#### **EXERCISE** ( JOG & LOOK AT THE COACH (TO STOP)

- 3x 5 stop commandos • 3x 5 stop commandos • 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos

#### **EXERCISE 2** SKATING HOP

- 2x 10 hops (5 on each leg)

# EXERCISE 3 ONE LEG STANCE

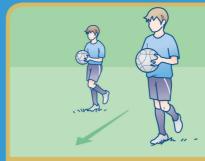
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player • 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds

Listen to the command

Practice how to land on one leg



Watch for the command



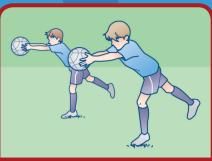
Keep the ball in the hands and listen to the command





Keep the ball in the hands and watch for the command





Balance and stretch forward with the ball



Throw the ball



Circle the ball around the leg & throw it

Keep the ball in the hands



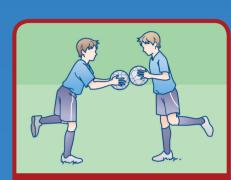
Pass the ball



Touch the ground with the ball



Throw the ball & play it back



Challenge your balance

### **EXERCISE 4 PUSHUP**

- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 10 seconds

# EXERCISE 5 ONE LEG HOPS

2x, 5 hops on right leg and 5 hops on left leg • 2x, 5 hops on right leg and 5 hops on left leg • 2x, 5 hops on right leg and 5 hops on left leg • 2x, 5 hops on right leg and 5 hops on left leg • 2x, 5 hops on right leg and 5 hops on left leg



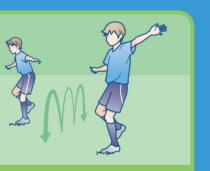
Make a tunnel & roll the ball underneath



Hop forwards



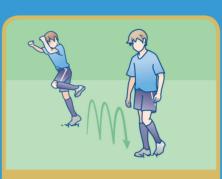
In a plank position & roll the lower legs on the ball



Hop forwards & backwards



Keep position & roll the ball between hands



Hop sideways



Keep position & roll the ball between hands and feet



Follow the command & hop



Hands on the ball & challenge your position



Follow the command & hop while



### EXERCISE SPIDERMAN

- 3x à 15 seconds • 3x over 5-10 meters
- 3x over 5-10 meters
- 3x over 5-7 meters

#### **EXERCISE 7** ROLL OVER

- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side



Touch the ball with alternating feet



Stretch out the position



Crawling



Crawling & move the ball between the feet



Crawling with the hands & move the ball with the feet



Crouch and roll over



From standing, slowly roll over



From standing, quickly roll over



Slow walk & roll over



Jog & roll over

# FIFA 11-F KIDS tball Health



bing the ball in the hands