



NC Crown Home Training Activities

Designed for Academy Ages

- **Figure 8 Dribbling:**

- Set 2 cones/cups/shirts/lawn chairs 5 yards apart:
 - Dribble in and out of cones in a figure 8 pattern (one minute for each surface)
 - Inside of feet only
 - outside of feet only
 - right only (in & out)
 - left only (in & out)

- **Aerial Control:**

- Outside in an open area the player will toss a ball up about 5 feet over their head. They will learn to control the ball with different surfaces.
 - First begin with controlling off their chest-- dribble off a couple touches.
 - Then use their thigh to control(L & R)—dribble off a couple touches.
 - Then use the instep of the foot (L & R)—dribble off a couple touches.
 - Then use the sole of the foot (L &R) –dribble off a couple touches.

- **Wall Ball Passing & Receiving:**

- Basic Passing & Receiving: Find a wall (without windows) that you can pass a ball back and forth about 5 feet away.
 - Pass a ball using the inside of your Right foot and trap it (repeat 20 times)
 - Then use your Left foot and trap it (repeat 20 times)
 - Then alternating feet, pass using your R & L feet (repeat 20 times)
 - Repeat passing sequence but this time do not trap, pass it back right away (repeat 20 times)
 - ***Back up to 10 feet away and repeat the above sequencing***
- Wall Ball Passing with Turning
 - From 10 feet away, pass a ball to the wall and when the ball comes back to you, practice turning using the inside of left foot and then right foot, and dribble off a touch or two
 - If the ball comes to your right side, then receive the ball with your right foot while bringing your right foot back, turn, and dribble-off a touch or two.

- **Turning from Dribbling**

- Cruyff Turn - Set 2 cones 15 yards apart
 - player dribbles up to cone and cuts the ball between their legs with their **right** foot (making sure to turn left foot out)
 - Dribbles back toward the other cone and then just before the cone, cuts the ball between their legs using their **LEFT** foot this time(turn R foot out)

- Repeat a minimum of 10 times for the first round***
- o Dribble and Pullback (same set-up)
 - step on the ball and pull the ball backward with Left
 - Then dribble to other cone and step on the ball with the Right foot, pull back and dribble off toward the other cone.
 - Repeat L & R, 10 times

- o Defensive Reverse - Set 2 cones 15 yards apart
 - dribble towards a cone, just before cone, step over the ball with your Right foot and use the outside of the same right foot to cut the ball back
 - dribble toward other cone, step over ball with the Left foot, then use the outside of the Left to cut the ball back, dribble
 - repeat at least 10 times.

*****Repeat each of the 3 turn moves several times....the more the better!**