



# Home Soccer Training

## Footwork Session Two

Do each activity for 45 seconds. Repeat for three sets.

1. Foundation- touch ball back and forth with the inside of each foot.
2. Behind the leg or L turn- continue foundation and then use the sole of your right foot to drag the ball behind your left foot. Tap the ball with the inside of your right foot. Roll the ball in front of your body with your left foot. Tap the ball with the inside of your right foot and then repeat the move with your left foot.
3. Continuous Behind the leg or L turn- use the sole of your right foot to drag the ball behind your left foot. Tap the ball with the inside of your right foot. Now the sole of your left foot to drag the ball behind your right foot. Tap the ball with the inside of your right foot. Keep repeating the move. You may need to add a hop while you do the move so you can stay in one place.
4. Messi or outside of foot push- continue foundation and then fake a shot with your right foot and push the ball with the outside of your right foot to the right. Drag the ball with the sole of your right foot across your body to your left foot. Do a couple of foundation touches and then repeat with the move with your left foot.
5. Cruyff turn- continue foundation and then push the ball to your right with the outside of your right foot. Plant your left foot like you are going to strike the ball with your right foot. Your planted foot needs to be a little in front of where you would normally plant it. Fake like you are going to shoot with your right foot. Cut the ball with the inside of your right foot behind your left leg. Push the ball to your left foot to your left. Continue foundation and then repeat with your other foot.
6. Continuous Cruyff Turn- Plant your left foot like you are going to strike the ball with your right foot. Your planted foot needs to be a little in front of where you would normally plant it. Fake like you are going to shoot with your right foot. Cut the ball with the inside of your right foot behind your left leg. Immediately repeat with your left foot.
7. Scissors- continue foundation and then take a light touch with the inside of your left foot. Fake a dribble or shot with your right foot. Have your right foot go in between your planted foot and the ball. Have your right foot come back around the ball and then plant your right foot. Now push the ball to the left with the outside of your left foot. Repeat the move with your left foot.