



KNSC

Homework Activities

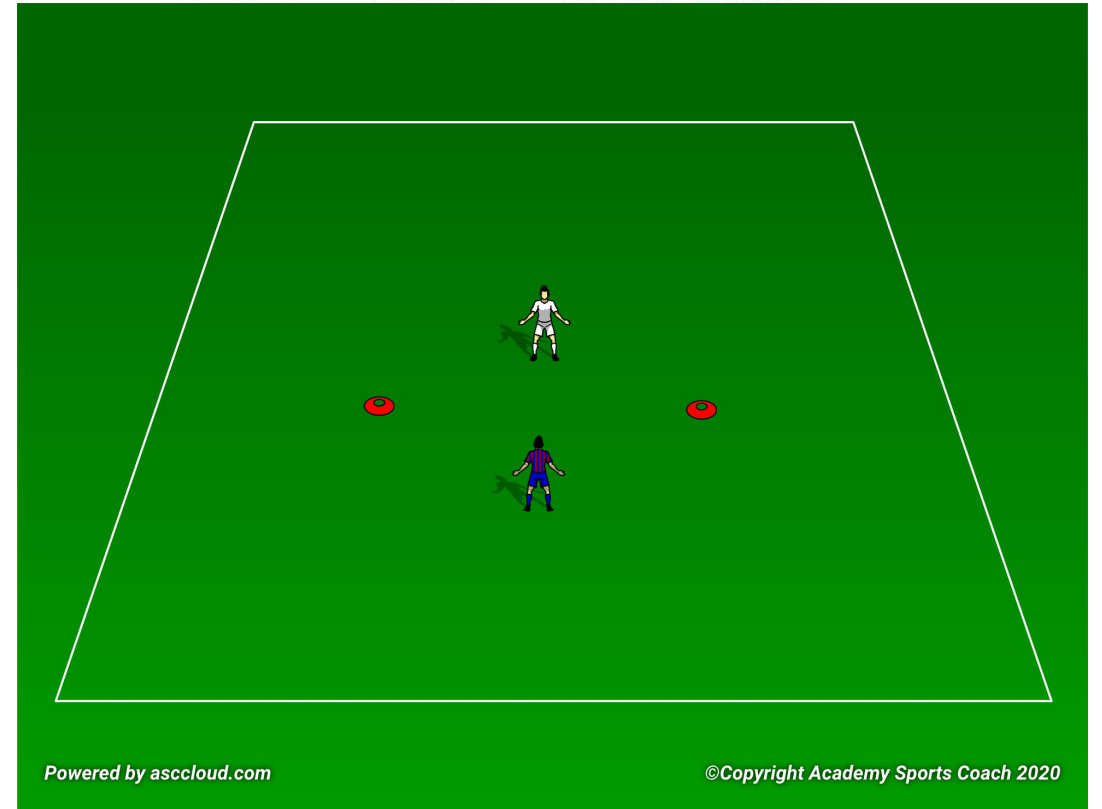
Week 1
U11 & U12

Age Group U11 & U12

Mirror Game

- Play this with a family member if you can
- One person leads the other follows
 - Keep your balance.
 - Trick your partner
 - Make a decision and go left or right

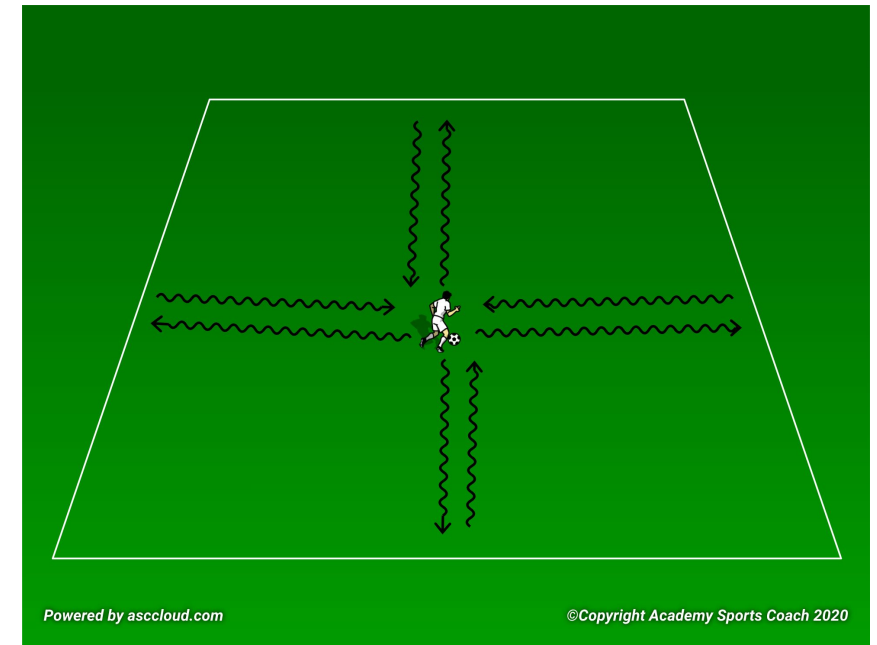
You can do this without a ball and then include a ball



Age Group - U11 & U12

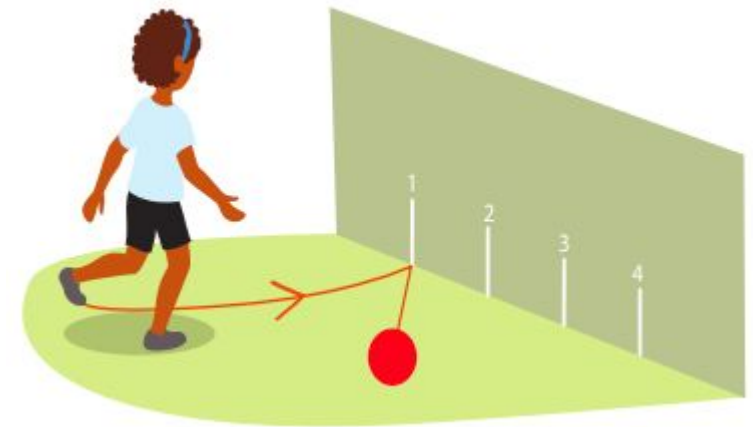
- Ball Skills
 - Dribbling
 - Activity 1 - every time you hit the side of a square do a turn.
 - Those turns could include:
 - **aka Stepmover Turn**-- Push ball forward, diagonally step over ball with right foot, turn toward ball and take it in the opposite direction with the left foot.
 - Fake Kick and Turn

Remember to accelerate just like you are getting away from a defender in a game



Age Group - U11 & U12

- **Passing and Receiving with the ball in the air**
 - Start by kicking a ball against a wall in front of you with the ball off the floor, so that the ball rebounds straight back to you. Try and volley the ball back against the wall for you to continuously volley the ball
 - Next try kicking the ball against the wall at an angle, so it rebounds away from your position. Move quickly to meet the ball and volley it back.



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[Alphonso Davies](#)

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Any Questions

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