#### **EXERCISE** 1

## JOG & LOOK AT THE COACH (TO STOP)

- 3x 5 stop commandos



Listen to the command



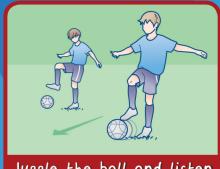
Watch for the command



Keep the ball in the hands and listen to the command



Keep the ball in the hands and watch for the command



Juggle the ball and listen to the command

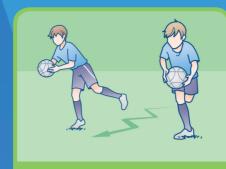
## **EXERCISE 2**

# SKATING HOP

- 2x 10 hops (5 on each leg)

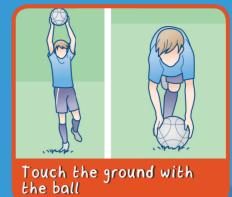


Practice how to land on one leg



Keep the ball in the hands







forward with the ball

#### **EXERCISE 3**

## ONE LEG STANCE

- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds



Throw the ball



Circle the ball around the leg & throw it



Pass the ball



Challenge your balance

#### **EXERCISE 4** PUSH UP

- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 10 seconds



Make a tunnel & roll the ball underneath



In a plank position & roll the lower legs on the ball



Keep position & roll the ball between hands



Keep position & roll the ball between hands and feet



Hands on the ball & challenge your position

#### EXERCISE 5 ONE LEG HOPS

- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg • 2x, 5 hops on right leg and 5 hops on left leg



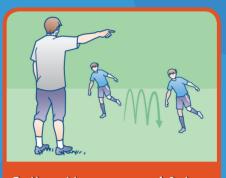
Hop forwards



Hop forwards & backwards



Hop sideways



Follow the command & hop



Follow the command & hop while

# EXERCISE SPIDERMAN

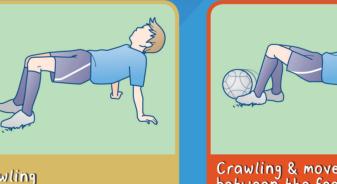
- 3x à 15 seconds
- 3x over 5-10 meters
- 3x over 5-10 meters • 3x over 5-7 meters





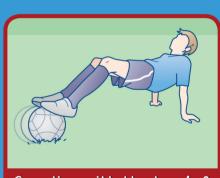








Crawling & move the ball between the feet



Crawling with the hands & move the ball with the feet

## EXERCISE 7 ROLL OVER

5-7x per side 5-7x per side

5-7x per side

• 5-7x per side



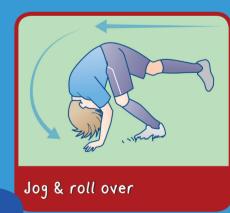
Crouch and roll over











# FIFA 11-4 KIDS

