



KNSC

Homework Activities

Week 2

U13+

Age Group U13+

Soccer Tennis

- Play this with a family member if you can!
- Use any object that you can to volley the ball over



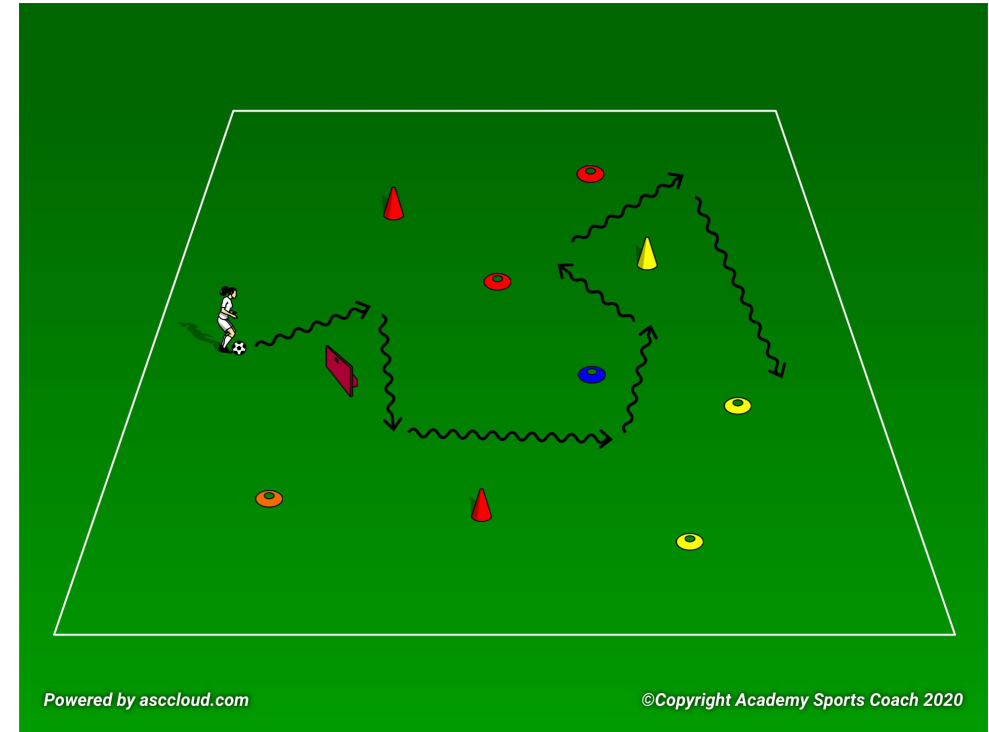
Age Group U13+

- 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 - U13+

- 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

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

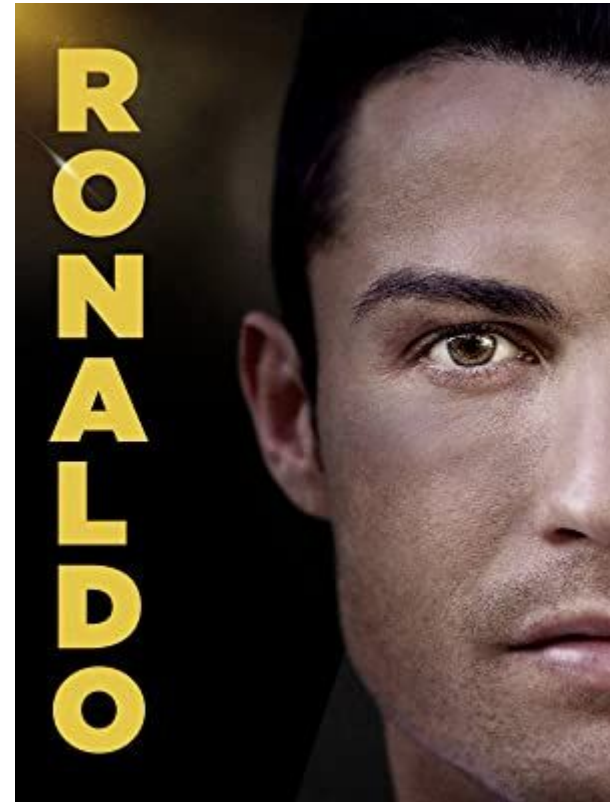
[Jordan Huitema](#)

[Jonathan David](#)

Recommended Watch

Netflix - Le K Benzema

Amazon Prime - Cristiano Ronaldo



Recommended Read

[Click here to read about Alex Morgan](#)

[Click here to read about Jesse Lingard](#)

Any Questions

Contact

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