

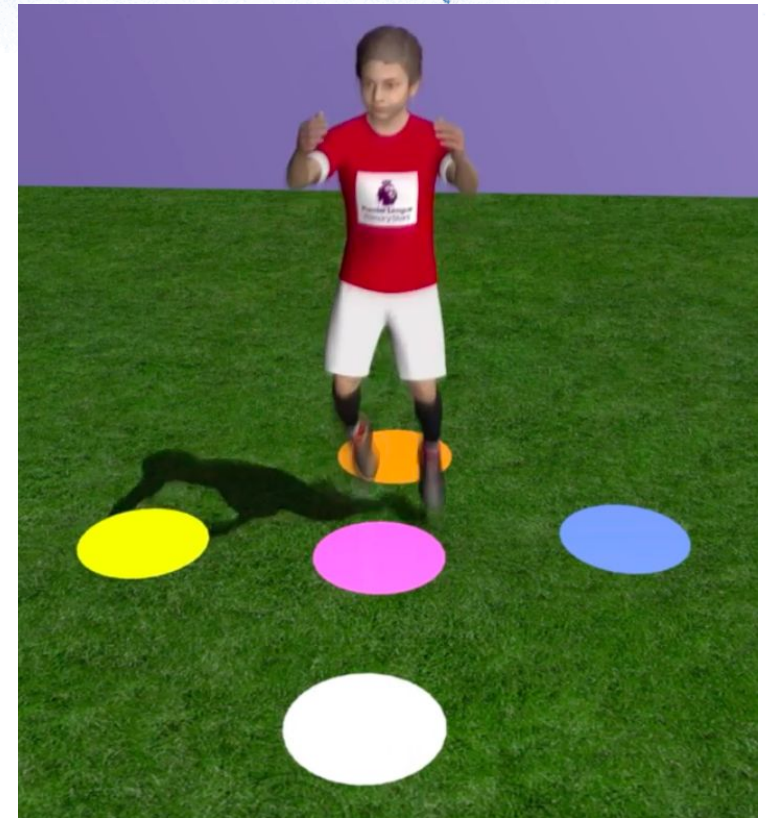


KNSC Homework Activities

Week 3
U11 & U12

Age Group U11 & U12

- Jumping Jacks
 - Place four different items around you
 - Jump to each one, left, right, forward, back
 - Try hopping on one foot
 - Have a family member call out which way to move



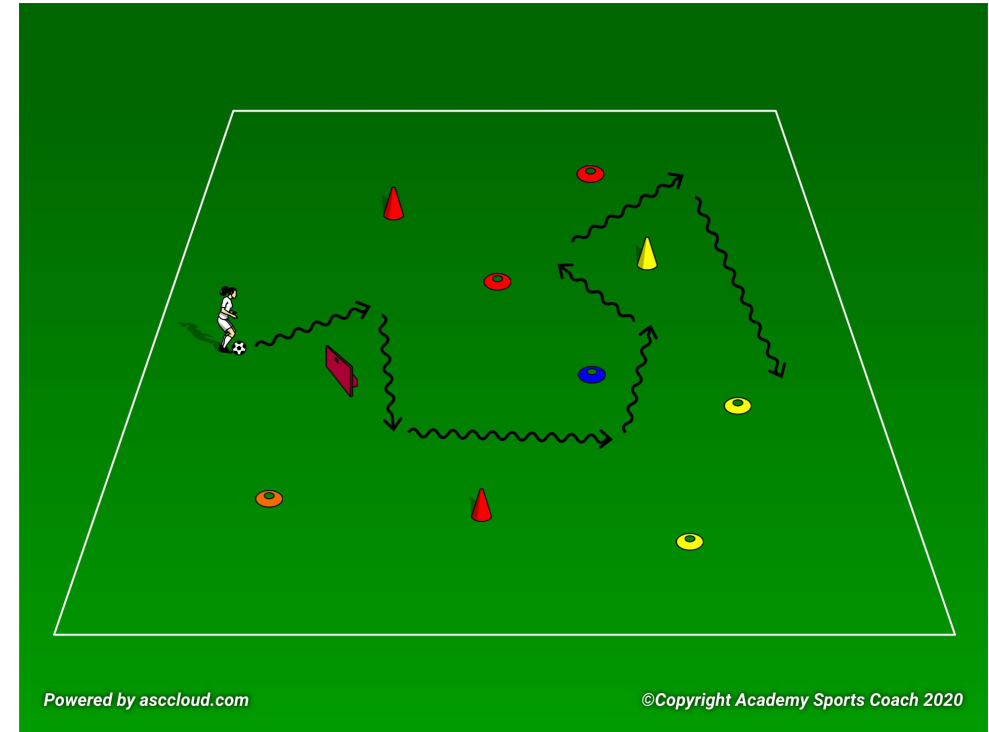
Age Group U11 & U12

- 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

- Ball Skills
 - Dribbling
 - Activity 1 - place lots of different objects randomly in your way
 - Dribble around trying to avoid the objects you have placed

Remember to accelerate just like you are getting away from a defender in a game every time you go past an object
Make sure you go in different directions



Learn from the pros

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[Janine Beckie](#)

[Samuel Piette](#)

Recommended Watch

Amazon Prime - Sergio Ramos

Amazon Prime - All or Nothing: Brazil National Team



Recommended Read

[Click here to read about Marcelo](#)

Any Questions

Contact

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