

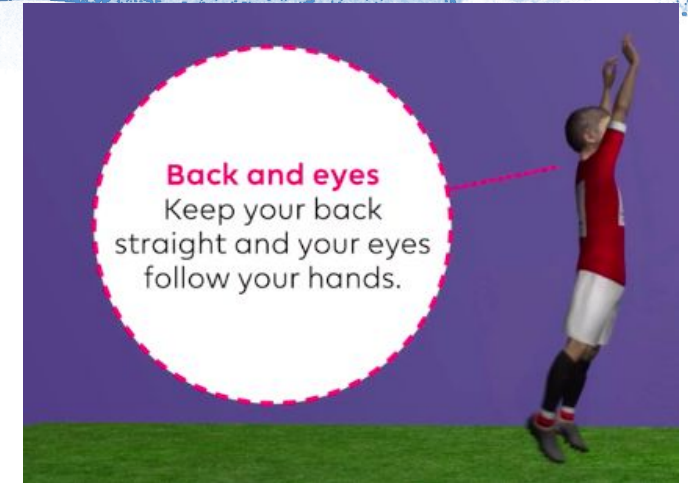
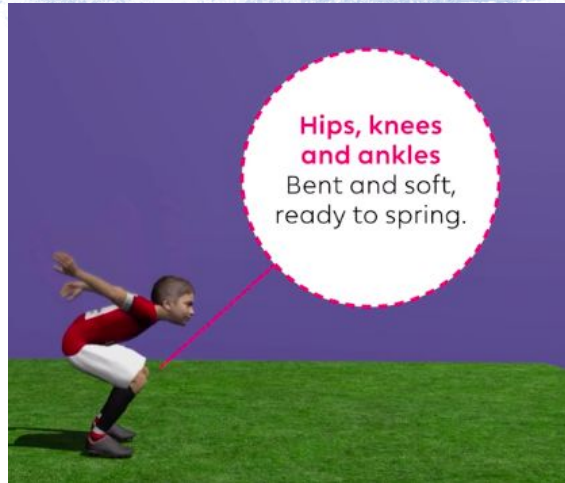


KNSC Homework Activities

Week 4
U11 & U12

Age Group U11 & U12

Jumping for Height



Age Group U11 & U12

- Keep ups
 - Both feet
 - Left foot only - [Click here for example](#)
 - Right foot only - [Click here for example](#)
 - Maximum number
 - Each Day try and beat your score
 - Now try with a tennis ball (or smaller ball)
 - Can you try some tricks whilst keeping the ball in the air?

Age Group - U11 & U12

Can you practice the Cryuff turn and pass/shoot against a wall after?

Can you eventually do something like this example?

[Click here for inspiring example!](#)

Learn from the pros

Click the players name below to find out more about them...

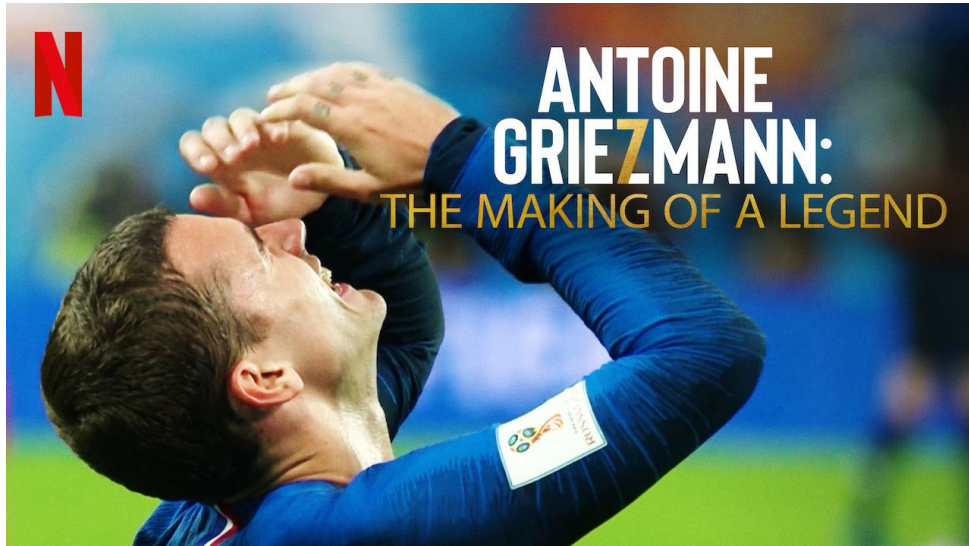
[Jonathan Osorio](#)

[Diana Matheson](#)

Recommended Watch

Netflix-Antoine Griezmann

Prime-Inside Borussia Dortmund



Any Questions

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