

FREEDOM - INDIVIDUAL PRACTICE GUIDE

PRACTICE THREE OR FOUR DIFFERENT SKILLS DAILY.

STRIKING/KICKING (right & left foot)

- KICK WITH THE INSTEP (shoe laces) A MOVING BALL TOWARD A GOAL OR TARGET 10 TO 15 YDS AWAY (20 + times)
- KICK WITH THE INSTEP (shoe laces) A ROLLING BALL AS HIGH AND AS FAR AS YOU CAN (20 + times)
- PASS A ROLLING BALL TO A TARGET 10 TO 15YDS AWAY USING THE INSIDE OF THE FOOT (20 + times)
- BOUNCE A BALL & VOLLEY IT (with the instep) TOWARD GOAL OR A TARGET 10 YDS AWAY (20)

DRIBBLING WITH SPEED & CONTROL (right & left foot)

- DRIBBLE THE BALL AS FAST AS YOU CAN WITH THE INSTEP – 30 YDS (10 TIMES)
- DRIBBLE THE BALL 10 YDS, TURN WITH THE INSIDE OF THE FOOT, DRIBBLE BACK & REPEAT (10 TIMES)
- DRIBBLE THE BALL 10 YDS, TURN WITH THE OUTSIDE OF THE FOOT, DRIBBLE BACK & REPEAT (10 TIMES)
- DRIBBLE THE BALL 10 YDS, TURN USING “THE PULL BACK” (done with the sole of the foot), DRIBBLE BACK & REPEAT (10 TIMES)
- DRIBBLE THE BALL 10 YDS, TURN USING THE CRUYFF MOVE (see packet), DRIBBLE BACK & REPEAT (10 TIMES)
- PLAY 1V1 WITH ANYTHING AND PRACTICE THESE DRIBBLING MOVES:
 - THE INSIDE THE FOOT CUT
 - THE CRUYFF,
 - THE SCISSORS,
 - THE ZICO MOVE,
 - THE STEP OVER

HEADING

- SOMEONE THROWS THE BALL (gently) OVER 3 TO 5 YDS, HEAD IT BACK FOR THEM TO CATCH USING THE FOREHEAD (5 times)

JUGGLING

BALL CONTROL