



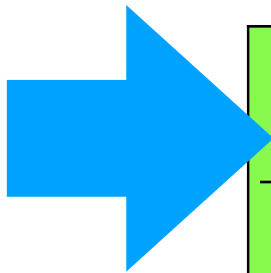
# **Palatine Celtic Soccer Club**

## **Home Training**

# Skill Videos



On your phone or computer, **click** each box to see a video demonstration of each skill



<u>Toe Taps</u>	<u>Scissors</u>	<u>Cruyff Turn</u>	<u>Pull back "L"</u>
<u>U Turn</u>	<u>Matthews</u>	<u>Chops</u>	<u>Snakes</u>
<u>Outside - Inside</u>	<u>Pull Push</u>	<u>Tap, Tap, Roll</u>	<u>Pull Back "V"</u>
<u>Rake &amp; Stop</u>	<u>Inside Pulls</u>	<u>Squares</u>	<u>Forward L, Back L, Switch</u>
<u>Foundation</u>	<u>Inside X3, Outside</u>	<u>Ronaldo Chops</u>	<u>Outside, Stop, Start, L</u>



# Homework Tracking Sheet

Skill	Number of Days Trained									
	1	2	3	4	5	6	7	8	9	10
Toe Taps										
U Turn										
Outside Inside										
Foundation										
Rake Stop										
Scissors										
Inside Pulls										
Pull Back "V"										

Name: \_\_\_\_\_

From: \_\_\_\_/\_\_\_\_/\_\_\_\_ TO \_\_\_\_/\_\_\_\_/\_\_\_\_

- Perform each exercise for 30-60 seconds. Get as many touches as you can with correct technique.
- All of these skills can be done in a small space indoor or outdoor. Ball should not leave the ground with these exercises
- Put a tally mark for every time finished, or add the number of times trained at the end of the week.



# Homework Tracking Sheet

## Level 2

Skill	Number of Days Trained									
	1	2	3	4	5	6	7	8	9	10
Toe Taps										
U Turn										
Outside Inside										
Inside X3, Outside										
Pull Push										
Scissors										
Inside Pulls										
Tap, Tap, Roll										

Name: \_\_\_\_\_

From: \_\_\_\_/\_\_\_\_/\_\_\_\_ TO \_\_\_\_/\_\_\_\_/\_\_\_\_

- Perform each exercise for 30-60 seconds. Get as many touches as you can with correct technique.
- All of these skills can be done in a small space indoor or outdoor. Ball should not leave the ground with these exercises
- Put a tally mark for every time finished, or add the number of times trained at the end of the week.



# Homework Tracking Sheet

## Make Your Own

Skill	Number of Days Trained									
	1	2	3	4	5	6	7	8	9	10

- Perform each exercise for 30-60 seconds. Get as many touches as you can with correct technique.
- All of these skills can be done in a small space indoor or outdoor. Ball should not leave the ground with these exercises
- Put a tally mark for every time finished, or add the number of times trained at the end of the week.