

TRAINING



SESSIONS

GRADES U9-U10 No 4-6

SESSION 4 BALL MASTERY & DRIBBLING



1. JUGGLING 5 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- The juggle could be with the foot or thigh into the hands
- Aim to increase to 'bounce 2 juggles catch'

MINI CHALLENGE: Use different parts of the body.

HINT: Soft touches keep the ball lower

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do in 1 minute?

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Shoulder roll](#)

- With a helper:
- Try to roll on your shoulder
- 2 Sets of 5 repetitions each shoulder

3. INSIDE-INSIDE ROLLOVER 7-8 MINS

[Western Springs Football YouTube Link: Inside-Inside-Rollover](#)

- Touch the ball with inside of the foot and rollover with the other foot then continue (1 minute), then swap feet (1 minute)
- Try Inside-inside-rollover and try to stay in the same spot (2 minutes)
- Repeat by controlling the ball to the sides with the inside part of each foot

MINI CHALLENGE: Set up 2 cones 5-10 metres apart. How many inside-inside can you do travelling between the cones in 1 minute?

HINT: Soft touches keep the ball close

HINT: Keep your weight on the front of your foot to help movement

- Try Inside-inside-rollover as you're moving between 2 cones (2 minutes)

FINAL CHALLENGE: How many inside-inside rollover can you do in 1 minute ?

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Plank - Leg Roll](#)

- Try the Plank:
- Level 2 - Leg ball Roll
- 3 sets of 30 seconds.

CHALLENGE:

Roll the ball up and down your legs.

5. DRIBBLING - INSIDE-OUTSIDE 6-8 MINS

[Western Springs Football YouTube Link: Inside-Outside \(Stepover\)](#)

- Touch the ball forward and try to do a stepover, then repeat with the other foot (1 minute)
- Using space of 5-10m, try to do 1-2 stepovers moving between cones (2 minutes)
- Moving around the space try to do stepovers changing the direction and the foot (2 minutes)

MINI CHALLENGE: Add in a central cone (or object) between the 2 initial cones. This acts as a defender. Try to do your stepover each time you approach the defender.

HINT: Soft touches keep the ball close

HINT: Use your arms to help balance

FINAL CHALLENGE: How many static stepovers can you do in 1 minute ?

6. DRIBBLE CRAZY 3-5 MINS

Use an area up to 10x10metres and scatter some cones (or other objects) within the area.

MINI CHALLENGE: You have 100 seconds of freestyle dribbling around the area showing off your skills.

FINAL CHALLENGE: Challenge another member of your household to show off their skills also!

HOMEWORK TASK 1

Create a video of your dribbling skills and share with your coach, teammates or club - Instagram or Facebook.

HOMEWORK TASK 2

Find out more about Ronaldo, Megan Rapinoe or another player (you could use YouTube). Then tell somebody what they are awesome at!

SESSION 5 BALL MASTERY & TURNS



1. JUGGLING 5 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- Aim to increase juggles

MINI CHALLENGE: Use different parts of the body.

HINT: Soft touches keep the ball lower
[Western Springs Football YouTube Link: Juggling - tricks to start](#)

MINI CHALLENGE: Choose one of the tricks and keep practising

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do today in 1 minute?

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Statues Running Game](#)

- With a helper try the Statues Game:
- Level 3 - Hold the Ball and Listen
- 3 sets of 30 seconds.

CHALLENGE:
Hold your balance for 2 seconds.

3. AERIAL CONTROL 7-8 MINS

[Western Springs Football YouTube Link: Aerial Control](#)

- Start with the ball in your hands, throw the ball up and try to control with your feet - trying with each foot (2 minute)
- Repeat and use others parts of your body (2 minute)
- Let someone else throw you the ball (2 minute)

HINT: Pull the foot away as you make contact with the ball

HINT: It's easier when contact with the ball is closer to the ground

FINAL CHALLENGE: How high can you throw the ball and still control it closely?

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Spiderman - Ball Taps](#)

- Try the Spiderman:
- Level 1 - Ball Taps
- 3 sets of 30 seconds

CHALLENGE:
Raise your hips off the grounds

5. MARADONA 7-8 MINS

[Western Springs Football YouTube Link: Maradona](#)

- Start walking and doing a drag-drag-roll (1 minute)
- Dribble with the ball and try to do a Maradona and keep dribbling afterwards (1 minute)
- Place 2 cones about 10 metres away and try to do a 1-2 Maradonas while moving between them.

Mini Challenge: Use a cone as a defender and dribble around with the ball trying a Maradona when you come to the cone

Hint: Drag-drag-roll
Hint: A lower position of your hips will help to keep control of the ball

FINAL CHALLENGE: Without any obstacles, how many Maradonas can you do in 1 minute?

6. DRIBBLE CRAZY 3-5 MINS

Use an area up to 10x10metres and scatter some cones (or other objects) within the area.

MINI CHALLENGE: You have 100 seconds of freestyle dribbling around the area showing off Maradonas and any other turns

FINAL CHALLENGE: Challenge another member of your household to show off their skills also!

HOMEWORK TASK 1

Create a video of your Maradonas and share with your coach, team mates or club - Instagram or Facebook.

HOMEWORK TASK 2

Find out more about any All White or Football Fern (you could use YouTube). Then tell somebody what they are awesome at!

SESSION 6 BALL MASTERY & CHANGE OF DIRECTION



1. JUGGLING 5 MINS

Western Springs Football YouTube Link: [Juggling](#)

- Start with 'bounce juggle catch'
- Aim to increase juggles

MINI CHALLENGE: Use different parts of the body.

HINT: Soft touches keep the ball lower
Western Springs Football YouTube Link: [Juggling - tricks to start](#)

MINI CHALLENGE: Choose one of the tricks and keep practising

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do today in 1 minute?

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

YouTube Link: [Single leg stance](#)

- With a helper try the Single Leg Stance:
- Level 2 - Thread the Needle
- 3 sets of 30 seconds

CHALLENGE:

Hold your head & body upright using core and back muscles to be straight and strong

3. PASS AND RECEIVE 5-7 MINS

Western Springs Football YouTube: [Pass & Receive](#)

- Start with a partner or a wall, use inside part of you foot
- Control with one foot, pass with the other one
- Aim to play with 2 touches (receive then pass)

MINI CHALLENGE: How many times can you pass and control the ball against the wall (2 touches maximum) in 1 minute?

HINT: Use inside part of your foot to control towards other foot

HINT: Standing foot is placed next to and slightly behind the ball pointing in the direction of the pass

FINAL CHALLENGE: Try to keep receiving and passing the ball against the wall using two touches for as long as possible

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

YouTube Link: [Single Leg Hop](#)

- With a helper try the Single Leg Hop:
- Level 3 - Lateral Hop
- 2 sets of 10 hops on each foot

CHALLENGE: Keep your knee bent on landing to cushion impact.

5. INIESTA 6-8 MINS

Western Springs Football YouTube Link: [Iniesta](#)

- Start dribbling at walking pace using both feet to try the Iniestsa with the second touch to move forward with the inside part
- Progress by adding 1-3 cones into the space and try the Iniesta to change direction when you travel towards the cone

MINI CHALLENGE: Place a cone in the middle of your area and a little goal near to one end of your space. Try the Iniesta skill taking your second touch forward towards the goal. How many success can you get from 5 attempts?

HINT: Make an accurate touch sideways

HINT: Angle your other foot to take a second touch forward

FINAL CHALLENGE: Without any obstacles, how many times can you use the Iniesta to change direction in 1 minute?

6. BE THE COACH 3-5 MINS

MINI CHALLENGE: Explain and show a family member how to perform the Ronaldo Chop. They then have 1 minute to do as many as they can in an open space.

FINAL CHALLENGE: You now have 50 seconds to do more Ronaldo Chops than them!

HOMEWORK TASK 1

Create a video of your Iniestas and share with your coach, team mates or club - Instagram or Facebook

HOMEWORK TASK 2

Learn about a different trick you haven't tried before (you could use YouTube to search football tricks). Then practice it and show it to a family member!

ADDITIONAL TRAINING ACTIVITIES



Here are some additional training activities you can try, giving you the opportunity to try something new whilst you are at home.

They only require a small space and you can view on a TV or any portable devices through YouTube. Trying anything new for the first time can be a bit tricky but once you go for a second and third time then it gets easier and you'll get used to the movements/skills involved. To make it even more fun then ask somebody at home to join in with you! [Western Springs Football Youtube channel](#)

1000 TOUCH WORKOUT - BALL MASTERY

5 MINUTE KIDS WORKOUT

8 MINUTE KIDS WORKOUT

ANDRES INIESTA - THE LAST OF HIS KIND

LIONEL MESSI - BEST SOLO GOALS

CRISTIANO RONALDO - TOP 20 GOALS

ALEX MORGAN - SKILLS GOALS

SAM KERR - GOALS - SKILLS

If you try any of the above activities and enjoy them then let a friend and/or your coach know as they can then let your other team mates know. If you find other training sessions online that you enjoy then share them also and let me know too! Video clips are a great way of sharing but do check with somebody at home first.