

Chiefs FC Recreational Soccer at Home!

Issue 8, May 13, 2020

Activity	Time	Video Example
Warm Up	5 Minutes	

First five minutes is your warm up. Jog in place, high knees, booty kicks and a few leg kicks. Then stretch.

Footwork / Ball Work Skills

Today's video:

Outside Circles x 5, both feet

5 Minutes

<https://youtu.be/2N5cWphNgiE>

[\[00:34\]](#)

Dribble in a circle using only the OUTSIDE of your foot. Use both feet. When you use your right foot, dribble to your right. Using your left foot, dribble to your left

Inside Circles x 5, both feet

5 Minutes

[\[00:50\]](#)

Dribble in a circle using only the INSIDE of your foot. Use both feet. When you use your right foot, dribble to your right. Using your left foot, dribble to your left

Roll Back (Sole Role) Circles x 5, both feet

5 Minutes

[\[01:02\]](#)

Using the bottom (sole) of your right foot, pull the ball back towards you while hopping in a circle on your left foot. Do this 5 times then switch to rolling back with your left foot while hopping on your right foot.

Freestyle Dribble 3 Sets x 30 Seconds

5 Minutes

[\[01:22\]](#)

In a box (approx 2 yards by 2 yards) use BOTH feet to move the ball QUICKLY in the box. Change directions; use both feet; try things you've not tried before in moving the ball or changing directions. BE TRICKY!!

Moving Tick Tocks (Tap Taps) 3 Sets x 30 Seconds

[\[01:54\]](#)

Using the inside of both feet, pass the ball to yourself using one touch per foot. Start slowly to gain control and speed up as you become more comfortable on the ball. It's important that you are in control of the ball during this activity. If you are chasing the ball or not in control of the ball, SLOW DOWN!

Juggling a Soccer Ball for Beginners

<https://youtu.be/krSBbunxdUg>

This is a GREAT activity to work on over the summer and is something you should work on EVERY DAY. This one takes time to master, so be PATIENT and work hard! Once you master this, you can be the best player on your team!

Pick Your Favorite Goal - Neil McNab, Sr. Edition

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

1. Neil McNab scores (Oldham v Tottenham, Mar 4, 1978)
2. McNab PK Manchester City v Plymouth, Feb 25th 1989

https://youtu.be/9aBs5tQ_JtA

<https://youtu.be/1de7A5jYb-g>

Vote for Goal of the Week Here!

https://docs.google.com/forms/d/e/1FAIpQLScuJpqRQvhXOgZjmuLKP5Gq76ZoyFogzMV2m0HYqo3N6_MPPw/viewform?usp=sf_link

