

HOMEWOOD AT HOME ACTIVITY

Week One

Juggle Mania



LEVEL 1

Start this challenge using your hands. See how many times you can throw the ball up and catch it in a row. Every three catches, try to throw the ball higher and higher. Once you've mastered that, see how many times you can clap your hands when the ball is in the air before you catch it.

LEVEL 2

Start Level 2 with the ball in your hands again. Throw the ball up directly in front of you and let it bounce. After it bounces, try to keep it from bouncing again with your feet. See how many times you can consecutively keep the ball up after it bounces.

LEVEL 3

With the ball at your feet or hands, begin juggling as usual. Count how many times you take a touch and keep the ball in the air. If the ball touches the ground, start over at zero.

LEVEL 4

Begin juggling with the ball starting at your feet. After you do 1 juggle on one foot, do 2 juggles with your other foot, then do 3 juggles with the foot you started with...See how high you can get as you alternate feet!

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Week Two

Ball and a Wall

LEVEL 1

Start this activity with the ball in your hands. Toss the ball into the wall try to catch it as it comes back. It's okay if it bounces once or twice. After you master that, see how many times you can throw and catch the ball without it bouncing on the ground.

LEVEL 2

Start Level 2 with the ball at your feet. Standing further away from the wall than you did in Level 1, pass the ball into the wall with either foot and stop it as it comes back. See how many passes you can get in a row without the ball rolling away from you.

LEVEL 3

With the ball at your feet, pass to the wall using your right foot. Stop the ball with the same foot as it comes back to you. Next, do the same with your left foot. See if you can get 10 in a row with each foot without the ball rolling away from you.

LEVEL 4

With the ball at your feet, begin juggling like we did with last week's activity. As your juggling, volley the ball into the wall and continue to juggle once it comes back to you. It's okay for the ball to bounce as you practice. See how many times you can bounce it off the wall and continue to juggle without the ball bouncing on the ground.

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Week Three

Astro Ball



LEVEL 1

Start this activity with the ball in your hands. Throw the ball into the air as high as you can and catch it after it bounces 1 time.

LEVEL 2

Start Level 2 with the ball in your hands again. Throw the ball into the air as high as you can and catch it before it bounces. See how many times you can catch it in a row without it bouncing.

LEVEL 3

With the ball in your hands, bounce the ball on the ground so that it goes above your head. As it comes back down, try to stop it with your foot. As you practice, it's okay if it bounces. See how many you can do in a row with 2 or less bounces.

LEVEL 4

Throw or kick the ball in the air as high as you can. As it comes back down, try to stop it with your foot before it bounces. See if you can make the ball land "softly" without any bounces when you take a touch.

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Week Four
Obstacle Course

STEP 1

The start of this activity doesn't involve a ball but you'll need to grab a piece of paper, a pencil, and your imagination...Begin by making a "dot" anywhere on the paper and label it "START."

STEP 2

Next, you'll need to draw 6-12 shapes or random objects anywhere on the page. You can draw them in a pattern or make them random. You get to decide where everything goes. After that, make another dot anywhere on the page and label it "FINISH."

STEP 3

Now gather the same number of objects in real life that you've drawn on your paper and place them in your yard or driveway in the same way you drew them. Be sure to make your START and FINISH as well!

STEP 4

You've now made an obstacle course! You get to decide how and in what order you'd like to dribble around the course you've made. See how fast and how many different ways you can complete it!

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Week Five



LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

SEND IN YOUR ACTIVITY AND A VIDEO OF YOU COMPLETING IT TO
MASON COOK AT MASONCOOK@HOMEWOODSOCCER.COM

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Week Six

Sharpshooter



LEVEL 1

Begin this challenge by setting up 2-4 objects that will serve as your targets. Spread them out in the area you have at varying distances. Start by trying to pass the ball and hitting your targets at a short distance.

LEVEL 2

Now that you've practiced hitting your targets at a short distance, move a little further away and try to hit them while passing with both feet. See how many you can get out of 10 tries.

LEVEL 3

Once you've hit your targets 10/10 times, it's time to go move even further away. Move as far away as you think you can still hit the targets. Test yourself by using different ways to strike the ball.

LEVEL 4

If you felt that Level 3 was easy, now add an obstacle in between you and a few of the targets. Attempt to hit them by either going over or curving around the obstacle you've placed!

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Week Seven

Horseshoes



LEVEL 1

Start this challenge by setting up an object 10 steps away from you. Pass the ball to the object and attempt to have the ball stop as close as possible to it.

LEVEL 2

For Level 2, move the object another 10 steps away and continue the activity. See if you can get the ball to stop and touch the object now. Challenge yourself by using both feet!

LEVEL 3

Start Level 3 by switching out your object for an even smaller one. Move another 10 steps away and continue to attempt to get the ball to stop as close as possible to the object.

LEVEL 4

For the final level, move another 10 steps and continue the activity. This time, attempt to chip the ball in the air and have it stop near the object. Challenge yourself even more by using both feet!

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Week Eight

Trick Shot



FINAL CHALLENGE

For the final HAH Activity, we're challenging you to complete a trick shot! Use a basketball goal, laundry basket, cardboard box, soccer goal, or anything you can think of. Send in your trick shot to be featured on HWSC social media pages!

