



## *Homewood at Home Red Teams*

Week of 3/30-4/6

### **Week 1 Focus Dribbling with Instep**

#### **Equipment Needs**

- Ball
- Cones (improvise with socks, rocks, old shoes, pieces of tape)
- Watch/Phone/Timer

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Juggle Tracker you can Print</a>
	<a href="#">Click here to make paper ball!</a>

#### **Juggling (keepy ups)**

- \*Start with ball in hand and toss to feet and thighs.
- \*Allow ball to bounce between each juggle.
- \*Record how many times you can juggle with the ball bouncing only once between each juggle over the span of 1 minute.
- \*Record how many juggles you can do in a row before ball bounces using the tracker.

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Picture Guide</a>
--	--

#### **Pendulum with Cross**

- \*With knees bent push the ball from your left to your right foot and then back from your right to your left foot.
- \*See how many pendulums you can do in a row while maintaining good balance and control of ball.
- \*Move forward/backwards side to side while performing pendulums.

<a href="#">Click Here for Video Guide</a>	<a href="#">Click Here for Picture Guide</a>
--	--

#### **Figure 8s**

- \*Using only the instep dribble through cones in a figure 8 pattern.
- \*Adjust distance between cones based on level of skill. Closer the cones are together the harder it will be!
- \*Take smaller touches around the turns and larger touches for the straight distances.
- \*Time how long it takes to complete 3 figures 8s. Challenge yourself to beat your score over the next few days.



## Mine Field

- \* Setup random cones/markers/whatever works to serve as explosive mines on a field.
- \* Dribble across using only the instep of your right or left foot.
- \* See how well you can navigate the mine field by going from one side to the other without touching any of the mines.
- \* If you bump into a mine you must complete 5 total juggles off to the side (not in a row just 5 total).



## Tic-Tac-Toe

- \* Requires a sibling or parent!
- \* 3 in a row wins game
- \* Can be done with or without a ball!

Make sure that you track your progress with the juggle score sheet there will be some cool Homewood gear waiting for most improved and highest number! You can send in your scores to me or keep them on your own and turn in when we return to the fields.

Want to become famous? Send us pictures/videos of you working on your touches! We are happy to share all over social media and our website!

Send to [Chrisrogers@homewoodsoccer.com](mailto:Chrisrogers@homewoodsoccer.com) or tag us in your posts on twitter/facebook/Instagram!