

## Additional Training Ideas – Individual

### Workout 1

Spend 2 – 3 Minutes on Each Drill

#### **1. Touches to Cut**

- Dribble the ball using quick, light touches
- Cut the ball back in the opposite direction using different types of turns

#### **2. Drag Stop + Step Over**

- Drag the ball across your body
- Catch the ball and push it in the opposite direction with your opposite

Foot.

- Step over the ball with the foot that originally dragged the ball

#### **3. “Fake Pass”**

- Roll your foot quickly across the top of the ball, then use the outside of your foot to stop the ball
- Switch feet

#### **4. 4 cone drill**

##### Variation 1

- Start by pulling the ball back and catching it with your opposite foot
- Then push the ball with the outside of your foot
- Catch the ball with the bottom of the same foot, before touching it to the side again with the outside of your foot
- Finally catch the ball and pull it back and start the pattern again in the opposite direction

### Variation 2

- Start by pulling the ball back and catching it with your opposite foot
- Then push the ball with the outside of your foot
- Do a quick bell tap in the middle before touching it to the side again with the outside of your foot
- Finally catch the ball and pull it back and start the pattern again in the opposite direction

### Variation 3

- Start by pulling the ball back and catching it with your outside of your foot
- Use the same foot to catch the ball and move it back in the opposite direction.
- Roll the ball with your opposite foot before catching the ball and starting the pattern again

### Variation 4

- Start by pulling the ball back and catching it with your inside of your opposite foot.
- Use two sets of bell taps to slide the ball across
- Repeat the pattern

## **5. Juggling below knee height, alternating feet**

- Switch feet with every touch
- Keep every touch below the height of your knees

## **6. Wall juggling – 1 touch**

- Use 1 touch to keep the ball in the air off the ball

## **7. Wall juggling – 2 touch**

- Keep the ball in the air playing off the ball, but use a controlling touch in between playing the ball off the wall.

## **8. Juggling above head height, alternating feet**

- Switch feet with every touch
- Every touch should go above your head

## **9. Traveling juggling to a basket**

- Juggle a ball over a distance
- Select a target at the end of that distance that you have to play the ball into.

## **10. One touch wall passing**

- Pass the ball off a wall using one touch
- Try and alternate feet
- Make a small target on the wall that your passes have to hit

## **11. Two touch wall passing**

- Pass the ball off a wall using two touch
- Try and alternate feet
- Vary the type of first touch you use
- Make a small target on the wall that your passes have to hit

## **12. 3 cone wall passing**

- Pass the ball off a wall using two touch
- Receive the ball behind the cones and take your first touch to the opposite side of the three cones

## **13. Wall passing target ladder**

- Pass the ball off a wall using two touch
- Move your first touch so that you are moving to the next gap between the cones.

## **14. Wall passing with turning + Dribbling**

- Pass the ball off a wall and move toward the wall
- As you receive the ball, open up with your first touch
- Turn and dribble around the cone before passing off the wall again
- If you get good at this, try and check over your shoulder before you receive the ball off the wall

## **15. Wall passing with turning + Cut**

- Same as #13, but instead of dribbling around a cone, cut the ball after dribbling
- If you get good at this, try and check over your shoulder before you receive the ball off the wall

## **16. Wall Passing – touch/outside/stepover/pass**

- Receive the ball off the ball across your body
- As you move that direction, step over the ball and cut it back before passing off the wall
- The more lateral movement you can add, the better!

## **17. Wall passing with sideways turns (both directions)**

- Similar to #15. Receive the ball off the wall across your body
- Manipulate the ball to the side before cutting it back before passing off the wall
- The more lateral movement you can add, the better!
- If you get good at this, try and check over your shoulder before you receive the ball off the wall

### **Workout 2**

#### **1. Toe touches (every 20, 5 quick backwards taps)**

- Use light touches on top of the ball
- Look to pick Up as you get Comfortable
- Use the same foot for the 5 quick backwards taps

#### **2. Bell taps (every 20, Ronaldo turn)**

- Keep your knees slightly bent
- Contact the ball with inside of your big toe
- For the turn, Slide your opposite foot forward so that the ball goes behind your leg

#### **3. V-Taps**

- Push the ball forward with the inside of your foot
- Catch the ball with the top of the same foot and pull back
- Then Switch feet

#### **4. Brazilian toe Taps**

- Combo of 3 touches – Foot closest to the ball, Other foot, then behind

with the first foot that touched the ball

- Use the bottom of your feet
- Start slow, build up speed as you get comfortable

#### **5. Pull pushes**

- Keep knees slightly bent
- Push the ball away from you with your instep
- Catch the ball and pull back with the bottom of the same foot, then switch feet

#### **6. Bell taps to stepover**

- Use the same technique for the bell taps as above
- For the stepover, after you touch the ball with your foot, bring your foot towards your other foot then draw a circle around the ball. The ball should end up back between your feet after drawing your circle
- Start slow, build up speed as you get comfortable

#### **7. Inside/outside**

- Keep knees slightly bent, use the foot that is on the side of the direction you are moving
- Touch the ball with the outside of your foot, then use the inside of the same foot to catch the ball as you change directions and switch feet

#### **8. Inside/outside w/ double taps**

- Same as #7, except try to touch the ball twice with the outside of the foot and inside of the foot before you switch feet

## **9. Pull back behind the leg**

### Variation 1

- You are going to draw an “I” with the ball
- Catch the ball with the bottom of your foot, then pullback
- Push the ball in the other direction behind your standing leg with the side of your foot. Switch feet

### Variation 2

- Same pattern as above, but only use one foot
- Spin in a circle as you do manipulate the ball

## **10. triple sole Drag + L**

- Start with the Pull back behind the leg (#9)
- When the ball comes forward, catch the ball with your opposite foot
- You will the roll the ball in front of you, catch it and roll it back before doing the pull back behind the leg

## **11. 2 cone drill**

### Variation 1

- Roll the ball diagonally forward across your body
- Catch the ball with your opposite foot, then pull the back directly back, before rolling the ball diagonally again

### Variation 2

- Pull the ball back towards you , then touch with the outside of your foot
- Do a quick bell tap in the middle. The third touch should be with your opposite foot and should take the ball forward
- Repeat the pattern but with the opposite way

### Variation 3/Variation 4

- Use only one foot
- First part of the pattern is a Pull back behind the leg (#9)
- Then catch the ball with the bottom your foot and pull the back towards you
- Push the ball away with the inside of your foot to draw an “L” in front of your other leg

#### **12. Spinning Cruyffs**

- Same pattern as Variation 2 from #9
- Only difference is try to maintain contact with the ball for longer as you “tuck” the ball behind your leg

#### **13. One cone - Variation 1 (Outside/inside/sole/sole)**

- Start by pulling the ball back towards you
- Second touch is with the outside of your foot
- Third touch is forward with the inside of your foot
- Fourth touch is with the bottom of your foot after you catch it

#### **14. One cone - Variation 2 (Sole/outside/inside/Maradona)**

- First two touches are the same as variation 1
- Then add a Maradona – touch the ball forward, then tap with the bottom of your opposite foot before setting it down and using the bottom of your original foot to pull the ball open



### **15. One cone- Variation 3 (Flip flap/drag back/drag)**

- Start the pattern by pulling the ball back toward you and then touching the ball away from you with the outside of your foot
- Catch the ball with the bottom of the same foot. Pull the ball back and tuck behind your opposite leg (this part is just like #9)
- Finally, catch the ball with the outside of your foot and retrace the “I” pattern

### **16. Pull push/sole instep**

- Start by pushing the ball forward with your instep
- Then use the pull back behind the leg (#9)

### **17. Stepover/flick/drag**

- Start by stepping over the ball with your foot furthest from the ball
- As you stepover the ball, use your opposite foot to drag the ball in the same direction
- Catch the ball with the same foot that dragged the ball

### **18. Seated juggling – 2 minutes**

- Start seated with your knees bent
- Use controlled touches
- Keep track of your record and try to beat it!