

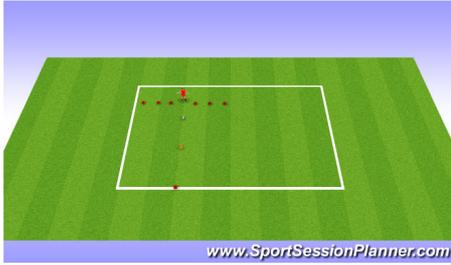


# Home Technical May 4th 3rd Session

Category: Technical: General  
Difficulty: Beginner

Am-Club: TSF Academy  
James Smith, Lincoln Park, United States of America

## SAQ 1 (10 mins)



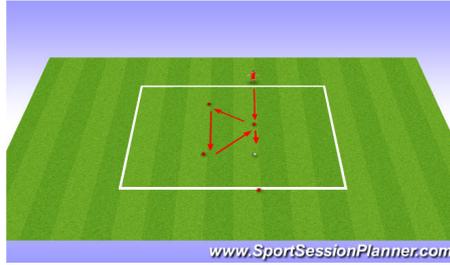
SAQ

Side steps right back to middle, side steps left back to middle then sprint forward to ball scissor around middle cone, accelerate to top cone, quick turn at cone, scissor opposite way on way back and stop the ball.  
Repeat exercise 6 times

On SAQ Exercise, both feet in each gap, high knees, pump the arms

On dribbling, soft touches, disguise on skill and turn. Accelerate after the skill and turn

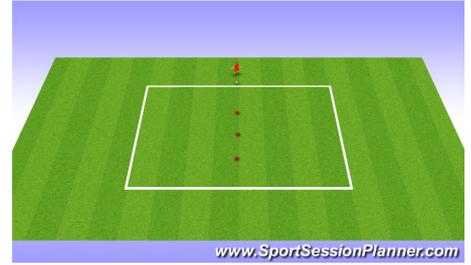
## SAQ 2 (10 mins)



SAQ 2

Player sprints forward to first cone, back peddles, to second, forward to 3rd back peddle to 1st cone then sprint forward to the ball and perform a stop go (one foot goes on top of the ball, other foot comes through and pushes ball forward. Perform Cruyff turn at top cone.  
Repeat 6 times

## SAQ 3 (10 mins)



SAQ 3

Dribble ball forward to first cone and leave it there, back peddle to start.  
Sprint back to the ball and dribble to next cone, back peddle to first cone, sprint back to ball and dribble to 3rd cone, back peddle to second cone, sprint back to ball and end at opposite line.

30 second rest and repeat from the opposite end

Repeat exercise x 8

## Dribbling Techniques (10 mins)



Dribbling Techniques- each technique for 30 seconds

- 1) Laces, 3 right foot, 3 left foot
- 2) Outside/Inside - 1 foot switch foot after 30 seconds (ball zig zags)
- 3) Outside/Inside - both feet
- 4) Outside/Outside/Inside - both feet
- 5) Outside/Roll across - both feet
- 6) Sole Roll Forwards - 5 touches one foot, 5 touches other foot

## Skills/Turns Combo (10 mins)



Skills and Turns Combinations

3 Touches a Skill, 2 touches and a turn. Complete the following combo's. 30 second each combo then move onto next

- 1) Sole Roll and Inside Hook
- 2) Scissor and Quick turn
- 3) Stop Go and L-Turn
- 4) Drop shoulder Scissor and Outside Hook
- 5) Iniesta and Maradona Turn

1 minute rest after completing the sequence, juggle whilst resting. Repeat sequence 5 times

## juggling and Dribbling



Juggling and Dribbling

- 1) Facing opposite direction. Perform 4 juggles then inside hook with the right foot and attack cone beat with any skill and accelerate to line. Slow jog to recover  
Repeat x 6. 3 Inside Hooks with each foot.
- 2) Facing opposite direction. Perform 4 juggles then outside hook with the right foot and attack cone beat with any skill and accelerate to line. Slow jog to recover  
Repeat x 6. 3 Outside Hooks with each foot.
- 3) Facing opposite direction. Perform 4 juggles then Cruyff turn with the right foot and attack cone beat with any skill and accelerate to line. Slow jog to recover  
Repeat x 6. 3 Cruyff turns with each foot.