



SPILA

# INDIVIDUAL TRAINING SESSION

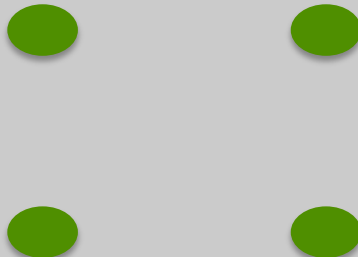
## PART 1

### WARM-UP



You can be creative with the warm-up. The main goal here is to get loose before you start training.

### SET-UP



### 2x2 SQUARE

### DRILLS

#### 1) TAP-TAPS

Challenge yourself to not look at your feet the entire time.

#### 2) TOE TOUCHES

Don't forget to move your arms as you complete this drill.

#### 3) TAP-TAPS TURN (INSIDE)

Make sure you turn your body quickly.

### KEY POINTS

- Stay inside of the square
- Complete each move for one minute
- Maintain control



# INDIVIDUAL TRAINING SESSION

---

## **4) TAP-TAPS TURN (OUTSIDE)**

Again, make sure you turn your body quickly.

## **5) INSIDE-OUT (RIGHT FOOT)**

Focus on keeping your right foot down and your knee bent.

## **6) INSIDE-OUT (LEFT FOOT)**

See notes for Drill 5.

## **7) INSIDE-OUT TWO TOUCH (RIGHT FOOT)**

Try to take two quick touches, while keeping the ball close to your body.

## **8) INSIDE-OUT TWO TOUCH (LEFT FOOT)**

See notes for Drill 7.

## **9) IN-OUT-IN-OUT**

Try to get a good rhythm moving the ball left to right.

## **10) SOLE ROLL (SIDE TO SIDE)**

Try to roll the ball as quickly as you can across your body.

## **11) CRUYFF (RIGHT FOOT)**

Focus on making the kick look as realistic as possible. Make sure your foot is sideways before touching the ball.

## **12) CRUYFF (LEFT FOOT)**

See notes for Drill 11.