

TRAINING



SESSIONS

GRADES U11-U12 No 4-6

SESSION 4 BALL MASTERY & DRIBBLING



1. JUGGLING 5-6 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: Part 1 - Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: maintain control throughout all movements

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 (1 minutes)
- Place 2 cones 5-10 metres apart, try to do the inside-inside-rollover while moving between them

MINI CHALLENGE: Inside of a square 10x10m move around using inside-inside-rollover, trying to move in different directions(forward, backward, sideways, diagonal...) for 1-2 minutes

HINT: Soft touches keep the ball close

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

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

4. FITNESS OPTION 1 2-3 MINS

- See additional Fitness page
- Complete 2-3 rounds

CHALLENGE: Maintain good posture throughout

5. DRIBBLING - INSIDE-OUTSIDE 6-8 MINS

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

- Start dribbling around an area of 10x10m doing stepovers using both feet
- Try 2 or 3 stepovers in a row
- Move around the space and try stepovers followed by a change of direction after each one

MINI CHALLENGE: Place a number of cones in your space and dribble around with 1-3 stepovers followed by a change of direction afterwards away from an imaginary opponent

HINT: Soft touches keep the ball close

HINT: Use your arms to help balance

FINAL CHALLENGE: Touch the ball forwards once and see how many stopovers you can do before the ball stops?

6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

HOMEWORK TASK 1

Create a video of your dribbling skills and share with your coach, team mates or club.

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 8 MINS

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

- Start with 'bounce juggle catch'
- Aim to increase juggles and reduce bounces

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 a different trick 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+ 4-5 MINS

[YouTube Link: Part 1 Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: Maintain control throughout all movements

3. AERIAL CONTROL 10-12 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). Ask somebody else to throw the ball if possible.
- Repeat and use others parts of your body (2 minute)
- Repeat by controlling the ball to the sides with the inside part of each foot (2 minutes)
- Try controlling to the side with the outside of each foot (2 minutes)
- Can you try controlling the aerial ball and turning 180 degrees - checking for available space like in a game (2 minute)

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

HINT: Contact with the ball has to be closer of the ground

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

4. FITNESS OPTION 2

- See additional Fitness page
- Complete 2-3 rounds

CHALLENGE: Maintain good posture throughout

5. MARADONA 8-10 MINS

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

- Walk around your area dribbling the ball trying a Maradona and repeat (2 minute). If you can then increase the pace.
- Place 2 cones about 10 metres away and try to do 1-2 Maradonas while moving between them
- Use a cone as a defender and dribble around with the ball trying a Maradona when you come to the cone.

Mini Challenge: Place different cones in an area of 10x10 and every time you approach a cone try the Maradona

Hint: Drag-drag-roll

Hint: A lower position of your hips will help to keep control of the ball

FINAL CHALLENGE: Place a number of cones (objects) around the area you have available and see how many Maradonas you can do in 1 minute without touching any cones?

6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

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 8 MINS

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

- Start with 'bounce juggle catch'
- Aim to increase juggles and reduce bounces

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 a different trick 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+ 4-5 MINS

[YouTube Link: Part 1 Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: Maintain control throughout all movements

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)
- Try to play one-touch

Mini Challenge: How many times can you pass and control the ball against the wall (1 or 2 touches) in 1 minute?

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

Hint: The 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 1 or 2 touches for as long as possible

4. FITNESS OPTION 3

- See additional Fitness page
- Complete 2-3 rounds

CHALLENGE: Maintain good posture throughout

5. INIESTA 10 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 successes 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. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

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 practise it and show it to a family member!

FITNESS OPTIONS 1-3



OPTION 1 4 SIDES

SET-UP: Use a 10x10 metre square with 4 sides and a red cone as the starting point (other objects can be used)

WORK:

- Jog 4 sides
- Sprint 1 side / jog 3 sides
- Sprint 2 sides / jog 2 sides
- Sprint 3 sides / jog 1 side
- Sprint 4 sides / jog 4 sides
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

ADDITIONAL: If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.

ALTERNATIVE: If the space available is longer and narrower then 5 cones can be spaced out up to 10 metres apart and this same activity is carried out in a similar way - using the 4 spaces in-between the 5 cones.



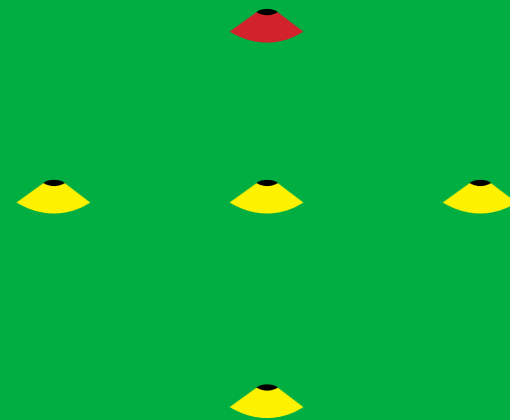
FITNESS OPTION 2 THE CLOCK

SET-UP: Use a 10x10 metre cross shape with a centre point.

WORK:

- Jog to 4 corners
- Sprint to 1 corner / jog to 3 corners
- Sprint to 2 corners / jog to 2 corners
- Sprint to 3 corners / jog to 1 corner
- Sprint to 4 corners / jog to 4 corners
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

ADDITIONAL: If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.



FITNESS OPTION 3 FIGURE OF 8

SET-UP: Use a 10x10 metre square with 4 corners and a centre point. Each circuit is done in a figure of 8 with 5 cones.

WORK:

- Start at a corner cone and jog a complete circuit
- Sprint to 1 cone / jog to 5 cones (brings you back to the starting cone)
- Sprint to 2 cones / jog to 4 cones
- Sprint to 3 cones / jog to 3 cones
- Sprint to 4 cones / jog to 2 cones
- Sprint to 5 cones / jog to 1 cone
- Sprint to 6 cones
- Jog to 6 cones
- Rest for 2 minutes
- Repeat 2-3 times in total



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! [Our YouTube Channel.](#)

**1000 TOUCH WORKOUT -
JUGGLING**

**1000 TOUCH WORKOUT - BALL
MASTERY**

**1000 TOUCH WORKOUT -
DYNAMIC BALL MASTERY**

**10 MINUTE BALL MASTERY
WORKOUT**

10 MINUTE YOGA

10 MINUTE PILATES

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 teammates 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.

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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.