

## **FOOTSKILL FACTORY – WORKING AT HOME**

**The purpose of this session is to give the players another option to training at home alone or with a partner.**

**EQUIPMENT NEEDS** - Ball, approximately 12 markers, and a wall (garage door)

**Warm-up (without a ball) – Approximately 3.5 minutes**

- Jog
- Knees – up
- Butt kickers
- Slide
- Forward / Backward
- Skip
- Bound
- Lunge with twist
- Lunge – Lunge – Squat

**Warm-up (with a ball)**

- Strong foot
- Weak foot
- Both feet
- Pendulums
- Pendulums with a roll
- L – Move

**Working on a wall**

- 1 – touch passing / strong foot
- 1 – touch passing / weak foot
- 2 – touch passing / Inside – Inside strong foot
- 2 – touch passing / Outside – Inside strong foot
- 2 – touch passing / Inside – Inside weak foot
- 2 – touch passing / Outside – Inside weak foot
- 2 – touch passing / chop across body – right to left / left to right
- 2 – touch passing / roll across body – right to left / left to right
- Pendulums – outside touch - pass
- Outside touch – 2-touch Cryuff – pass (right to left / left to right)
- Outside touch – step-over – pass (right to left / left to right)
- Outside touch – Cryuff – pass ( right to left / left to right)
- Volley off wall (If possible 1-touch 1 bounce) – strong foot
- Volley off wall (If possible 1-touch 1 bounce) – weak foot
- Volley off wall (If possible 1-touch 1 bounce) – alternate feet