



KNSC Homework Activities

Week 1

U7, U8, U9 & U10

What is Physical Literacy

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of activities.

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



Age Group – U7, U8, U9, U10

For this week we ask our U7 to U10 players to firstly focus on physical literacy activities involving the ball

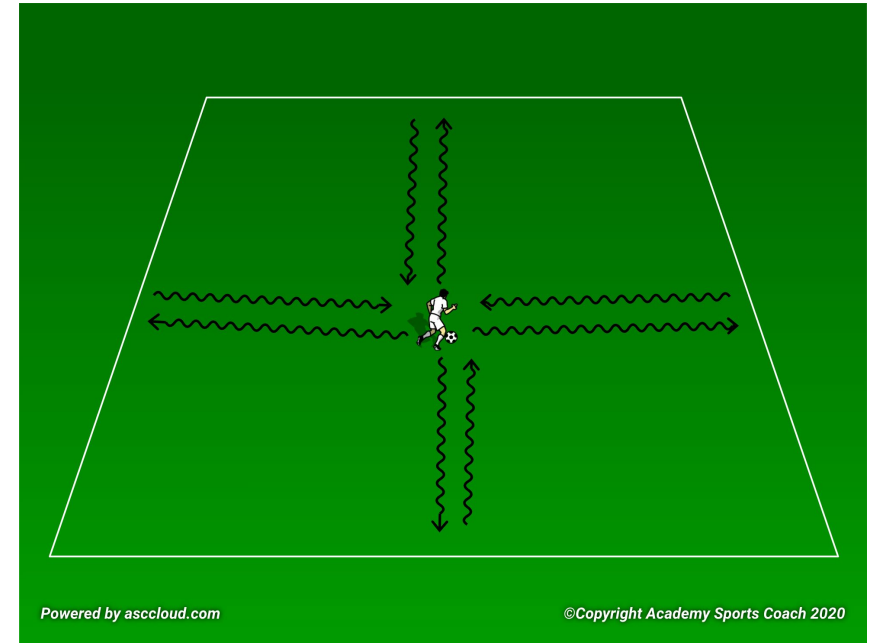
Physical Literacy with the ball

- Toe Taps - On top of the ball ([Click here for demo video](#))
- Toe Taps - Side to side ([Click here for demo video](#))

For fun can you try and beat the number you can do in 30 seconds?!

Age Group – U7, U8, U9, U10

- Ball Skills
 - Dribbling
 - Every time you hit the side of a square do a turn.
 - Remember to accelerate just like you are getting away from a defender in a game
 - Make sure you try with both feet!



Age Group – U7, U8, U9, U10

Turns you can try:

- **Drag and Turn (aka Pull turn)** -- Push ball forward with one foot and drag (pull) it back with the other foot while turning toward ball and take the ball in the opposite direction with the inside of the foot. [Click here for example video](#)
- **Outside Chop and Turn** -- Push ball forward, move past ball and turn toward ball while chopping it with the outside of the foot in the opposite direction. When making the turn, be sure to put your body between the imaginary defender and the ball. - [Click here for example video](#)
- **Inside of foot turn** -- Push ball forward, move past ball and turn toward ball and take it with the inside of your foot in the opposite direction. When making the turn, be sure to put your body between the defender and the ball. - [Click here for example video](#)
- **Cruyff Turn** -- Push the ball forward, fake kick with inside of right foot, but instead pull ball behind the standing (left) leg and change directions. - [Click here for example video](#)

Age Group – U7, U8, U9, U10

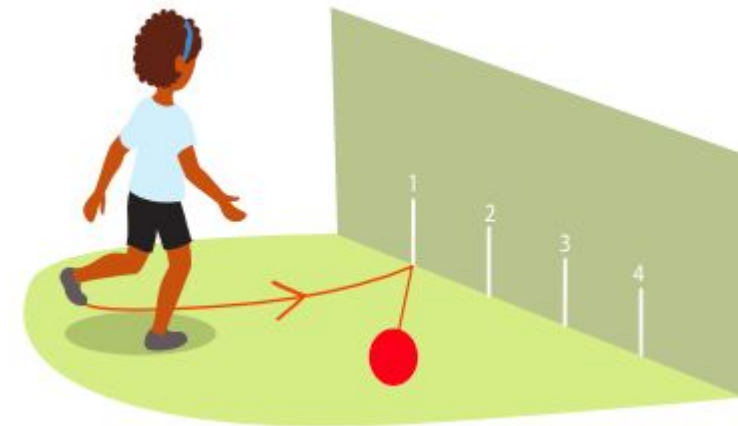
• Ball Skills

• Passing and Receiving

- Start by kicking a ball against a wall in front of you, so that the ball rebounds straight back to you. Try trapping it with your foot.
- Next try kicking the ball against the wall at an angle, so it rebounds away from your position. Move quickly to meet the ball and trap it with your foot.

• Progression

- Place marks along the wall with chalk, to help you to aim the ball further away from your body each time.
- How far can you kick the ball and move quickly enough to control the ball
- Try playing with a variety of different balls. E.g Tennis ball



Learn from the pros

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

[Christine Sinclair](#)

[Alphonso Davies](#)

Recommended Watch

Netflix - [First Team Juventus](#)

Amazon Prime - [All or Nothing: Manchester City](#)



Any Questions

Contact

Chris Eveleigh

Director of Technical Development

Email: dir-td@knsc.ca

