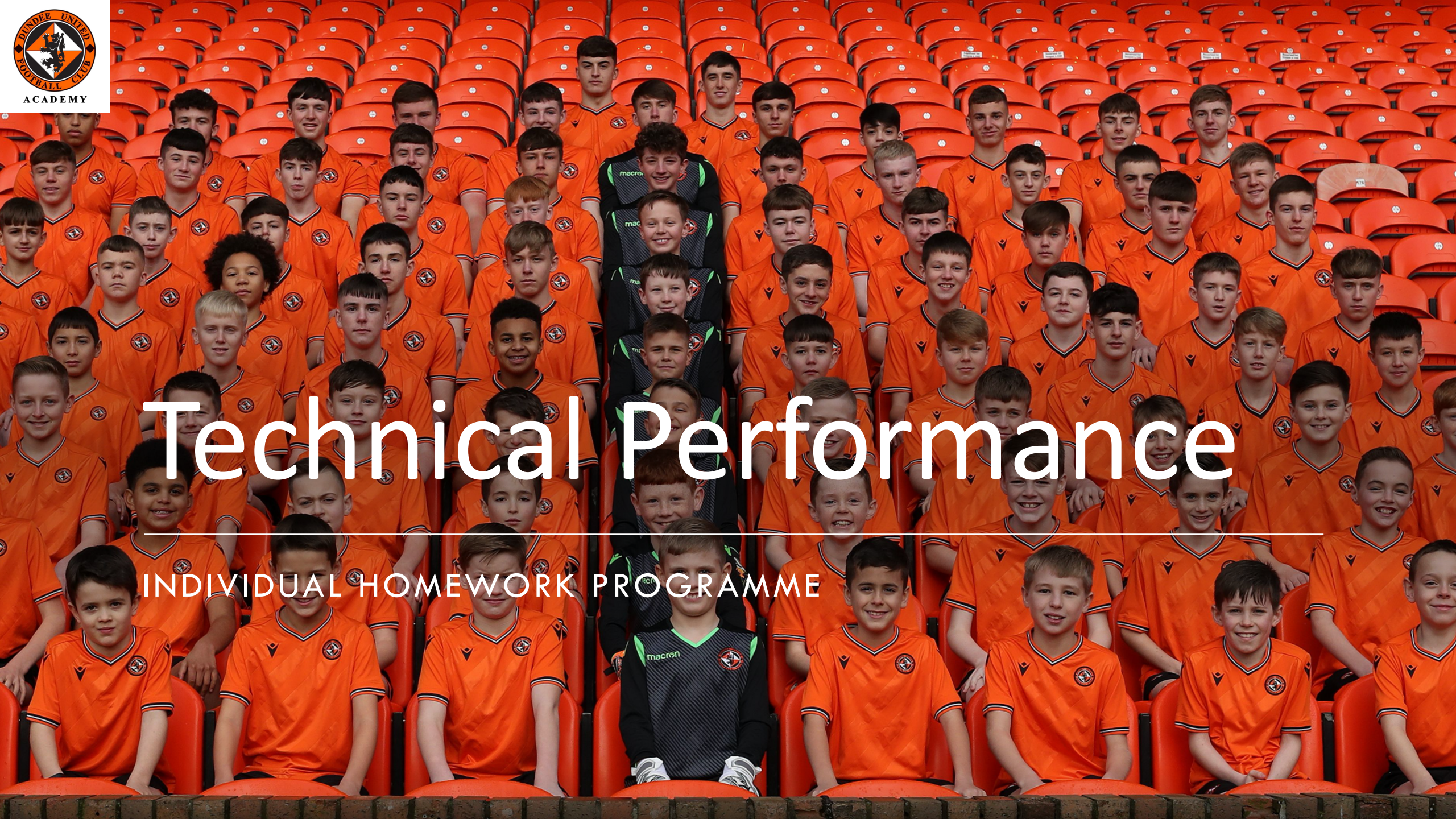


Technical Performance

INDIVIDUAL HOMEWORK PROGRAMME

Individual Homework Programme

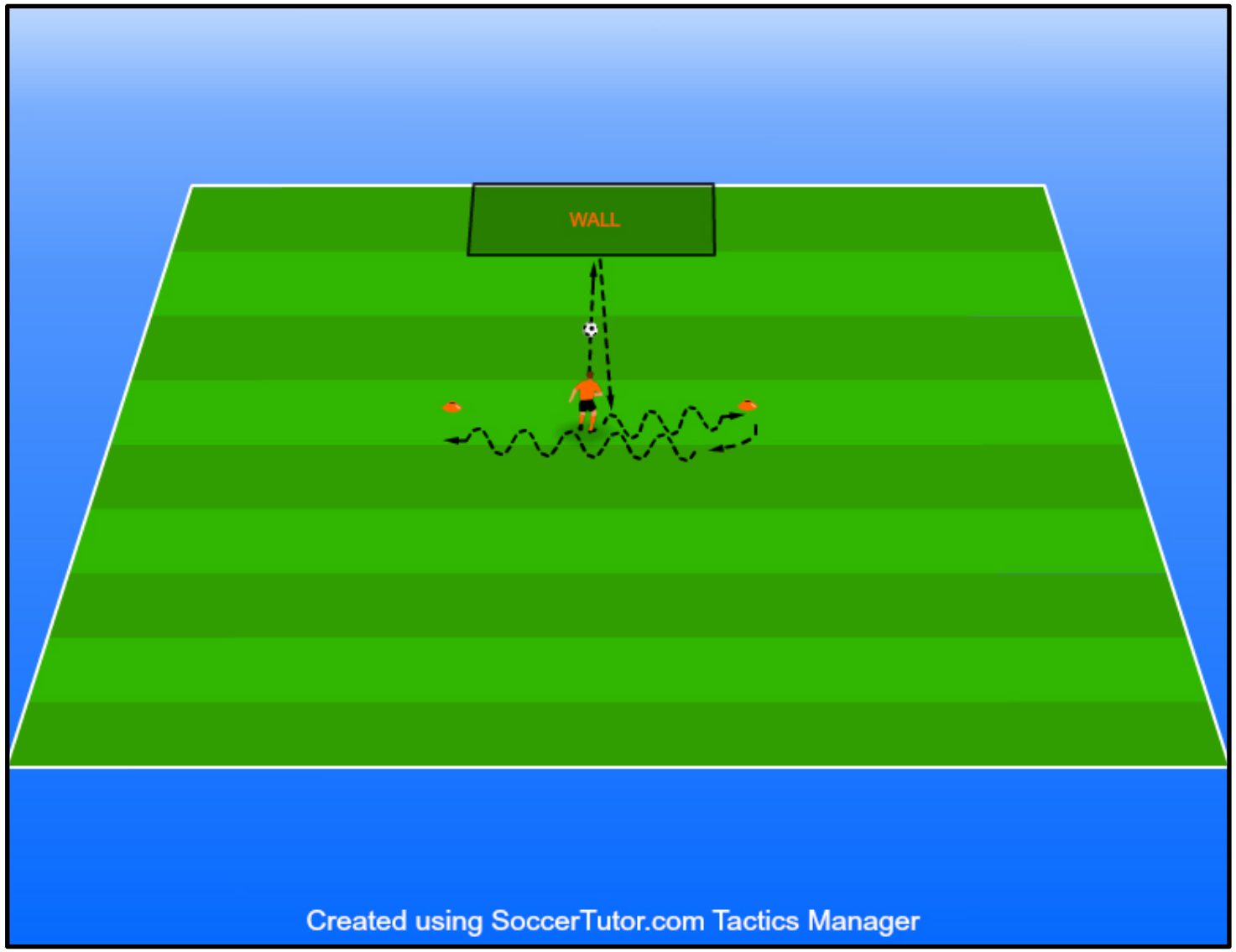
Developing the individual : the exercises are a simple process – with high focus & repetition and limited equipment required – football, cone(s)/object(s) and a wall.

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.”*

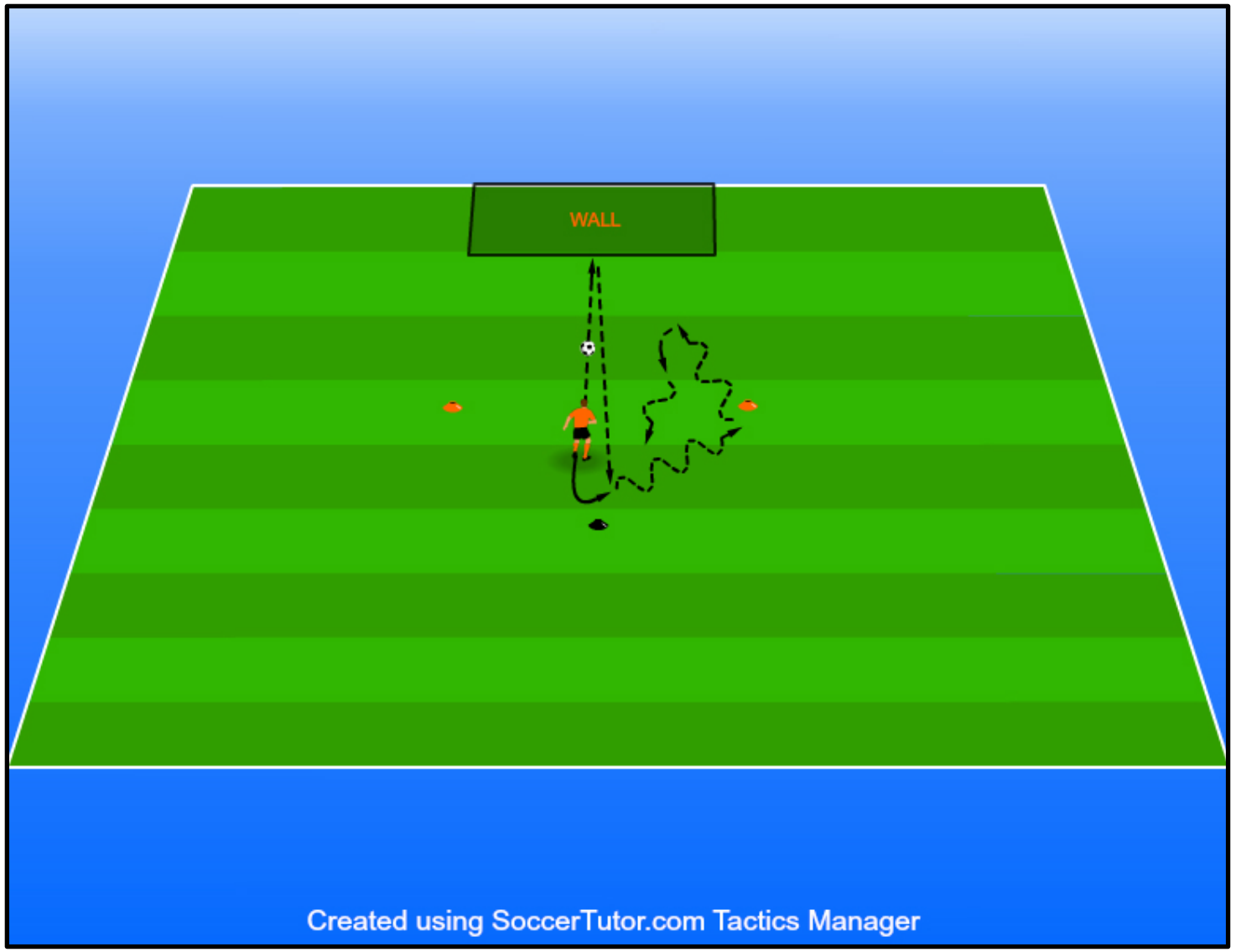
Release, Receive & Retain

- Setup cones 6-10 yards apart and away from wall.
- Fast pass into wall, with open body shape to fake before receive.
- Inside or outside foot touch towards cone.
- Outside cut turn sharply to accelerate with the ball towards the opposite cone to outside cut turn back to starting position.
- Repeat exercise continuously for 1 minute 30 seconds.
- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.



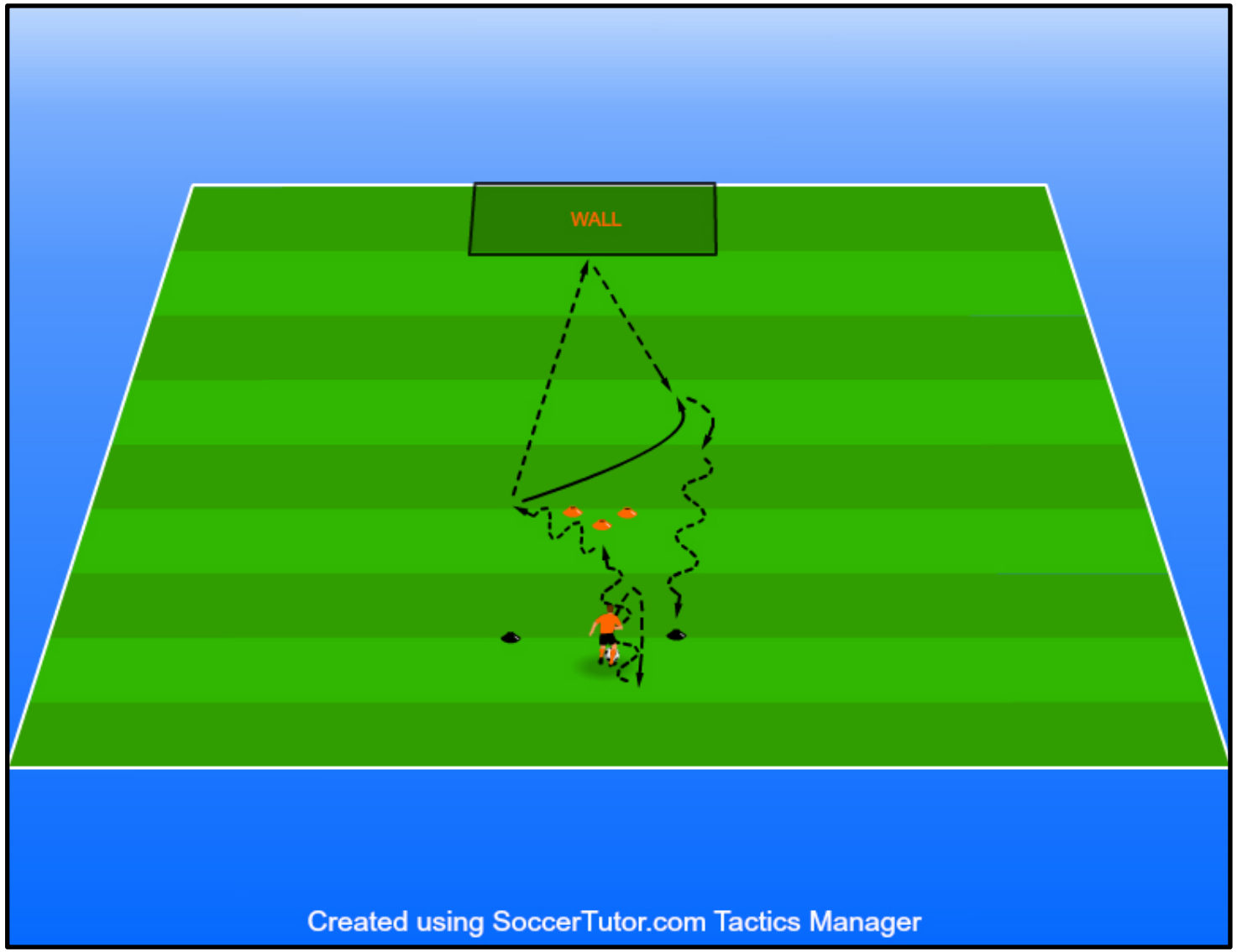
Release, Receive & Retain

- Setup cones 8-12 yards away from wall.
- Touch forward and pass into wall with power.
- Drop movement to create space, open body and fake receive touch with inside of foot towards orange cone.
- Fake inside cut at orange cone with a quick Cruyff turn to accelerate back to black cone.
- Continue practice working opposite foot.
- Repeat exercise continuously for 1 minute 30 seconds.
- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.



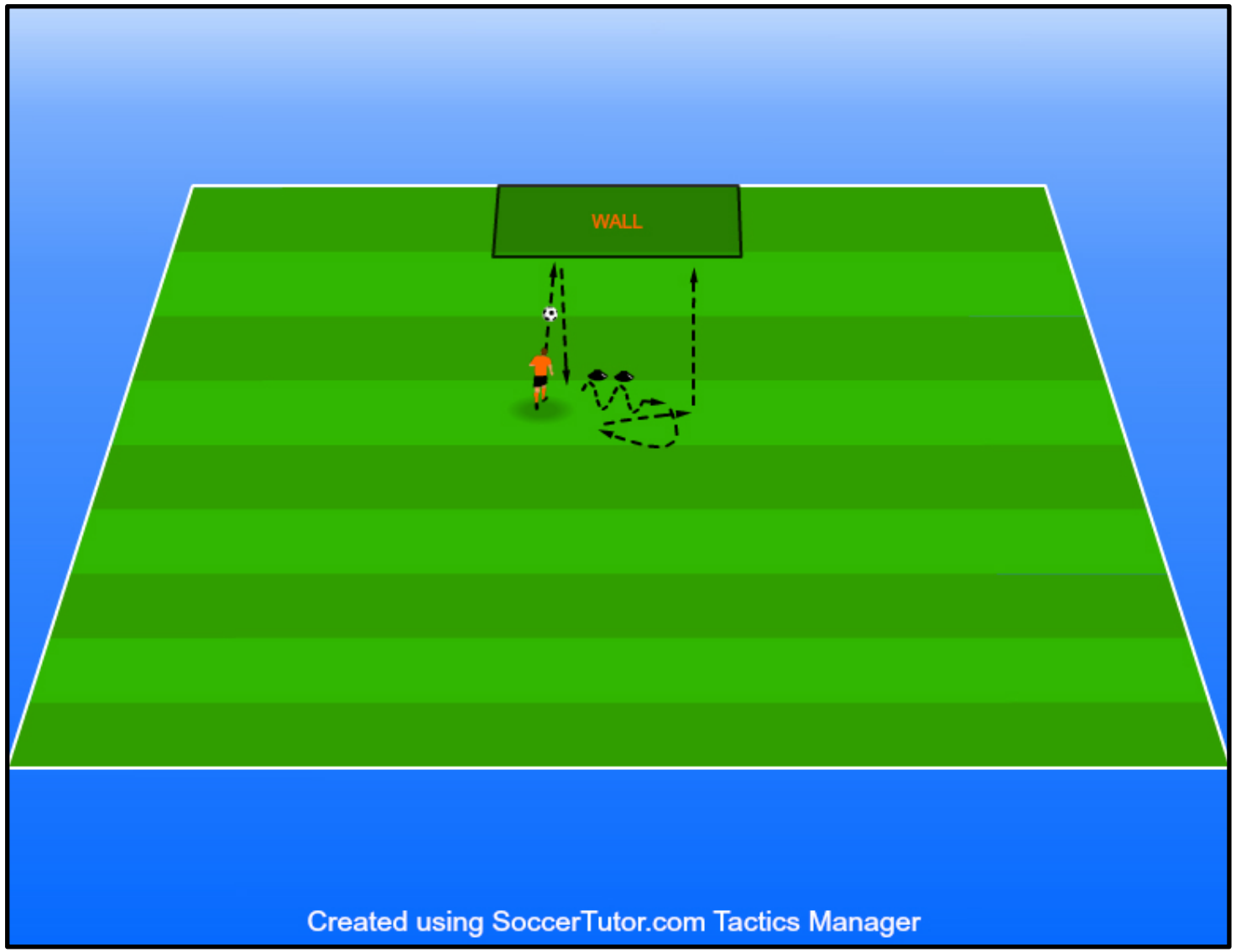
Risk, Release, Receive & Run

- Setup 10-15 yards away from the wall.
- Start by doing ten kicky ups, then kick ball above head and in behind.
- Turn and adjust to the ball to receive with either inside cut, outside cut or Cruyff sweep.
- Quick dribble into orange cones to do scissors skill move to pass into wall and receive back at new angle.
- Body shape open to receive on back foot and accelerate to the start.
- Repeat the exercise continuously for 1 miniute 30 seconds. Work both feet.
- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.



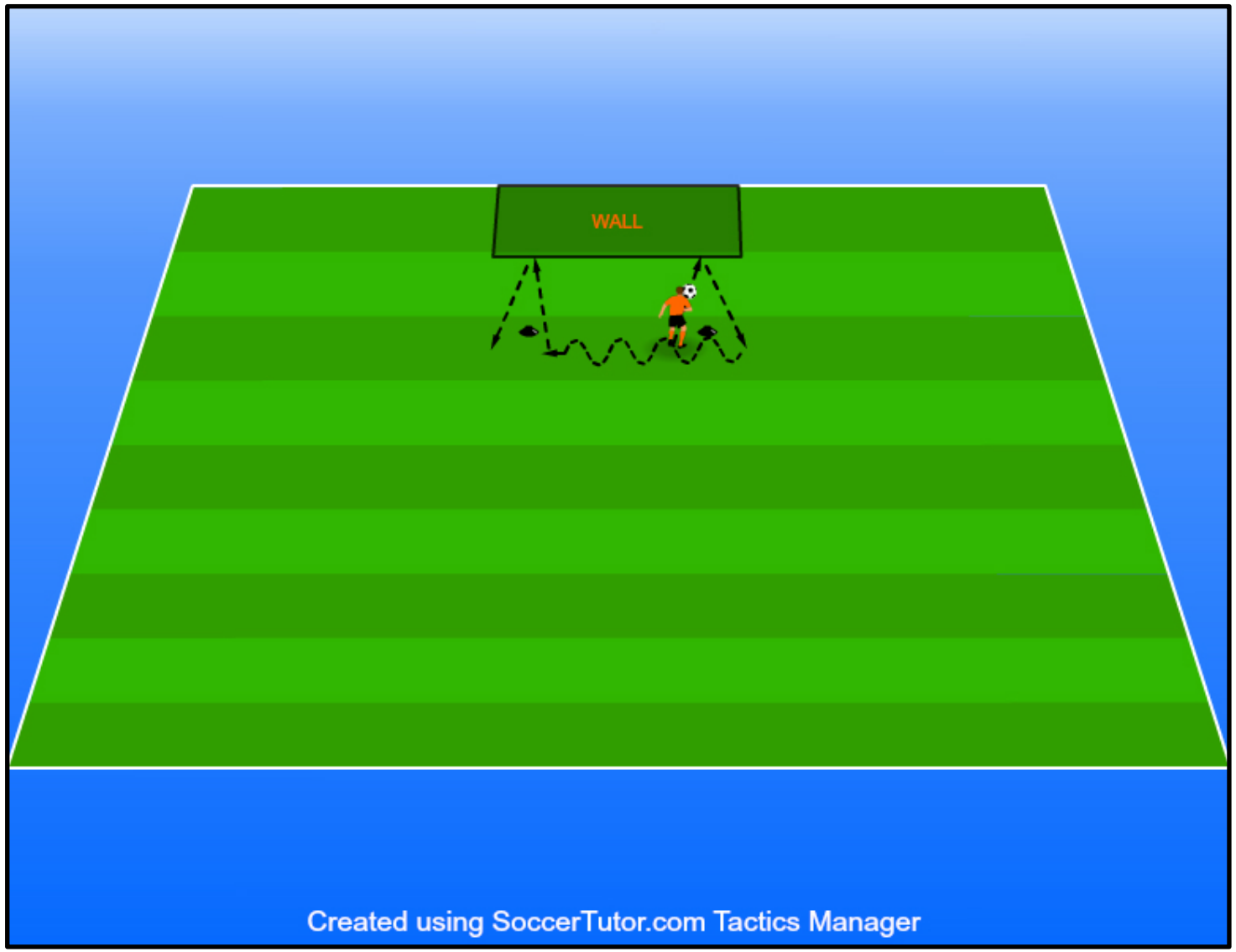
Release, Receive, Risk & Retain

- Setup cones 6-10 yards away from wall.
- Start with ball in hands.
- Half volley against wall (power).
- Inside foot receive, big touch with quick outside foot cut turn.
- Inside hook turn (sole) into Cruyff turn.
- Reverse Cruyff turn into driven pass into wall.
- Work both feet.
- Repeat exercise continuously for 1 minute 30 seconds.
- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.



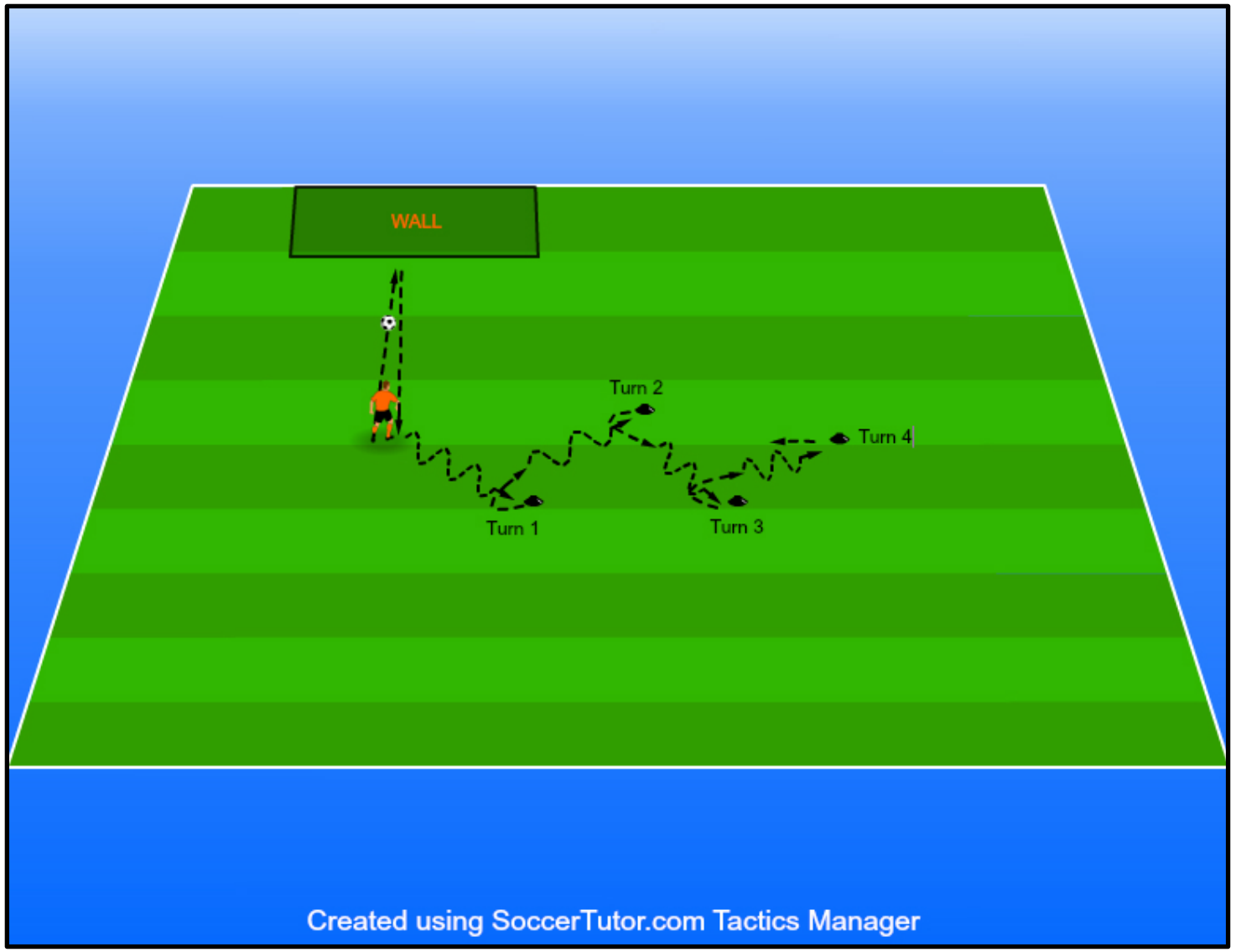
Release, Risk & Receive

- Setup cones 6-10 yards apart and away from the wall.
- Start inside of cone.
- Outside foot pass against wall around cone on the angle.
- Receive on opposite side of cone with Cruyff receive – one touch behind standing foot into space.
- Speed dribble in between cones.
- Inside cut to pass with outside of foot against wall to pass around cone at an angle.
- Repeat exercise continuously for 1 minute 30 seconds.
- 4 x 1 minute 30 seconds + 1-minute rest = 10 minutes work



Release, Receive, Retain, Risk & Run

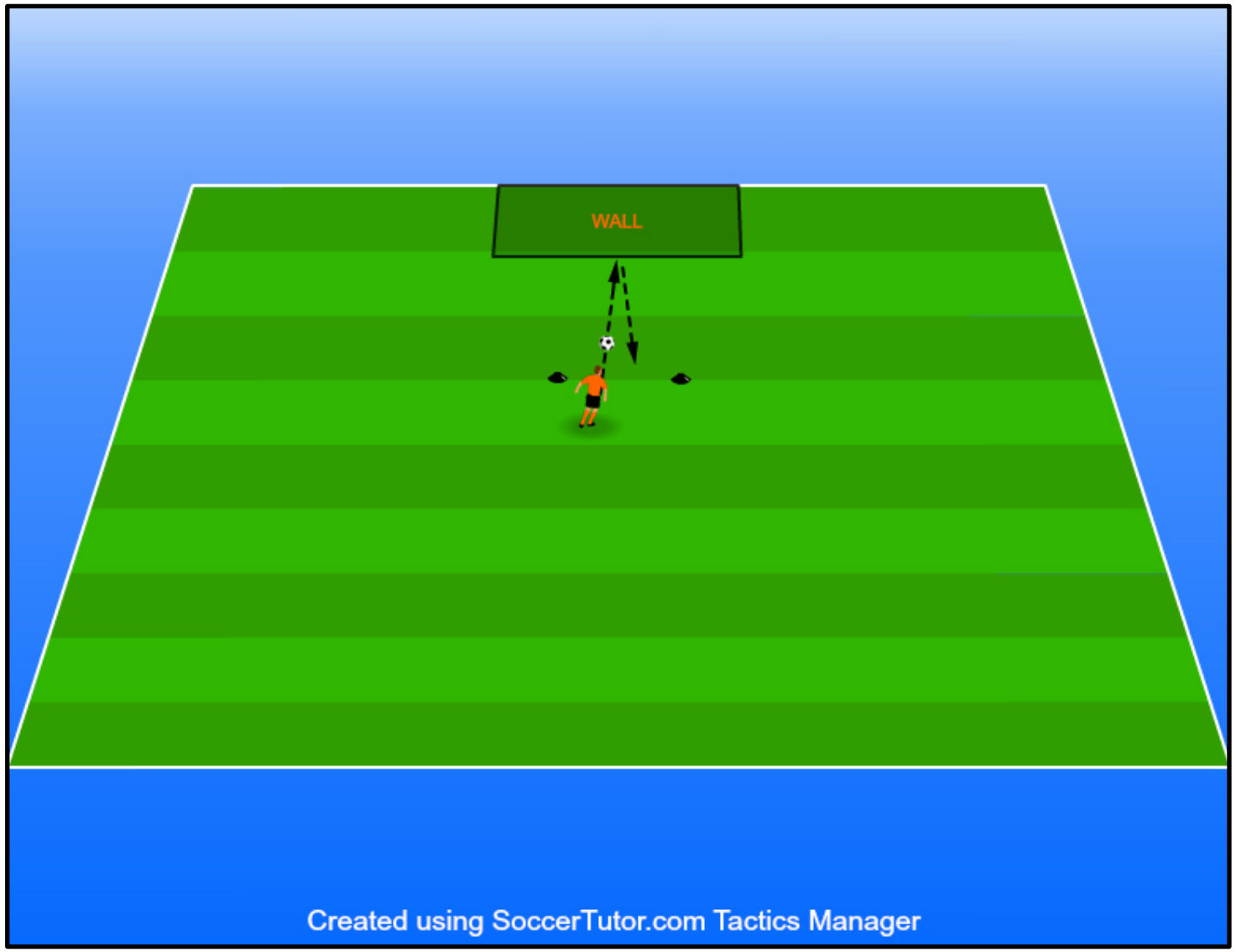
- Setup 6-10 yards away from wall.
- Play fast driven pass against wall.
- Open body shape to receive on back foot.
- Explode out towards cones/objects to using protect turns – outside cuts.
- At cone 4 use Cruyff turn to then accelerate dribble back to start to repeat practice.
- Repeat exercise for 1 minute 30 seconds. Work both feet.
- 4 x 1 minute 30 seconds + 1 minute rest = 10 minutes work.



Release & Receive

- Setup cones 4 yards apart and 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall.

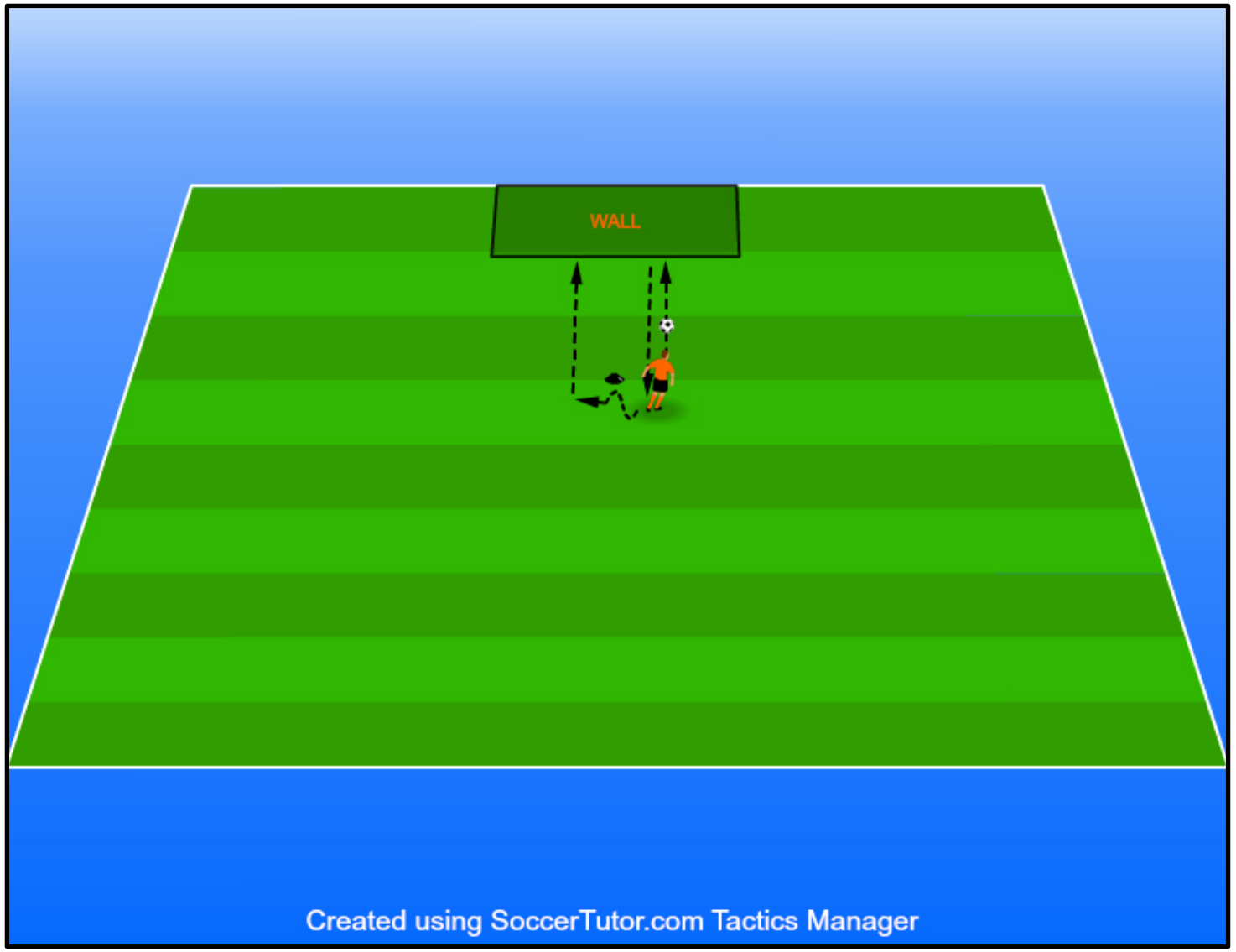
1. First time passes – right foot then left foot - must be alternate.
2. Pass and receive left foot – pass with right foot – receive on right foot – pass with left foot – must be alternate.
3. Pass and receive on right foot and pass with right foot – receive on left foot pass with left foot.



Release & Receive

- Setup cone 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

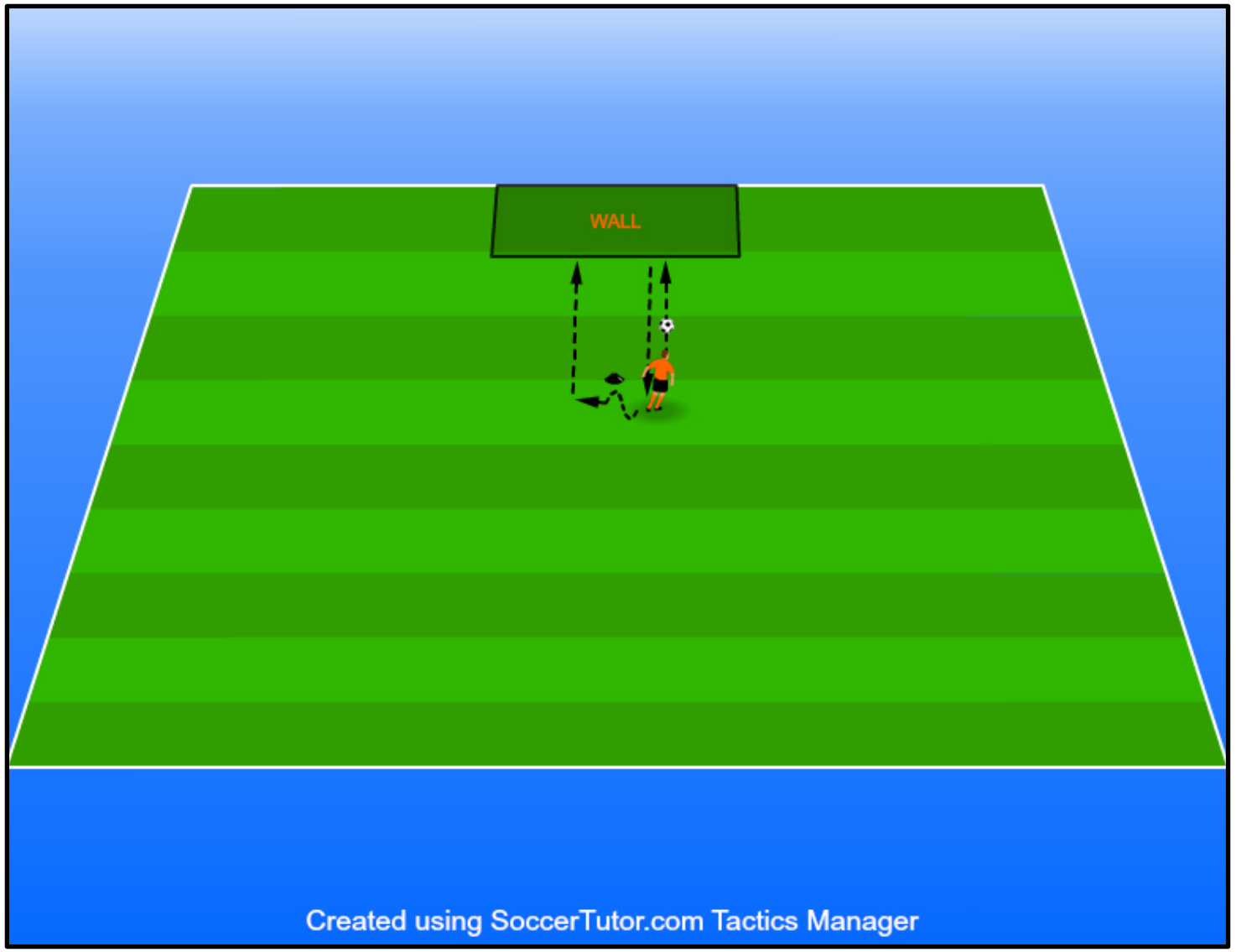
1. Right foot pass – left foot inside receive – left foot pass – right foot receive.
2. Double pass against wall with right and left foot with inside receive across.
3. Right foot pass – left foot outside push receive – left foot pass – right foot outside push.



Release & Receive

- Setup cone 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

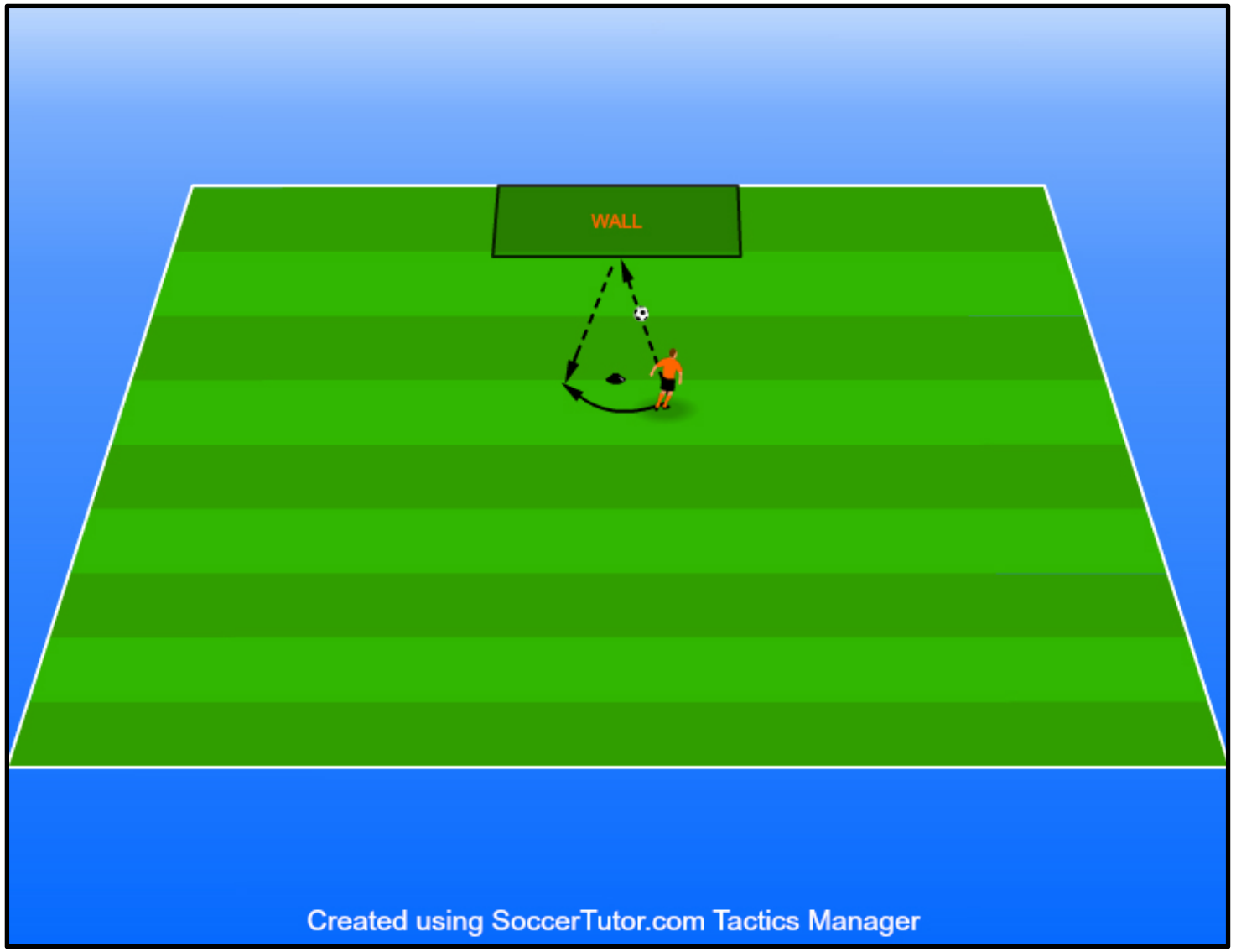
1. Double pass with outside foot receives.
2. Left foot pass – left foot sole drag – right foot pass – right foot sole drag.
3. Double pass with sole drag receives only.



Release & Receive

- Setup cone 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

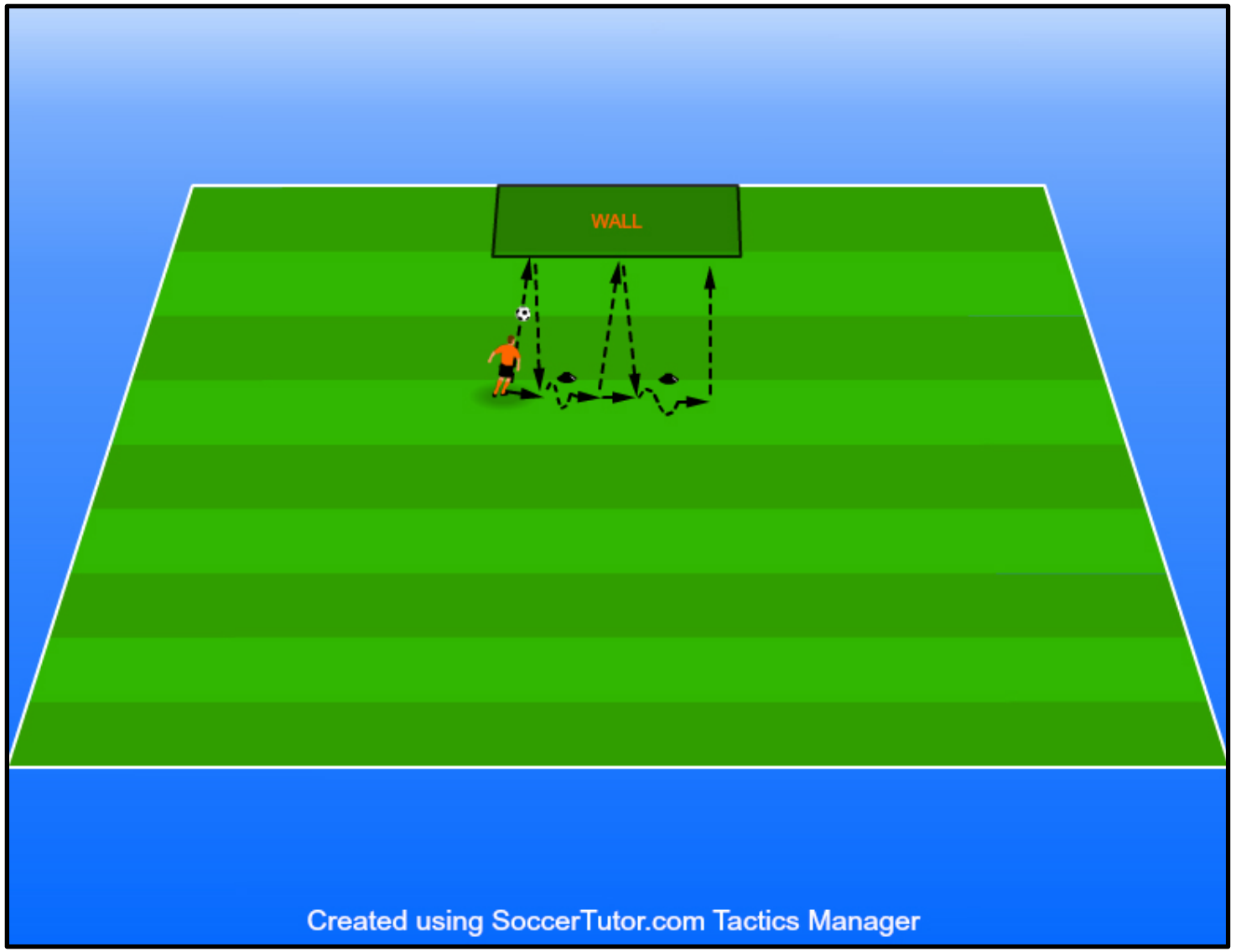
1. Angled first time passes around the cone with movement.
2. Double pass – angled pass with straight pass – angled pass to opposite side – straight pass.



Release & Receive

- Setup cones 4 yards apart and 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

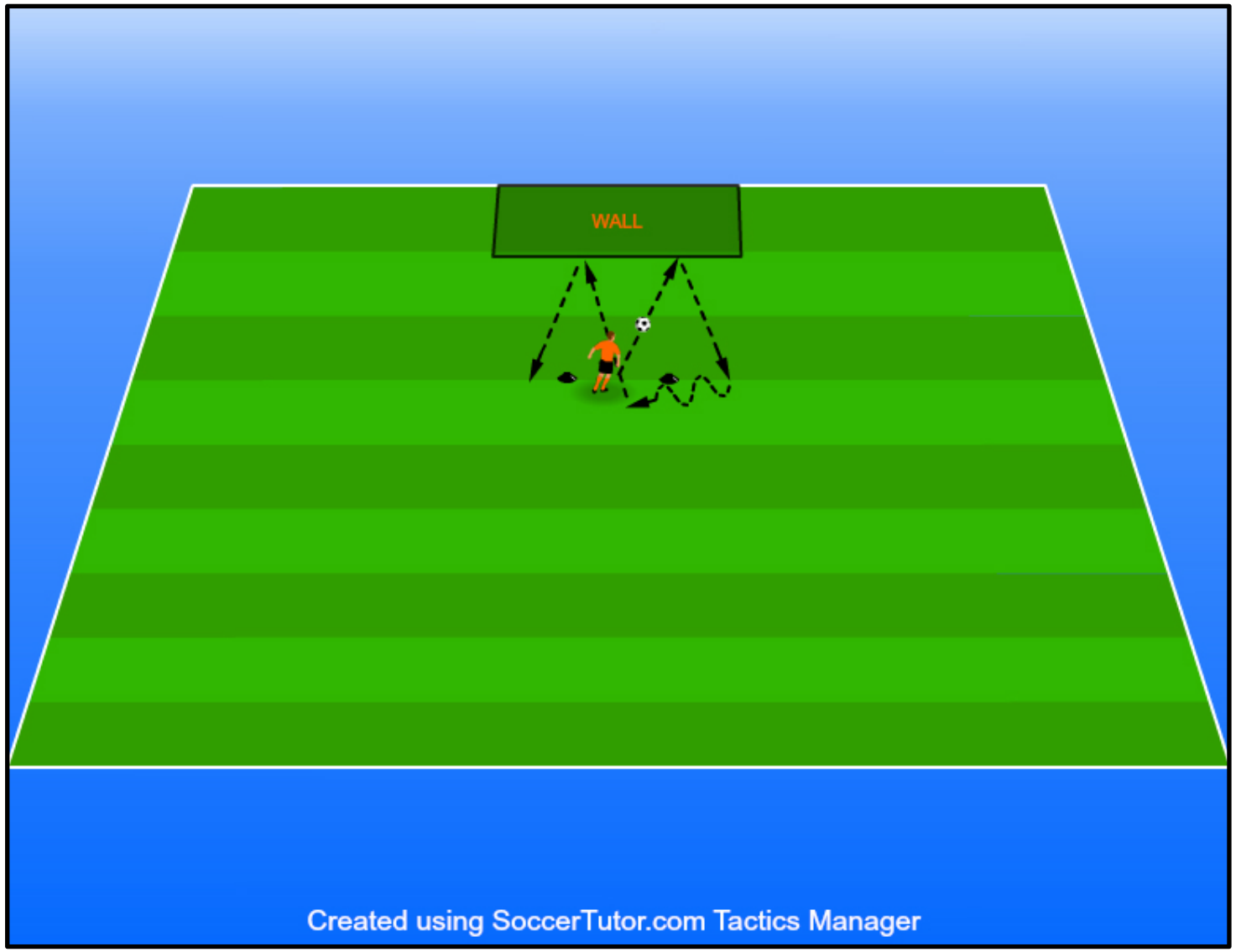
1. Pass outside of cone – receive with inside push to pass through next gate – repeat process working from end to end.
2. As above but use outside push receives.



Release & Receive

- Setup cones 4 yards apart and 4-6 yards away from the wall.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

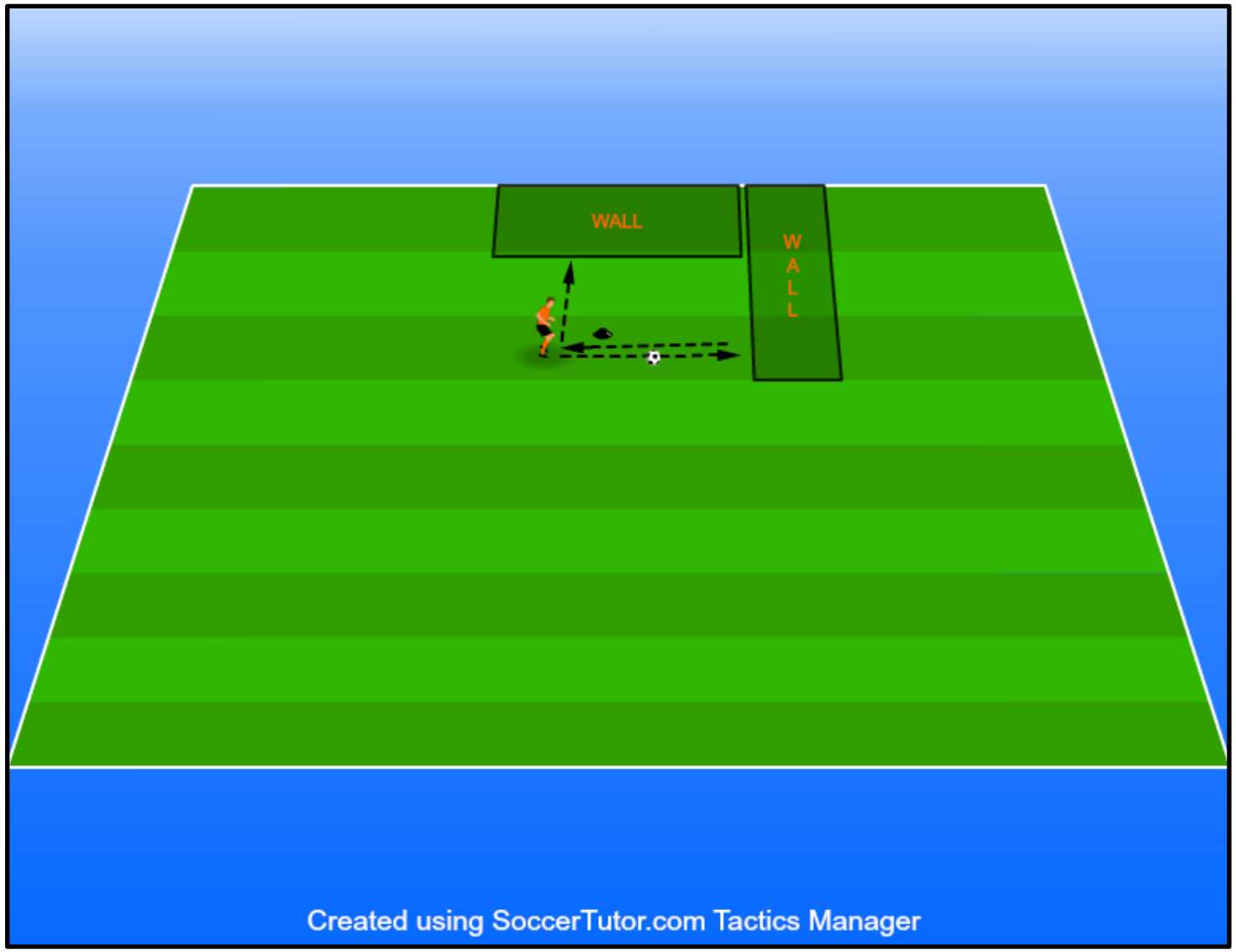
1. Play angled pass from centre of gates to receive on outside of cone - #7 receive with outside foot to get back to centre of gates – repeat to opposite cone.
2. As above but receiving technique is using an outside foot push receive.



Release & Receive

- Setup between two walls positioned as diagram.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

1. Pass against wall and receive with inside of foot to pass to opposite wall – repeat – receive right foot - pass left foot – receive left foot – pass right foot.
2. As above but add double pass against both walls – receive right foot - pass left foot – receive left foot – pass right foot.



Release & Receive

- Setup between two walls positioned as diagram.
- Work on each exercise for 2 minutes always passing off the wall and receiving behind cone.

1. Pass off wall and use outside foot receives to pass to next wall.
2. First time passes to alternate walls.
3. First time double passes to alternate walls.

