

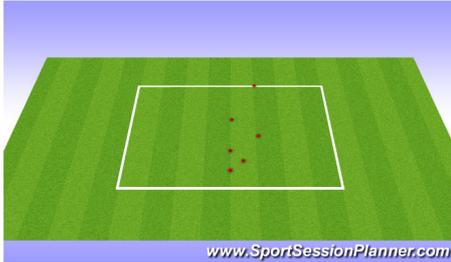


Day 2

Category: Technical: Attacking skills
Difficulty: Beginner

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

Warm Up (10 mins)



TSF Warm Up
Open gates
Close gate
Knee hugs
Sweep the floor
Kick throughs
Ankle grabs
Different sprints at the end

Ball Manipulation (10 mins)



Skill Triangle
Cones should be 8/10 steps apart
Round 1
Cone 1 - 12 toe taps, 12 boxes
Cone 2 - Push Pulls inside foot 10 each foot, alternate after each one
Cone 3 - Push Pulls Laces, 10 each foot, alternate after each one
Repeat x 3
After exercise players do outside inside one foot and switch halfway between cones to get to the next cone
Round 2
Cone 1 - Fake pass, pass across, pull it back, 10 each foot
Cone 2 - L-turn catch, perform L-turn with right foot, pull it back with left, perform Lturn left foot pull back with right, 5 each foot
Cone 3 - Toe taps forwards x5, toe taps backwards x5, toe taps around the ball
Repeat x 3
Inbetween cones players dribble the ball outside/inside both feet (out right in right out left in left)
Round 3
Cone 1 - Roll Across stop (Roll across right, stop ball with outside of right foot, roll across left, stop the ball with outside of left foot) 5 each foot
Cone 2 - Boxes Forward 5 steps, Boxes backwards 5 steps, Boxes to complete a full turn
Cone 3 - Push pulls Outside, laces and inside, both feet 5 on each alternate after each one
Repeat x3
After each cone player dribbles to next cone by touching ball out then roll across to other foot

Ball Skills (15 mins)



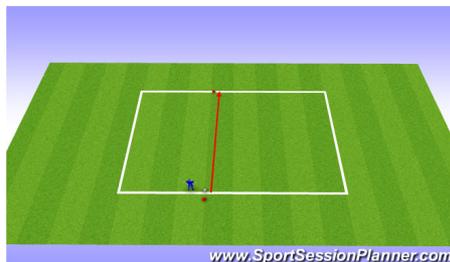
SKILL STAR - 10/15 minutes
Cones set out in a star, try and use as much space as possible
Player dribbles round every 3 touches a skill then 3 touches a turn after turn player bursts to go around the cone taking small touches and arm out to protect ball
Repeat this time ball protection with opposite foot and different skills and turns and with weaker foot
Skill - Inside Cut and stepover
Turn - Outside Hook and Quick turn
Creative
Disguise
Acceleration
Type of touch

Juggling Challenge (15 mins)



Juggling 15 minutes
Cones placed in a diamond, each cone 2 big steps from middle, as players juggle they have to flip over the cones with their hands.
As juggling kick ball up and flip the cone. Ball can bounce only once then must go back to juggling. Try to flip over all 4 cones. If ball bounces more than once, restart

Fitness (15 mins)



Fitness 10/15 minutes
Player jumps over ball or cone (high knees) 6
Jumps, dribbles ball to opposite end and repeat x 4
Lunges x 5 each leg, dribble ball to opposite cone repeat x 4
Hold ball on head, squat x 5 drop ball and dribble to opposite end x 4
Mountain climbers 15 seconds dribble ball to opposite end and repeat x 4
Plank 15 seconds dribble ball to opposite end and repeat x 4
Cool down and stretch