

Chiefs FC Recreational Soccer at Home!

Issue 5, April 22, 2020

Activity	Time	Video Example
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Cone Drills	10 Minutes	https://youtu.be/-2ljw3GK2sl
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Dribbling through cones is a great way to learn how to control the ball in close quarters. The following exercise explores different ways of controlling the ball with the inside and outside of both feet. This a great exercise that you can practice on your own.

Advanced cone exercise	10 Minutes	https://youtu.be/jwIHc9rz7yo
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This drill takes the cone exercise to the next level by teaching you to control the ball at different speeds. You can adapt these exercises to suit the space you have available and can use them to improve your cardio-vascular fitness.

Circle of cones	10 Minutes	https://youtu.be/d99pTl0VvJw
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In real game situations, you don't always dribble in straight lines. This simple drill uses cones in a circular formation to develop your dribbling skills and prepare you for more realistic game situations.

Travel clockwise and counter-clockwise around the circle using the inside and outside of both feet to avoid the cones.

Pick Your Favorite Goal - Gone but not forgotten edition

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

1. Ezequiel Barco goal <https://youtu.be/1o1zTGYDkl4>
2. Pity Martinez Goal <https://youtu.be/fULryfown2s>

Vote for Goal of the Week Here!

https://docs.google.com/forms/d/1MD1PYbZdLDtEp_6_cL-1PpeMJMcserSG3P6gCENon6Y/