



KNSC

Homework Activities

Week 1

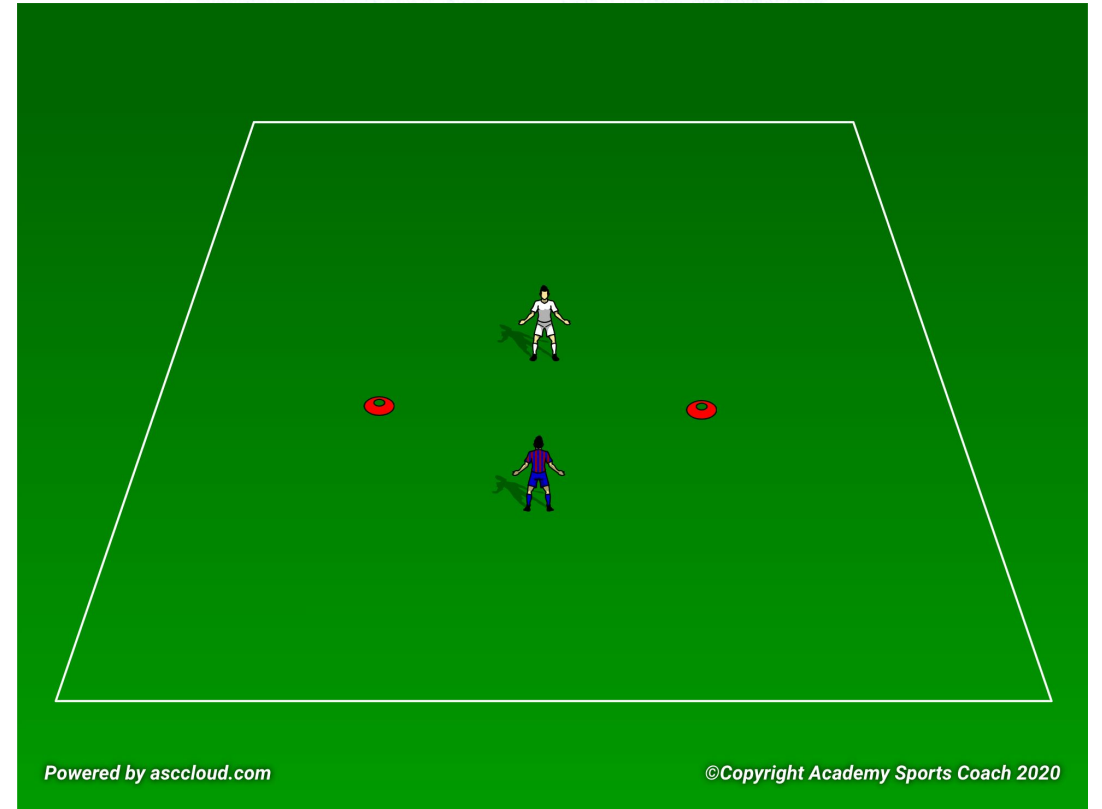
U13+

Age Group U13+

Mirror Game

- Play this with a family member if you can
- One person leads the other follows
 - Keep your balance.
 - Trick your partner • “Make a decision and go left or right

You can do this without a ball and then include a ball

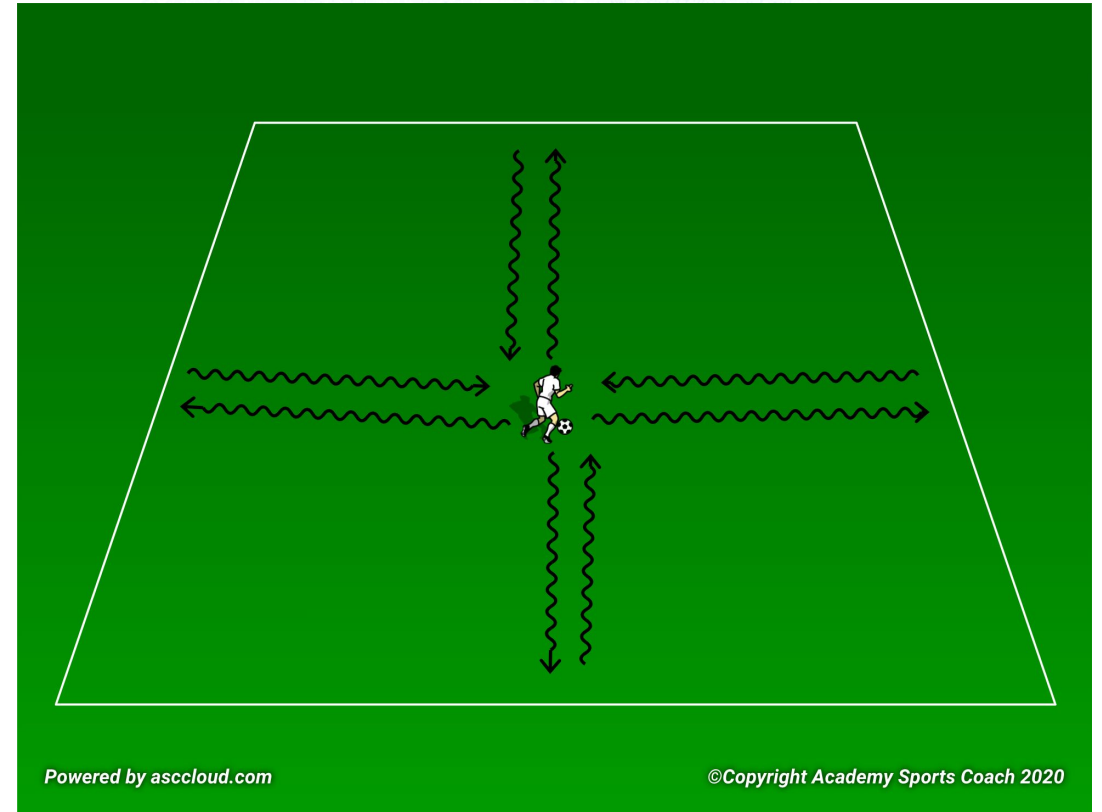


Age Group U13+

- Keep ups
 - Both feet
 - Left foot only - [Click here for example](#)
 - Right foot only - [Click here for example](#)
 - Maximum number
 - Each Day try and beat your score
 - Now try with a tennis ball (or smaller ball)
 - Can you try some tricks whilst keeping the ball in the air?

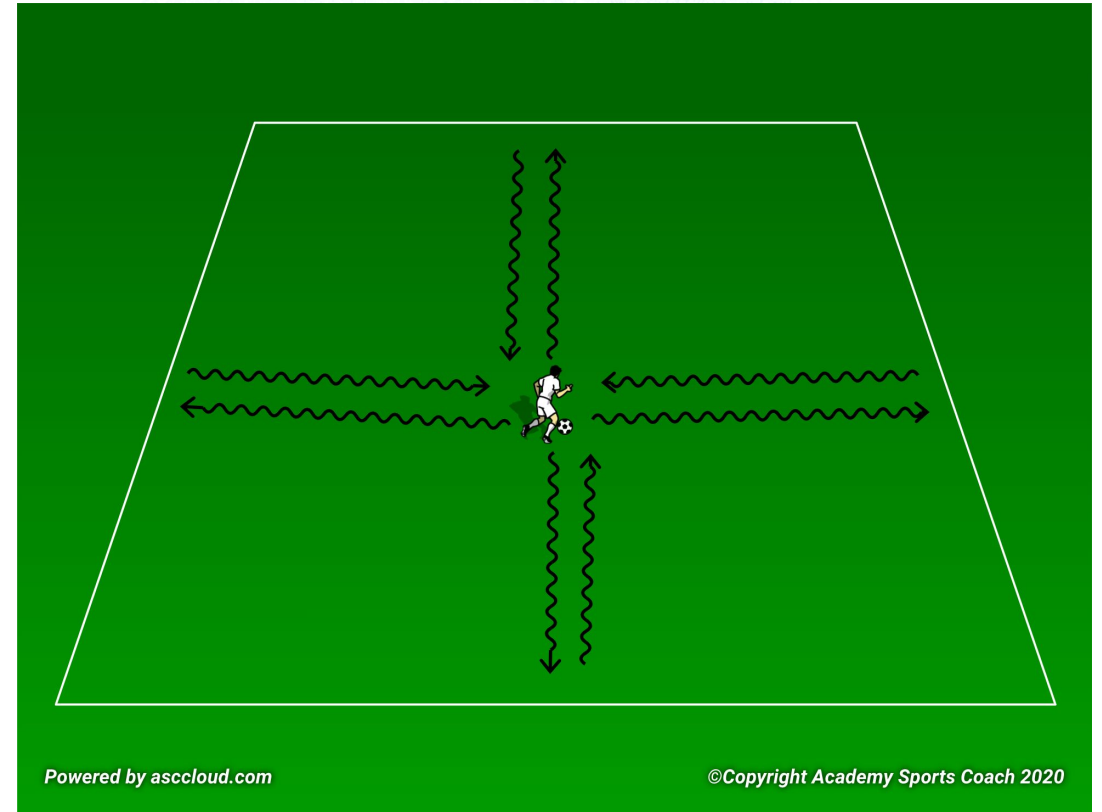
Age Group U13+

- Running with the ball and turning
 - To maintain fitness and ball control try and complete this task at a fast pace.



Age Group U13+

- Running with the ball and taking a player (cone or object) on.
 - Use a skill to take on the imaginary defender in front of you.
 - Skills could include a stepover etc



Learn from the pros

Click the players name below to find out more about them...

[Christine Sinclair](#)

[Alphonso Davies](#)

Recommended Watch

Netflix - [First Team Juventus](#)

Amazon Prime - [All or Nothing: Manchester City](#)



Recommended Read

[Click here to read about Cristiano Ronaldo's story](#)

[Click here to read about Stephane Labbe trying to play men's soccer](#)

Any Questions

Contact

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