



Homework Program





Homework

### **Program Guide**



#### **Overall Set Up**

- Perform each skill for a total of 60 seconds
- Complete each skill 2 3 times.
- Count how many times you perform the skill within the time limit.
- Watch the demos in the video for set up tips and coaching points on how to perform the skills

Ball Mastery Program	Dribbling Program
• Toe Tap-Bells Alternate - perform 5 toe taps then switch to 5 bells.	<ul> <li>Slalom Dribble &gt; set up 4—5 cones about 1 foot apart.</li> </ul>
	• Chaos Dribble > set up 8 - 12 cones in a ran- dom order.
Passing & Receiving Program	Juggling Program
• Set up a wall with an obstacle placed at the midway point of the wall.	• The Wall must be at least 5 feet tall so that you can pass the ball off of it at chest height.
	• The perfect wall could be found at a school but make sure there is no windows near by that you could break.
	• The goal is to be in control of the ball during all contacts with it, not be chasing after the ball.
Fast Feet / Balance Program	Strength Program
• Make sure to take at least a 30 second rest before starting the next exercise.	• All of these exercises are body weight exercises and require very little equipment.
• Set up a 1 yard x 1 yard Box with tape	• Upon completion of exercises 1, take a 60 sec- ond rest then move on to exercises 2.
	• If you are looking for more of a challenge, find household items to use as weights.

Make sure that you are marking down your scores so that you can monitor your progress







Skill					
Toe Taps—Bells Alternating					
Brazilian Toe Taps					
Bells to Inside Lateral Touch					
Bells to Outside Lateral Touch					
L - Bend					
V-Cut (behind the Leg)					
Roll Out - Push In					
Elasticos (Heel - Toe)					

#### Dribbling

Skill					
Slalom Dribble					
Double Pass Inside Foot Slalom					
Chaos Dribble					
Pull Back Dribbles					
Cruyff Turn Dribbles					
Scissors Dribbles					
Ronaldo Chop Dribbles					



Passing & Receiving



Skills					
1 Touch (Alternating) > laces + instep					
Pass + Drag Across & Back					
Pass + Scissors Step					
Right Foot Pass + Bells + Inside Across to Left Foot + Bells + Inside Across					
Right Foot Pass + Bells + Outside Across to Left Foot + Bells + Outside Across					
Right Foot Pass + Control + Left Foot V-Cut to Left Foot Pass + Control + V-Cut					

# **Juggling Program**

Skill					
Freestyle Juggling					
Juggle Twice + Third Juggle High + Aerial Control with Laces					
Balance + Bounce Juggle					
Low + High + Header + Bounce					
Wall Juggles (1 Touch)					
Inside of Foot Juggle + Laces of Foot Juggle					
Tennis Ball Juggles					
Milkshake Juggle (Right Foot + Right Thigh + Right Shoulder + Head + Left Shoulder + Left Thigh + Left Foot)					



Fast Feet &

# **Balance Program**



Skills				
Single Leg Balance (Alphabet)				
Single Leg Forward Hops				
Single Leg Juggle (Foot must not touch the ground)				
Single Leg Lateral Hops				
Single Leg Pattern Hops > Up - Middle - Back - Middle - Side - Middle - Side- Middle				
Single Leg Ball Rolls (Diamond Dribble)				

## Strength Program

Skills					
Single Leg Split Squat					
Ball Push Ups					
Reverse Lunge Ball Twist / Rotations					
Overhead Triceps Extensions					
Single Leg Deadlift					
Spiderman Push Ups					
Walking Hip Bridge					
High Plank					