



Homework Program



Ball Mastery



Date Completed	Toe Taps	Bells	Inside-Outside (Single Foot)	Inside-Outside (Alternate Feet)	Push-Pulls (Single Foot)	V-Cuts (Inside Foot)	V-Cut (Outside Foot)



- To perform these activities, you will need a 2 yards x 2 yards playing area.
- For Toe Taps and Bells, perform 50 reps total.
- For the remaining activities, perform 25 reps per activity.

Toe Taps

https://www.youtube.com/watch?v=eCZeB2U-vBw

Touches Side to Side (Bells)

https://www.youtube.com/watch?v=ebjxfvndVtM

Inside-Outside (Right Foot Only / Left Foot Only / Alternating)

https://www.youtube.com/watch?v=INP7SZnmkss

Push-Pull (Right Foot Push / Left Foot Push)

https://www.youtube.com/watch?v=bECuRaub_RY

V-Cut (Inside Foot / Outside Foot / Single Foot)

https://www.youtube.com/watch?v=EUCOoShWJVw



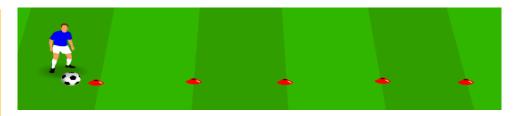
Dribbling



Date Completed	Slalom Right Foot	Slalom Left Foot	Slalom Inside Feet	Slalom Outside Feet	Slalom Two Touch	Zig-Zag (R)	Zig-Zag (L)	Zig-Zag Alternate	L-Bend

Set Up

- To perform these activities, you will need a 5-8 yards x
 2 yards playing area. Use 5 cones or obstacles (can be water bottles, shoes, toilet paper)
- For these activities, run through the obstacles 10 times)



Slalom around the obstacles

- Right Foot
- Left Foot
- Inside of Feet
- Outside of Feet
- Two Touch (<u>https://www.youtube.com/watch?v=trDdiljzf0c</u>)
- Zig Zag (<u>https://www.youtube.com/watch?v=cnanh5s1Zao</u>)
- L-Bend (<u>https://www.youtube.com/watch?v=Yya5wVFsmgs</u>)





Date Completed	1 Touch	1 Touch Alternating	2 Touch	2 Touch Both	2 Touch Inside Touch	2 Touch Outside Touch
	S	et Up				



- To perform these activities, you will need a solid flat surface and be able to work within a 2 yards x 2 yards playing area. Use 1 cones or obstacles (can be water bottles, shoes, toilet paper)
 - Perform these exercises 15 times each. Complete the circuit twice.

Activities

- 1 Touch Passing (Stationary) Right foot, Left foot, Alternating feet
- 2 Touch Passing (Stationary) Right foot, Left foot, Alternating feet
- 2 Touch Passing (Movement Around Obstacle)
- 2 Touch Passing (Movement) Pass the ball against the wall, receive the ball, touch the ball to the other side of the obstacle using the inside of the foot, and repeat.
- 2 Touch Passing (Movement) Pass the ball against the wall, receive the ball, touch the ball to the other side of the obstacle using the outside of the foot, and repeat.



Juggling Program



Date Completed	Low Juggles	High Juggles	Low-High Alternate	Low-Low-High	Headers	Freestyle	Seated Juggles	Ladder

Activities

Record your highest daily score in the box below the exercise

Low Juggles - juggle a ball no higher than your knees

High Juggles - juggle a ball no lower than your waist

- Low-High Alternate Juggles juggle a ball so that the ball height alternates between below the knees and above the waist. This pattern counts as 1 rep.
- **Low-Low-High Juggles** juggle the ball so that the ball height follows the pattern of below the knees, below the knees above the knees. This pattern counts as a 1 rep.
- **Headers** head the ball up as many times in a row. You may require more space, weather permitting go outside.

Freestyle Juggles - keep the ball up as many times as you can without letting it hit the ground.

Seated Juggles - juggle the ball while sitting on the ground

Ladder Juggles - juggle 1, let ball bounce, juggle 2, bounce, juggle 3, bounce, 4, bounce, etc.



Fast Feet Program



Date Completed	Forward Run	Sideways Shuffle	Sideways In-Outs	Single Leg Hops	Icky-Shuffle	90 Degree Turns	Hop Scotch	In-In-Out-Out

Set Up

- If you don't have a ladder, mark out a square with painters tape) on the ground
- Perform these exercises 3 times before moving on to the next routine.

Activities

- Forward Run Sideways Shuffle
- Sideways In-Outs
- Single Leg Hops
- Icky-Shuffle

Hop Scotch

- 90 Degree Turns
- So Degree Turns
- https://www.youtube.com/watch?v=ZLNYijRpYUY

In-In-Out-Out - https://www.youtube.com/watch?v=5hWSsYN_WCk



Fitness Program



Date Completed	Squats	Push Ups	Lunges	Triceps Dips	Hip Bridges	Burpees	Mountain Climbers	Sit Ups

Set Up

- All of these exercises are body weight exercises and require very little equipment.
- Upon completion of exercises 1, take a 60 second rest then move on to exercises 2.
- If you are looking for more of a challenge, find household items to use as weights.

Activities

Exercise 1A) Squats - 15 reps	Exercise 3A) Hip Bridges - 15 reps
xercise 1B) Push Ups - 15 reps	Exercise 3B) Burpees - 15 reps
exercise 2A) Lunges - 15 reps / side	Exercise 4A) Mountain Climbers - 15 reps / side
exercise 2B) Triceps Dips - 20 reps	Exercise 4B) Sit Ups - 15 reps
	exercise 1B) Push Ups - 15 reps Exercise 2A) Lunges - 15 reps / side