

# Chiefs FC Recreational Soccer at Home!

Issue 3, April 1, 2020

## Activity

## Time

## Video Example

### Figure 8 Dribbling

10 Minutes

[https://youtu.be/\\_gOORygHILE](https://youtu.be/_gOORygHILE)

This simple drill requires two cones and a ball. Set up the cones beside each other with enough space in between to create a figure 8 path. Typically, 4-5 yards apart works best. In 60-second intervals, dribble the ball between the two cones in figure 8. As you go, make sure your knees are always bent, and you are leaning your body in the appropriate direction. Keep the ball close and make sure your turns are short and quick.

To make things more challenging, you can mix it up for yourself by trying new things such as only using the inside of your feet to dribble or the outside. Other challenges can be only using your left foot or right foot and work to keep your head up.

### Wall Juggling

10 Minutes

<https://youtu.be/gAzAoH1B6VI>

The aim of this drill is to improve reflexes and get better at juggling the ball. Stand between 1 and 3 yards away from the wall you plan to use, making sure you're allowed to use the wall first and begin to practice juggling and throws to improve your skills and reflexes.

The more you do this drill, the better you will get, so there is really no time limit on how long you should practice. As you use the wall to bounce the ball back and forth, make things more difficult for yourself by using your thigh, chest and different parts of your feet. Keeping good balance and staying on your toes will help keep the ball in the air for longer while teaching you the proper weight and touch to use to maintain constant control over the ball.

### Push-Pull

10 Minutes

<https://youtu.be/P2HEoChR0jY>

Push-pull is yet another one of the best soccer drills you can practice at home. Focusing on your dribbling skills, this is an exercise that will pinpoint the muscles in your foot that strengthen your dribbling.

A great practice to do at home, this can be done every day to see the best results, and you don't need anything but your feet. You will set your foot on the ball, and move it from your toe to heel to toe, hence the push-pull name. Switch your feet quickly, and do this 100 times!

### Pick Your Favorite Goal - Gone but not forgotten edition

Each week we'll have a Favorite Goal Competition (Click to see Goal)

1. Tito Villalba vs. Orlando
2. Justin Meram vs. San Jose

[https://youtu.be/56g6rm\\_dsbU](https://youtu.be/56g6rm_dsbU)

<https://youtu.be/4wYh4IglXdw>

### Vote for Goal of the Week Here!

<https://docs.google.com/forms/d/178qhDgtICEVEX7stGr8QIAMP0aUpEwD-d6HYK9M-ppo>

