

Technical Performance

PHASE 2 INDIVIDUAL HOMEWORK PROGRAMME



Individual Homework Programme

Developing the individual : the exercises are a simple process – with high focus & repetition and limited equipment required – football, cone(s)/object(s) and a wall. Be creative if you have goals available and involve a sibling/parent for the duo exercises.

Break your learning into small ‘bite sized chunks’ and allow yourself time to process information. Using a simple format will enhance your focus and ability to improve on the following areas;

- Receives *“Receiving skills and the ability to twist and turn are essential to out-playing your direct opponent.”*
- Releases *“Behind every kick of the ball there has to be a thought.”*
- Risks *“Players who can win alone or in combination with teammates.”*
- Retains *“To stay on the ball under pressure, twist & turn to unlock or retain.”*
- Runs *“It isn’t the player on the ball who decides where the ball goes, but the players without the ball. Their running actions determine the next pass.”*



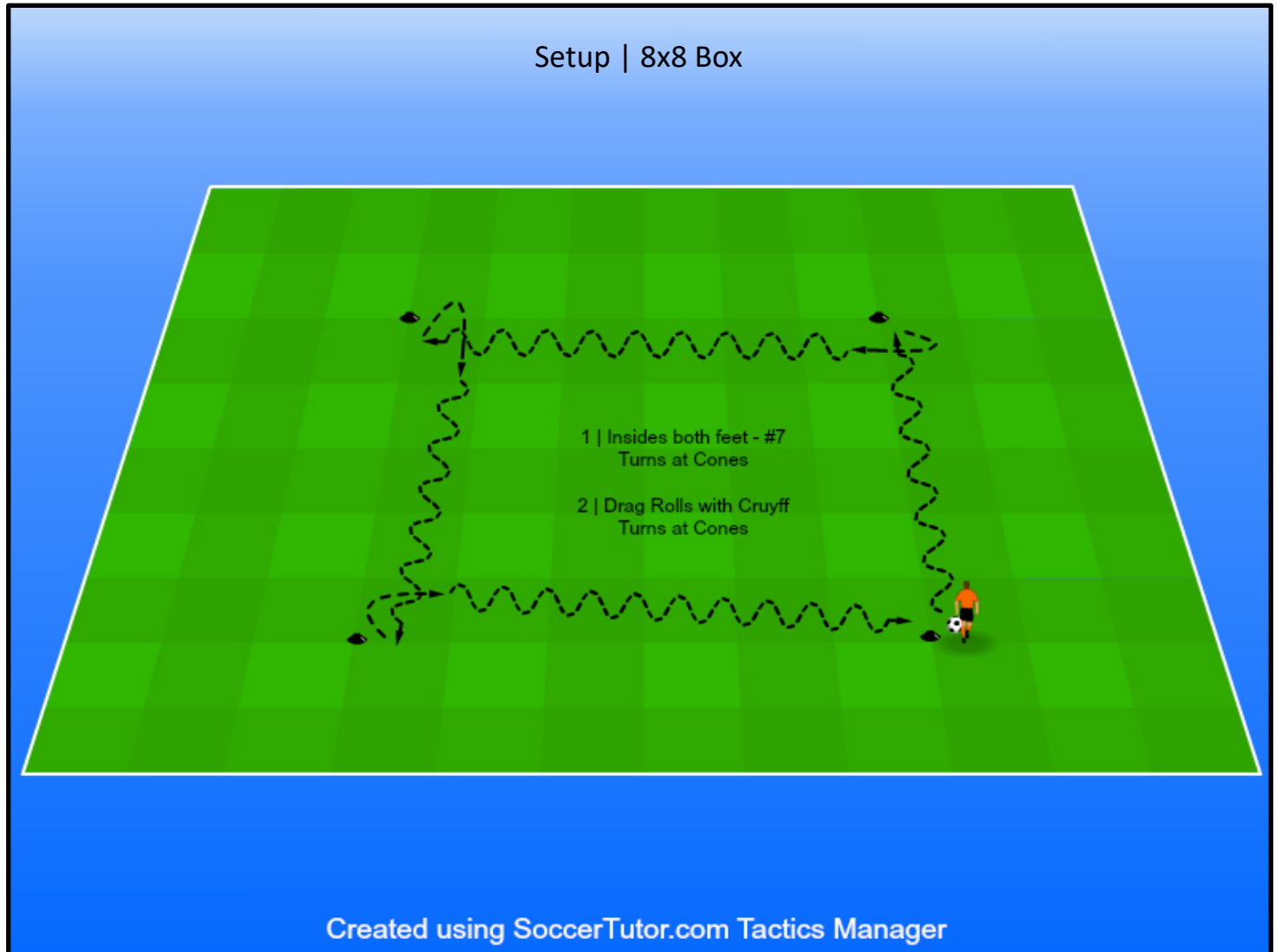
5 Rs Video Tutorial Links

- *Receives* | www.dropbox.com/s/mpl5yntafxix459/Receives.mp4?dl=0
- *Releases* | www.dropbox.com/s/r4b25vgpb1niraz/Releases.mp4?dl=0
- *Risk* | www.dropbox.com/s/hs9auhghcxy80nn/Risk.mp4?dl=0
- *Retains* | www.dropbox.com/s/hc7fo1nlc65d29s/Retains.mp4?dl=0
- *Runs* | www.dropbox.com/s/y8m34ia15z83gv7/Runs.mp4?dl=0

Retain, Run & Risk

- Working on running with the ball incorporating turns and moves whilst working both feet.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Inside touches dribble using both feet with #7 turns at cone to change direction.
 2. Rolls across the body towards the cones with Cruyff turn to change direction.
 3. Players decision to be creative on various dribble techniques and turn and twist moves at the cones.

Setup | 8x8 Box



Runs & Retains

- Running with the ball incorporating twist and turns with both feet going through gates with acceleration and de-acceleration movements.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Dribble at speed towards tangerine gate.
 2. Perform inside/outside spin twist through gate towards black gate.
 3. Perform Cruyff turn to change direction back to tangerine gate.
 4. Dribble through tangerine gate performing inside/outside spin turn towards black cone.
 5. Quick turn at black cone and repeat.

Setup | 6-10 yards between black and tangerine cones. Tangerine & black gates 2 yards apart.



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Retains

- Working on ball manipulation, rhythm, control and balance on the ball with both feet.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Outside touch right foot – hook turn/touch right foot into outside touch left foot – stop ball left foot.
 2. Repeat above going to cone 2.
 3. Repeat above going to cone 3.
 4. Repeat above going to cone 4.
 5. Progress and be creative by changing turning move at cone.

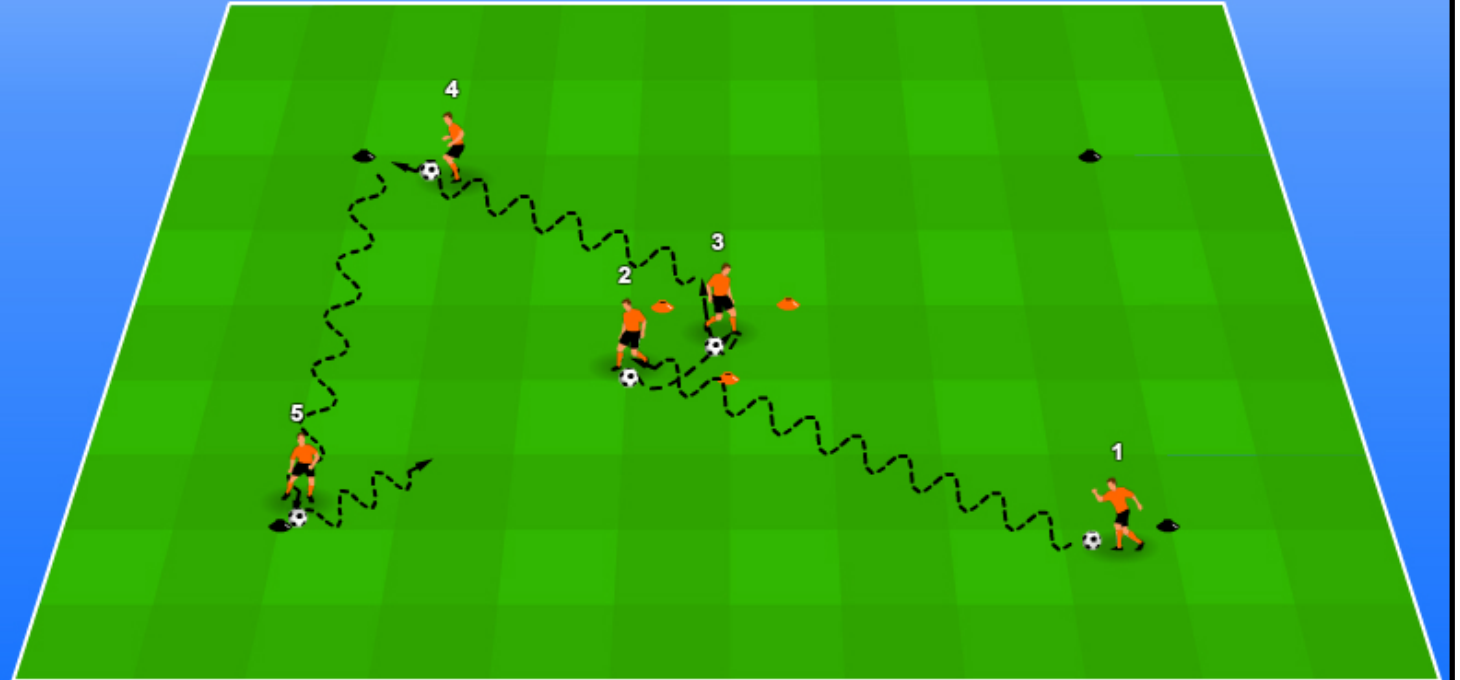
Setup | Diamond of cones approx. 3-5 yards apart.



Risk & Retains

- Working on running with the ball whilst performing diagonal risk attack moves.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Dribble towards the left side of the triangle.
 2. Perform Zidane 360 turn to enter centre of triangle.
 3. Perform second Zidane 360 turn to exit triangle and accelerate dribble to opposite corner cone.
 4. Perform quick hook turn to dribble down to next cone.
 5. Repeat exercise. Progress with various moves.

Setup | 10x10 box with a triangle of cones in the centre 1-2 yards apart.

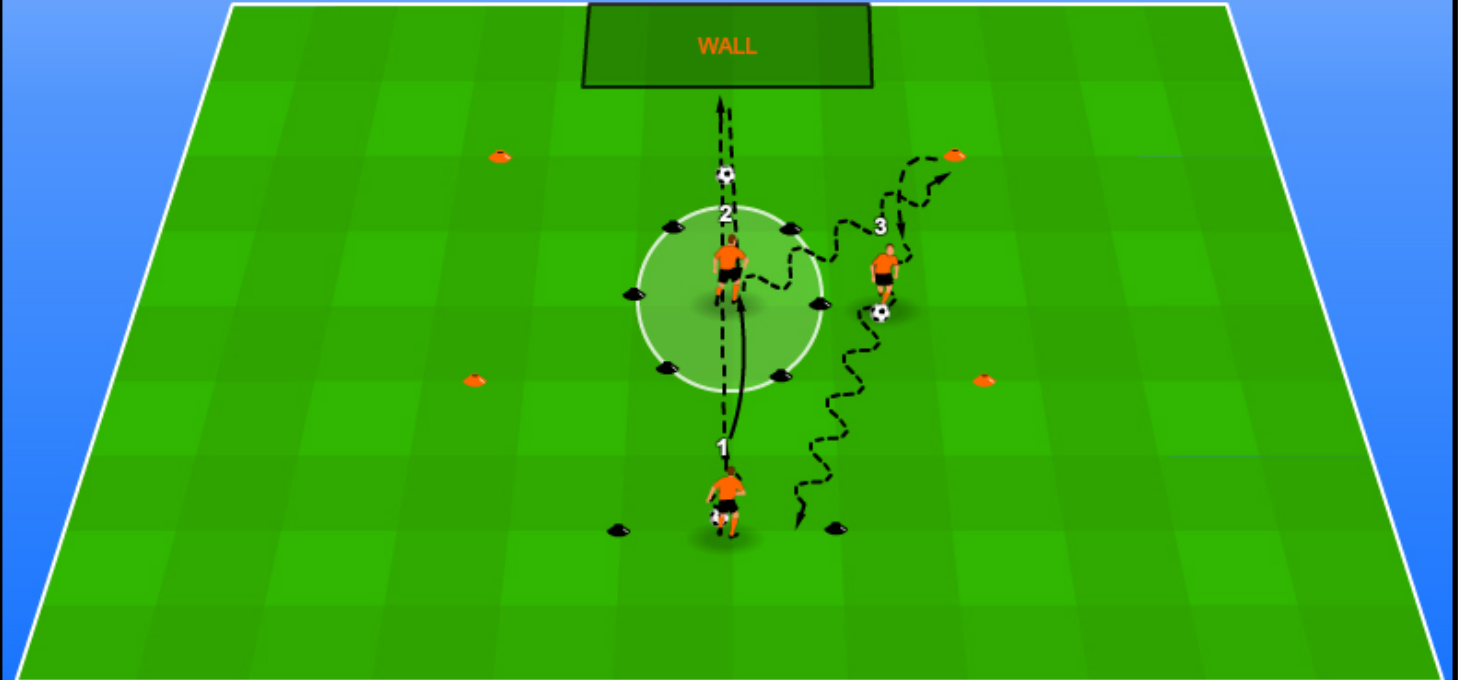


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Releases, Runs & Receives

- Start outside the box by playing fast pass against the wall.
- Continue to move inside the circle to receive the ball, dribbling and turning at tangerine cones back to start.
- Receive technique used will determine which tangerine cone you will dribble towards.
- Repeat the exercise continuously for 1 minute 30 seconds working both feet on receives and turning with the ball.
- 10 x 1 minute 30 seconds + 1 minute rest = 25 minutes work.
- Receive techniques on next slide.

Setup | 8x8 box (tangerine) cones approx. 3-5 yards away from the wall with a small circle of (black) cones inside.

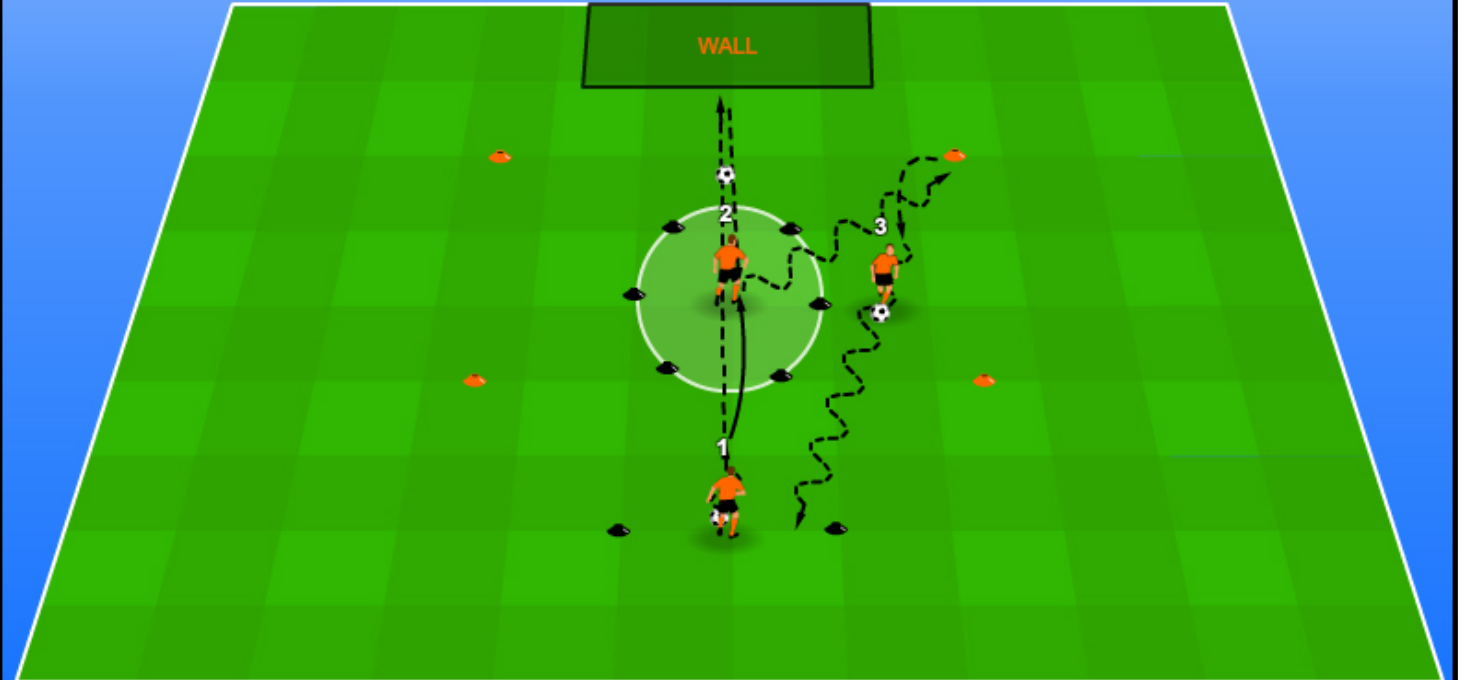


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Releases, Runs & Receives

1. Inside push – right & left foot – forward.
2. Outside push – right & left foot – forward.
3. Inside outside same foot – forward.
4. Inside outside same foot – back.
5. Inside outside changing feet – right foot to left foot – left foot to right foot – forward.
6. Inside spin – right & left foot – back.
7. Outside spin – right & left foot – back.
8. Inside hook spin – right & left foot – back.
9. Chop – right & left foot – forward/back.
10. Create your own receive – right & left foot.

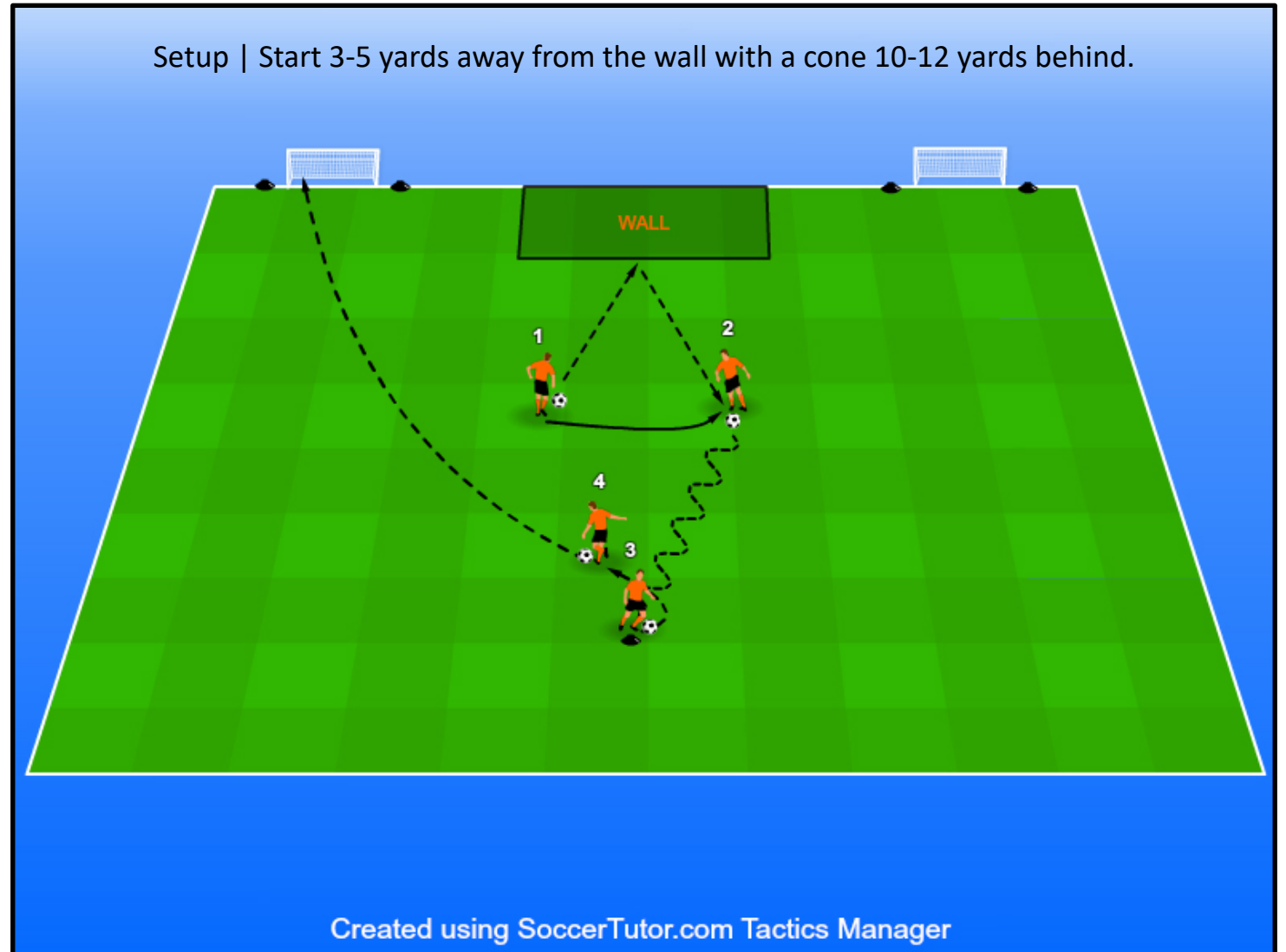
Setup | 8x8 box (tangerine) cones approx. 3-5 yards away from the wall with a small circle of (black) cones inside.



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Release, Runs & Receives

- Working on release passes, angles, dynamic movements to receive with turning on the ball.
 - Use multiple balls if available to keep intensity of practice, whilst working both feet on releasing, receiving and retain turns.
1. Play angled pass against the wall.
 2. Movement to receive back from the wall on a new angle with body shape open. Progress to closed body shape to create back to goal scenario using different receive techniques.
 3. Accelerate with the ball towards the cone, using a retain twist and turn of your choice to open up to face the goals/gates.
 4. Release pass/strike into goal on the diagonal.



Runs, Release & Receives

- Working on running with the ball, first time releases with turning in back to opponent situations.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Dribble with the ball on the diagonal .
 2. Release pass on the angle against the wall.
 3. Movement to receive return pass from the wall and to play first time release back off the wall at new angle.
 4. Quick movement to receive on new angle likely to be in a side on or back to opponent situation – turn out.
 5. Accelerate dribble back to start and repeat.



Retains, Release, Runs & Receives

- Working on running with the ball, twist and turns using correct foot and safe side.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Dribble at speed towards black cone.
 2. Outside protect turn right foot and dribble towards tangerine cone.
 3. Outside protect turn with left foot and dribble towards wall.
 4. Play wall pass to receive on opposite side.
 5. Repeat exercise on opposite side of cones.
 6. Can adapt practice with goals instead of wall.



Risk, Retains, Release & Receives

- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
- 1. Start with #7's at both black gate cones.
- 2. Accelerate through gate to next black cone.
- 3. Sole roll across body to change feet before cone.
- 4. Quick dribble towards tangerine cone.
- 5. Using only the sole touches of one foot to go backwards to and around black cone.
- 6. Dribble beyond tangerine cone to play release pass and run off wall.
- 7. Back to goal receive spin to dribble back to start – repeat.

Setup | First tangerine cone 8 yards from wall – black cone 12 yards – black gate 16 yards away approx.

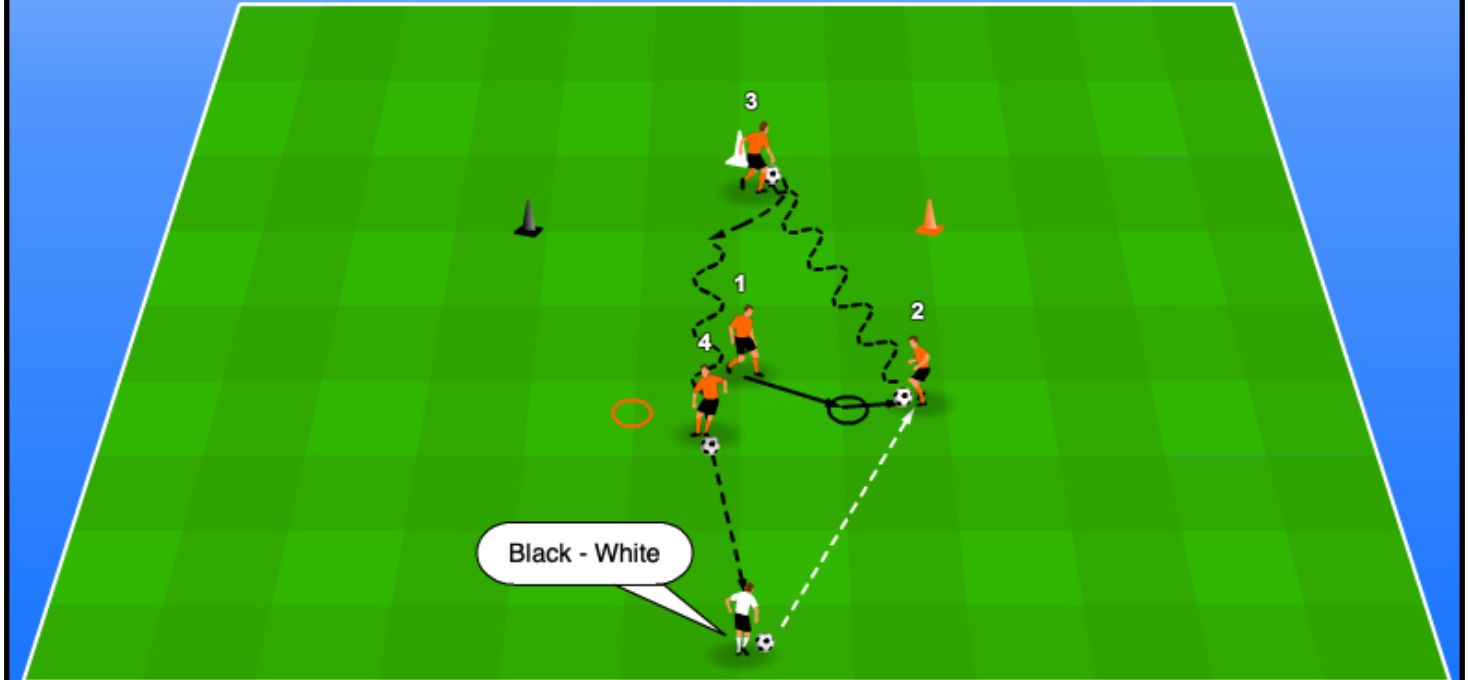


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Receives, Risk & Retains

- Working on scanning, body shapes whilst reacting and responding to communication.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Player starts centrally in behind the hoops.
 2. Partner calls two colours on release of pass. Player responds by stepping in and out of hoop of first colour called, ability to scan and receive the ball with an open body shape.
 3. Utilise various receiving techniques to dribble towards the second coloured cone called with a protect turn to change direction.
 4. Dribble and pass back to partner to repeat exercise.

Setup | Hoops are 4-6 yards away from partner. Coloured cones behind are 4- 8 yards away from hoops.



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Release, Receives, Runs & Retain

- Working on first time release passes, receiving to run with the ball and twists and turns.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Play first time bounce passes between each other.
 2. After 5-6 passes, player receives the ball to run towards a top corner cone and perform outside cut turn.
 3. Dribble towards opposite corner cone to perform second outside cut turn and return to bounce passes with partner.
 4. Progress with different turns and twists at cones using both feet.



Receives, Risk, Release & Runs

- Working on receiving to run with the ball and attack moves to evade opponent.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Start with receiving a pass from partner on the diagonal.
 2. Run with the ball towards partner (passive) and use attack move to beat opponent.
 3. Release pass off the wall on the angle.
 4. Receive the ball off the wall on a new angle.
 5. Turn, twist and accelerate with the ball back to start - repeat working opposite foot.



Receives, Runs & Retains

- Working on speed reactions to receive and run with the ball twisting and turning.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Working player and partner play bounce passes together, 2-3 yards apart.
 2. On partners colour call – ball will go through working players legs to hit the wall. Player must turn quickly to react and receive the ball.
 3. Dribble towards the colour cone called by partner and working on various twist turns of players choice then passing back to partner to repeat exercise.



Release, Receives & Runs

- Working on releasing, scanning to receive and running to fix body shape to play forward.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Player starts with bounce passes against the wall.
 2. On call of partner “right or left”, player outside or inside spins to that side called and scans to search for partners movement.
 3. Player makes secondary movement to receive the ball on a new angle to allow him to have an open body shape to play forward.
 4. Quick dribble forward to play pass and receive off wall again to repeat practice.

Setup | Start 4-6 yards away from wall. Partner starts 4-6 yards away from player.



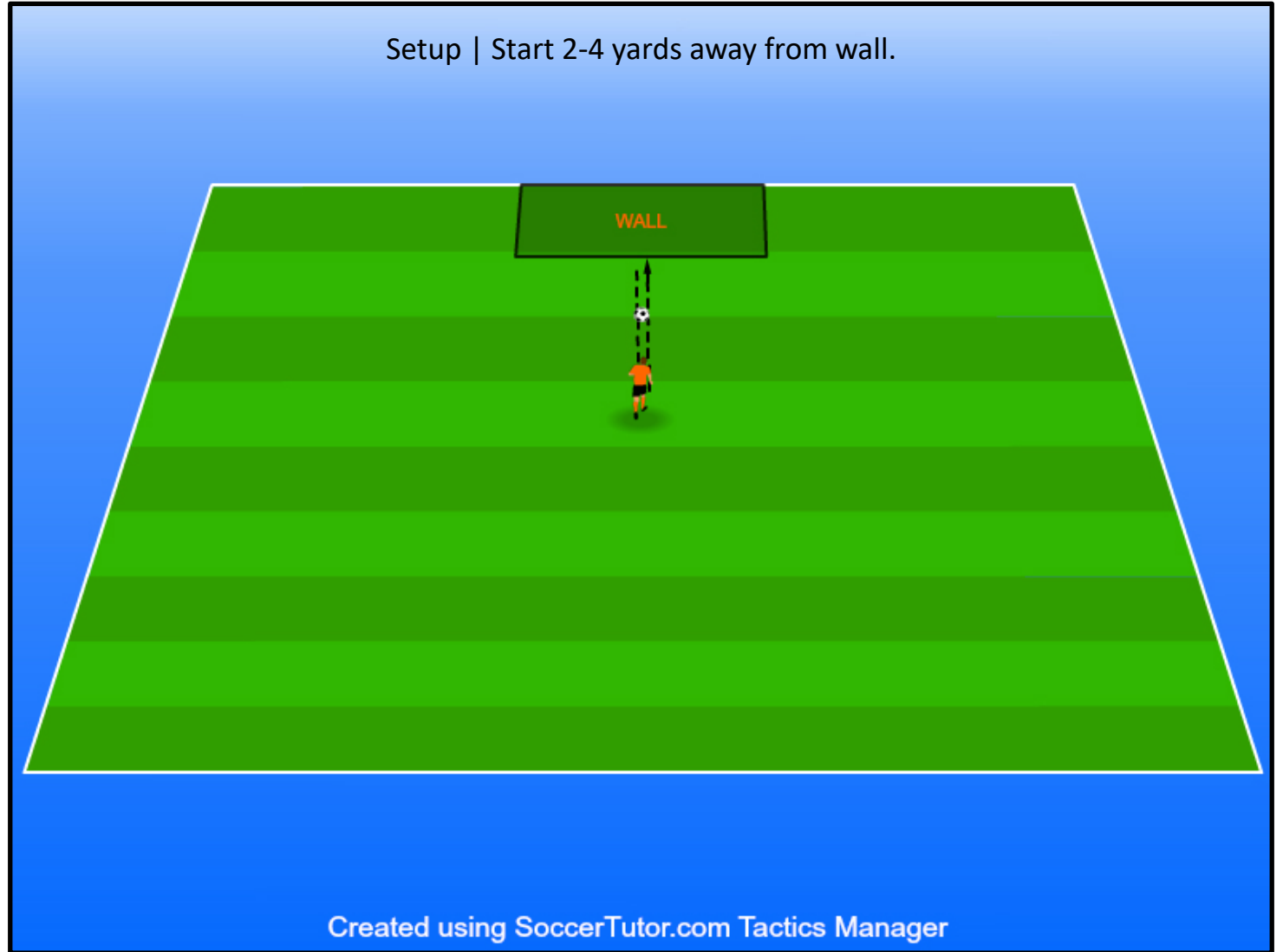
Receives, Retains & Runs

- Working on receiving to play forwards and twist and turn under (passive) pressure. Use multiple balls if available.
 - 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.
1. Partner plays square pass to working player – look to receive with body shape open to dribble forward down the line.
 2. Partner runs at angle to engage pressure on the working player.
 3. Working player must twist and turn inside, protecting and hiding the ball to evade the pressure.
 4. Play release pass against wall to receive at new angle and repeat exercise.



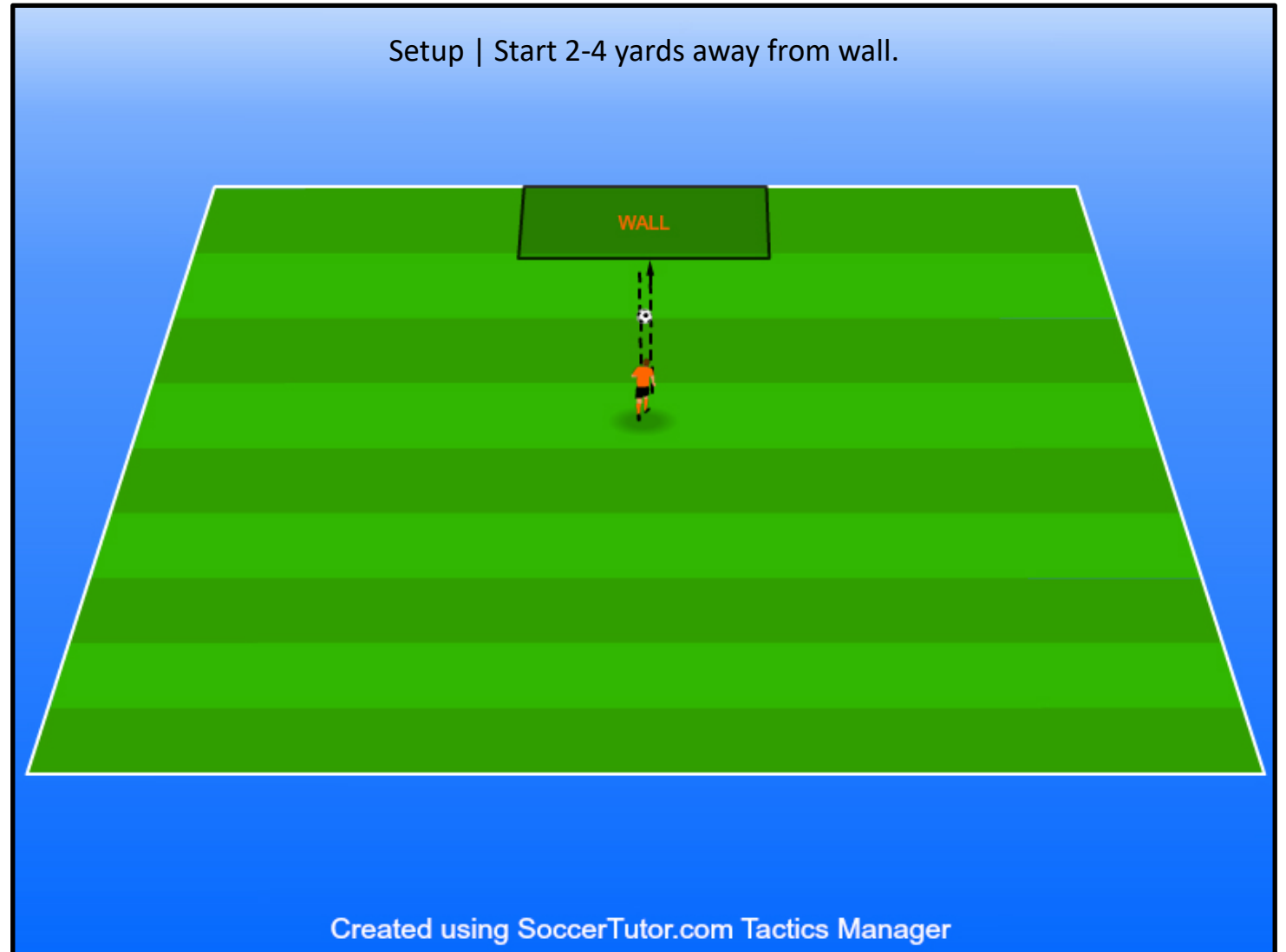
Releases & Receives

- Working on various release techniques and receiving, with co-ordination and control.
 - Work on each exercise for 2 minutes at time.
1. Pass off wall with inside right foot – receive left foot and pass left foot – receive right and pass right foot – repeat.
 2. As number 1 using the outside the foot to receive the ball – repeat.
 3. Start ball from hands - volley the ball using front part of foot from hands against the wall and catch - use alternate feet – repeat.
 4. Start ball from hands - volley the ball using inside of foot from hands against the wall and catch - use alternate feet – repeat.



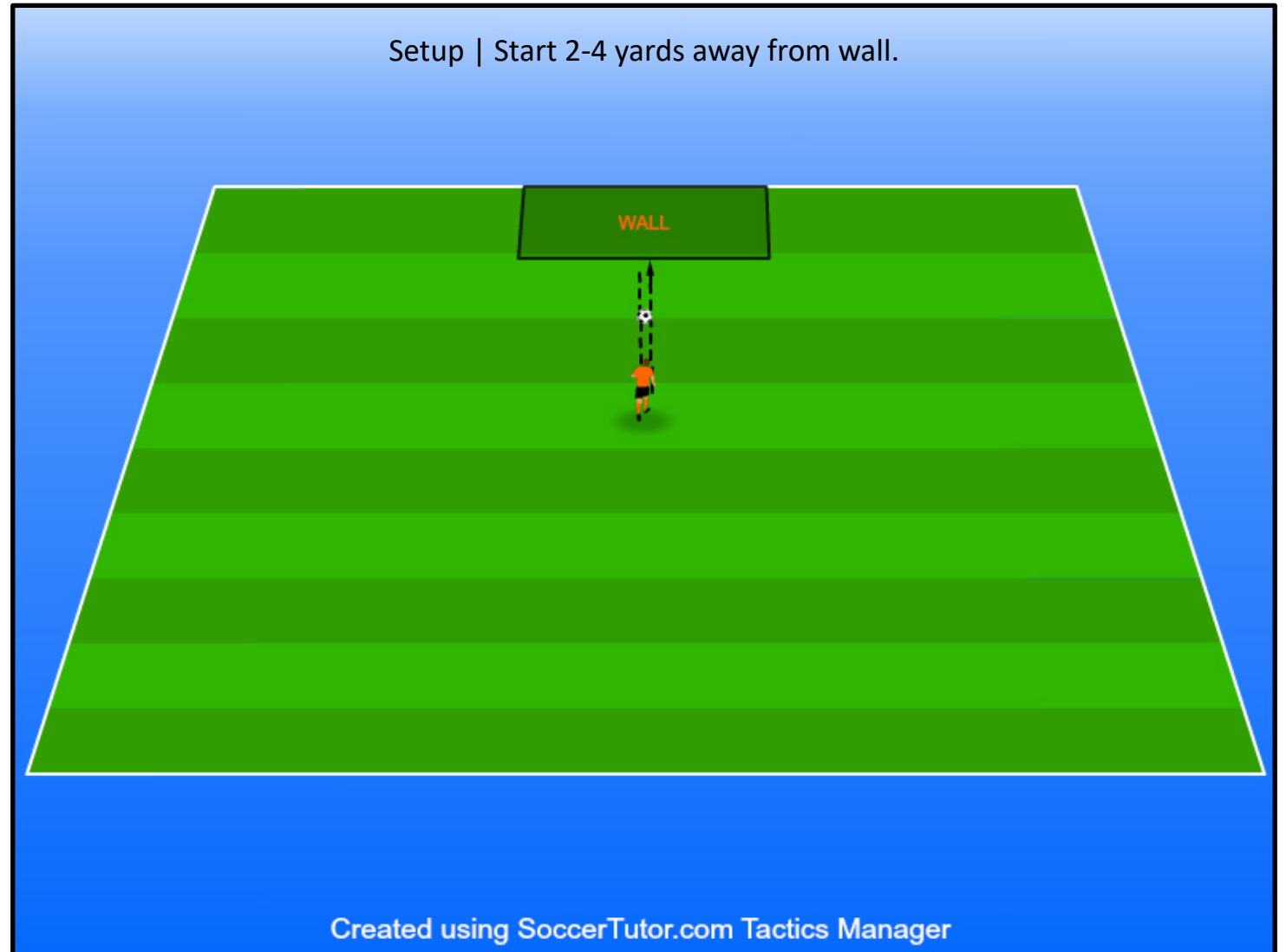
Releases & Receives

- Working on various release techniques and receiving, with co-ordination and control.
 - Work on each exercise for 2 minutes at time.
1. Start ball from hands – thigh and volley using front part of foot then catch – alternate feet – repeat.
 2. As number 1 but using inside the foot volleys – alternate feet - repeat.
 3. Start ball from hands – chest and volley using front part of foot then catch – alternate feet - repeat.
 4. As number 3 but using inside the foot volleys – alternate feet – repeat.



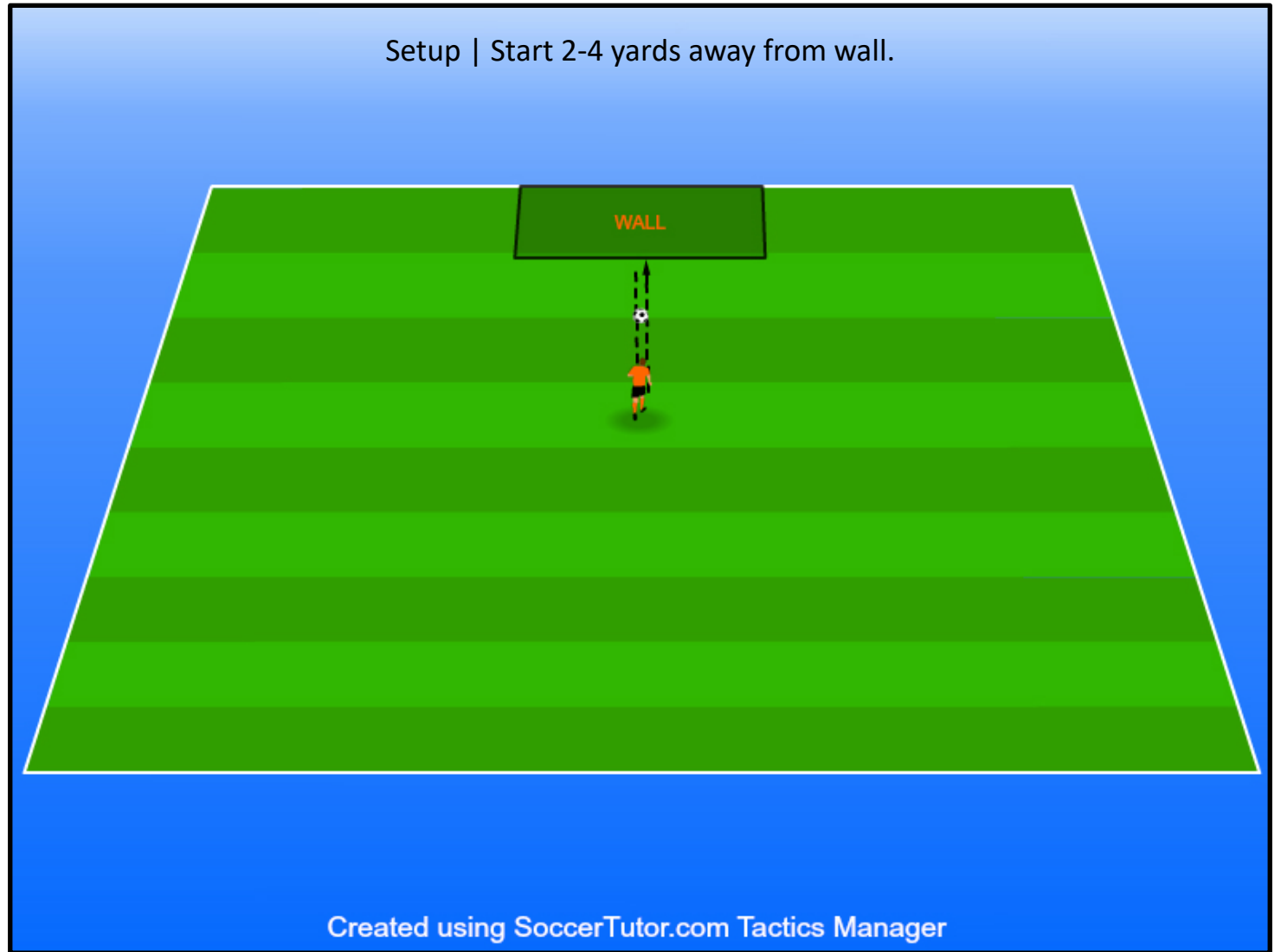
Releases & Receives

- Working on various release techniques and receiving, with co-ordination and control.
 - Work on each exercise for 2 minutes at time.
1. Start ball from hands – throw against wall 1st then front foot volley the ball back off the wall and catch – alternate feet – repeat.
 2. As number 1 but using inside the foot volleys – alternate feet – repeat.
 3. Start ball from hands – throw against wall 1st then use thigh and front foot volley the ball back off the wall and catch – alternate feet – repeat.
 4. As number 3 but using inside the foot volleys – alternate feet – repeat.



Releases & Receives

- Working on various release techniques and receiving, with co-ordination and control.
 - Work on each exercise for 2 minutes at time.
1. Start ball from hands – throw against wall 1st then use chest and front foot volley the ball back off the wall and catch – alternate feet – repeat.
 2. As number 1 but using inside the foot volleys – alternate feet – repeat.
 3. Keep ball up against wall using only inside the foot volleys – alternate feet - repeat.
 4. Keep ball up against wall using thigh then volley – alternate feet - repeat.



Releases & Receives

- Working on various release techniques and receiving, with co-ordination and control.
 - Work on each exercise for 1 minutes at time and adapt ball for heading purposes.
1. Start ball from hands – throw ball up and header against the wall then catch – repeat.
 2. Start ball from hands – throw against wall then header back against wall and catch – repeat.
 3. Keep ball up using headers only – repeat.
 4. Start ball from hands – volley against wall then header back against wall then catch – repeat.

