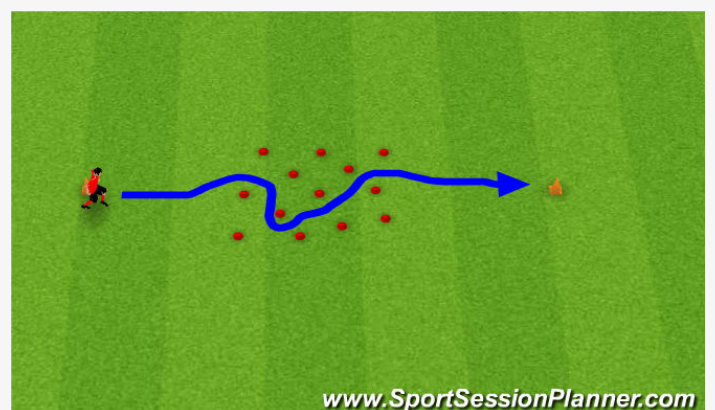
Variation: add a goal at the end to finish into

1 rep = down and back

10 reps total

Key Points:

- * tight touches
- * body low and springy
- * use various surfaces - inside, outside, sole - to keep ball close without hitting a mine
- * dribbling back at speed - point foot downward, use pinky toe to pop ball forward in stride



4 Gates Dribbling (10 mins)

Objective: technical touches at speed

Duration: 10 minutes

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

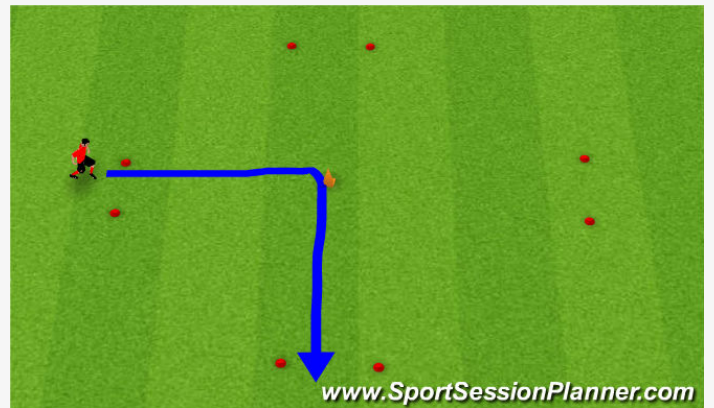
- * If space allows, lay out four gates in a square, with a cone/marker in the middle. Use two gates with tighter space
- * Dribble from one gate toward center marker, perform move, and dribble through new gate.
- * Repeat, using different move each time

Potential moves:

L Pull
V Pull
Puskas
Jab Step
Scissor
Matthews
Zico
Maradona
Ronaldo

Key Points:

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



Juggle Challenge (5 mins)

Objective: improve touches and control

Duration: 5 minutes

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

Challenge: 11 juggle surfaces: use as many surfaces as possible to keep ball in air. Record how many different surfaces used, then try to break that record. 5 minutes

Surfaces:

top of each foot (2 surfaces)
inside of each foot
outside of each foot
left thigh
right thigh
left shoulder
right shoulder
chest

Key Points:

- * positive self-talk - this will be a challenge but we love challenges!



Daily Juggles (10 mins)

Objective: improve touches and control

Duration: 10 minutes

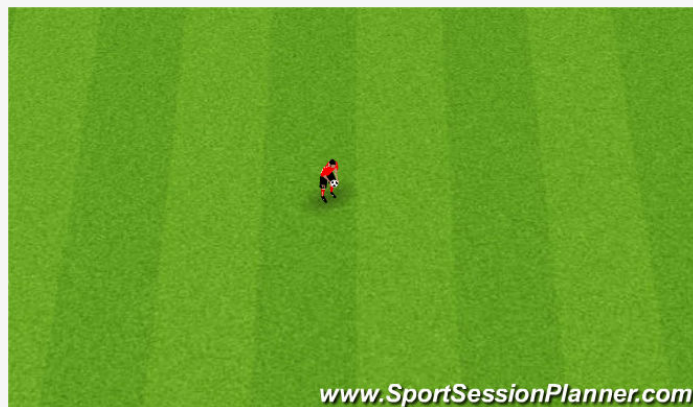
Description (rules, number of players, grid size, etc.):

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



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