

# TECHNICAL WORKOUT

This workout consists of 3 parts: Comfort on the ball, Moves to beat an opponent, and Passing and receiving. Each section of the workout is designed to improve an individual for “moments” often seen in a game. Pay special attention to the detail of each exercise and perform them to the exact specifications required. It is important that if you have any questions about any of the exercises that you ask the coaching staff. All the best this winter and remember results only reflect the body of work that has been put in.

## **Comfort on the ball:**

### **-Dribbling Patterns**

Dribbling patterns are meant to serve as a warm up to your juggling patterns and should be completed before starting. The dribbling warm up should take no more than 5-7 minutes.

Foundation – Start with the ball in between your feet knocking it left to right and right to left. After a couple seconds, begin to walk with the ball moving forward for 10 yards and then backwards 10 yards.

Toe Touches – Start with the ball stationary, quickly touching the top of the ball with the sole of your feet. After a couple of seconds, begin walking with the ball moving forward for 10 yards and then backwards for 10 yards.

Inside/Outside – Start with the ball moving on a line in front your body, quickly transfer the ball from the inside of your left foot to the outside of your right foot and then the inside of your right foot to the outside of your left foot. After a couple seconds begin to walk the ball forward, pay special attention to how close the ball stays to your body. You want the angle of each cut to be close to 135°.

Inside/Inside/Outside- Same as above now touch the ball twice with the inside of your foot before taking it away with the outside of your foot.

Outside/Outside/Inside – Same as above now touch the ball twice with the outside of your foot before taking it away with the inside of your foot.

Rollover/Stepover – Start with the ball under the sole of your right foot. Roll the ball over and at the same time step over it with your left foot and then move to quickly catch the ball with the sole of your left foot. You must be quick! Repeat the process starting with the ball on the sole of your left foot and rolling it over for your right foot to step over it.

### **-Juggling Patterns**

Juggling patterns are to be completed with the top of the foot only! No other surface of your foot should be used when completing these patterns.

-1<sup>st</sup> Progression: right/left (20 juggles- count (1) when the ball has touched both the right and left foot)

2<sup>nd</sup> progression: right/right/left (20 juggles – Count (1) when the ball has touched the right foot twice and the left foot once)

3<sup>rd</sup> progression: left/left/right (20-juggles- Count (1) when the ball has touched the left twice and the right foot once)

4<sup>th</sup> progression: 3's above the head (20 juggles- Count (1) when the ball has gone right/left/right with the last touch sending the ball above your head. When the ball comes down you catch it with the top of your left foot and proceed to left/right/left.)

5<sup>th</sup> progression: 3's above your head +spin 180° - Count(1) when the ball has gone right/left/right with the last touch sending the ball above your head. When the ball is above your head you must spin 180° and catch the ball with the top of your left foot starting left/right/left)

6<sup>th</sup> Progression: 3's above your head + spin 360° - Count (1) when the ball has gone right/left/right with the last touch sending the ball above your head. When the ball goes above your head you must spin 360° and catch the ball with the top of your left foot starting left/right/left)

### **Moves to beat an opponent:**

Start this work out with an inanimate object to use as a defender (cone, hat, shirt, shoe, etc.) Use this marker as a reference point. You can also do this part of the work out with a partner. If you have any questions regarding this section of the work out please ask the coaching staff.

- Opponent in front of you
  - o Outside/inside
  - o Inside outside
  - o Scissor
  - o Double Scissor
- Opponent behind you
  - o Inside Turn
  - o Outside Turn
  - o Cruyff Turn
  - o Step over turn
- Opponent next to you
  - o Pullback
  - o Inside cut
  - o Outside cut
  - o Steptover
- Opponent from the side
  - o Outside Cut (2x)
  - o Maradona

- Stroke behind standing leg (C. Ronaldo)
- Shot fake

### **Passing and Receiving:**

Passing and receiving exercises should be completed in a racquet ball court on campus. Use the walls and the tight area to judge your mastery of each skill. Complete the whole work! Each phase should take you 2 to 3 minutes before moving on to the next.

- Straight back in a line  
Ball should be played firm against the wall and received/passed with the appropriate part of the foot.
- Two touch
  - Inside Right/Inside right
  - Inside Left/Inside left
  - Inside right/Inside left
  - Inside left/Inside right
  - Bottom right/inside right
  - Bottom left/inside left
- One touch
- 45°
  - Left/right
  - Right/left
  - Right/right
  - Left/left
- 90°
  - Left/right
  - Right/left
  - Right/right
  - Left/left
- 135°
  - Left/right
  - Right/left
  - Right/right
  - Left/left
- 180°
  - Left/right
  - Right/left
  - Right/right
  - Left/left