

# Descriptions of the exercises on [www.FootBallHomeWork.net](http://www.FootBallHomeWork.net)

## Legend :

**P = player; X = friend, father, mother, brother or sister, grandfather, ...**

**R = right; L = left**

## ***DRIBBLES AND FEINTS WITH FACE TO DEFENDER***

### ***Dribbles and feints while leading the ball (running)***

327. Lead the ball and pass the defender by chipping the ball over his foot.
328. The player and his opponent are standing at a distance of 3 yards from each other. You have to kick the ball 1 yard forward to your left side. Then you have to pull the ball back with the sole of your right foot and kick the ball immediately with the inside of your right foot to the same side (so you're passing your opponent along your left side).
332. Cut the ball with the inside of your foot
333. Cut the ball with the outside of your foot
334. One side step (lunge)
335. Several side steps
336. The double uneven side step
338. Run towards your opponent and dribble him with 1 scissor.
339. Run towards your opponent and dribble him with a double scissor.
340. Run towards your opponent and dribble him with a triple scissor.
341. Do a step-over and take the ball with you with the outside of your right foot.
342. Roll the ball forward with the sole of your right foot and pull the ball then back with the sole of your right foot behind so that the ball lays left behind you now. Then (with your right shoulder directed towards your opponent) do a step-over and take the ball with you with the outside of your right foot and pass your opponent on your left side.
343. Run towards your opponent and dribble him by kicking the ball with the inside of your right foot a bit to your left side and pass your opponent then immediately by kicking the ball with the outside of your right foot towards your right side (without touching the ground).
344. Elastico – flip flap
345. Elastico or flip flap with intermediate step(s)
351. Push the ball with the inside of one foot to the inside and kick the ball immediately with the inside of the other foot forward.
352. Push the ball with the inside of your one foot around 40 cm. (15 inch) to the inside and play the ball immediately with the inside of your other foot forward.
- Clip 1: practise first on a ball that doesn't move.
- Clip 2: practise now on a ball that you lead towards the ninepin.
- Clip 3: X stands in a goal and passes towards P and runs forward. P stops the ball and dribbles X with this move on the right moment.
354. The player and his opponent are standing at a distance of 4 yards from each other. You have to kick the ball 2 yards forward to your left side. At the moment that the opponent comes forward to intercept the ball, kick the ball with the tip of your right foot to your right side and kick the ball with the inside of your right foot forward along the opponent's right side.
355. The player stands 4 yards in front of his opponent. Kick the ball with the inside of your left foot two yards to your left side. At the moment that the opponent comes forward to intercept the ball, the

player has to turn around along his right side and cut the ball with the inside of his right foot (when he stands with his back directed at his opponent) to his right side.

356. The player and his opponent are standing faced to each other at a distance of 5 yards. The player kicks the ball 2 yards forward to his right side. At the moment that the opponent comes forward to intercept the ball, you turn your back to his opponent and cut the ball with the outside of your right to your left side. The ball passes the ball along the opponent's right side of the opponent.

358. Kick (or eventually roll) the ball with your right foot forward. Then do immediately a step-over and take the ball with you to your left side.

359. Push the ball 1 yard forward to your left side. Then make a step-over with your left foot (the player turns his back to his opponent along his left side). In the same move, you have to kick the ball with the sole of your right foot "on" your left standing leg to your left (so you pass the opponent along his left side).

361. 'Ronaldo chop'. The player and his opponent are standing at a distance of 3 yards from each other. You have to kick the ball 2 yards forward to your left side. At the moment that the opponent comes forward to intercept the ball, kick the ball with the inside of your right foot behind your standing leg towards your left side (and pass the opponent on the opponent's right side).

364. Move Cristiano Ronaldo

365. (Zidane roulette/roller coaster.) Kick the ball forward. Pull it back with your right foot towards your standing leg and then kick the ball with the sole of your other leg, so you pass your opponent on the opponent's left side. You've made in the mean time a whole turn.

367. Push the ball with the insole of your right foot towards left (because of this move, your defender is supposed to spread his leg in an attempt to block the ball), and kick the ball with your left foot straight forward through the legs of the defender.

428. Over the head of the opponent

### ***Dribbles and feints while standing still***

127. The Messi move

130. The Senkerik moove

222. (*Hocus Pocus*) Place your standing leg around 30 cm. (8 inch) left in front of the ball. Push the ball then with the inside of your right foot behind your standing leg and kick the ball in one fluent move with the instep of your right foot (your right foot is still behind your standing leg) to your right side.

368. Roll the ball with your right foot to your left side – make a circle around the ball with your left foot and cut the ball behind your standing leg to your right foot.

369. Make a scissor with your left foot and then kick the ball with the inside of your right foot against the outside of your left foot so the ball goes eventually to your right side.

378. Move Ronaldo

587. The elastico or flip flap: dribble your opponent by kicking the ball with the outside of your foot and by cutting immediately the ball with the inside of the same foot (without touching the ground).

589. Chip the ball over your opponent. Pull the ball with the sole of your right foot towards the left and stop it with the inside of your left foot. Chip the ball now over the opponent.

596. Drag

597. (Dribble from standstill). Roll the ball from the tip till your heel of your right foot. Pull the ball immediately back with your sole towards your standing leg. Pull away that standing leg and kick the ball with your left foot towards your left side.

623. Make a step-over with your right foot, kick the ball a little bit forward behind your standing leg with the inside of your left foot and kick the ball immediately with the outside of your right foot towards your right side.

633.

## ***Combinations of dribbles and feints***

- 346. Do a step-over with your right foot + a side step on your right side and pass your opponent on your left side.
- 436. Double step over. Run forward with the ball. Do a step-over with your right foot – then do a scissor with your right foot – and take the ball with you with the outside of your left foot.
- 588. Scissor and side step
- 594. Move Bastian Schweinsteiger
- 595. Move Mevlut Erdinç
- 602. Roll the ball sideways to your left side with your right foot – make a scissor with your right foot – cut behind your standing leg with your left foot (to your right side) – cut with your right foot in front of the body to your left side.
- 605. Ronaldo chop and outside foot

## ***DRIBBLES AND FALSE MOVES WITH DEFENDER ON BACK***

### ***Action while receiving a pass***

- 370. Stand with your back towards an imaginary “opponent”. The pass comes from right in front of you. After a side step towards the left side, let the ball hit the outside of your right foot so the ball (and you) passes along the opponent’s right side.
- 371. After a side step towards the right side, let the ball hit the inside of your right foot so the ball (and you) passes the ball along the opponent’s left side.
- 372. Side step backwards - cut with inside foot
- 373. (The description comes soon)
- 375. Chip the ball and then lift the ball over your opponent by kicking the ball with the heel of your foot.

### ***Other actions***

- 647. Do a step-over and play de ball quickly to the other side.
- 648. Unroll the ball to the outside and cut to the inside.
- 649. Unroll the ball to the inside and cut to the outside.
- 686. The Cruijff-turn  
Play the ball 1 yard to the left. Then (with your left shoulder directed to your opponent) kick the ball with the inside of your right foot behind your standing leg next to your opponent (pass your opponent on his right side).
- 687. (The description comes soon)
- 688. (The description comes soon)
- 689. Pull the ball back beyond the standing leg and kick the ball with the inside of your foot beyond the defender.
- 690. Kick the ball towards the sideline and lift it immediately over the leg of your opponent (the rope represents the sideline in this case).
- 691. Lift the ball over ‘the opponent’ (a chair or a dummy).
- 692. Hiptwister
- 693. (The description comes soon)
- 694. (The description comes soon)
- 696. 'The McGeady spin'  
Lead the ball forward (with the opponent behind you). Pull the ball back with your right foot behind your standing leg and and turn around while you kick the ball with the outside of your left foot sideways.
- 698. Roll the ball with your left foot to your right side. While you’re turning, bring the ball (behind your left standing leg) back in front of the body with the outside of your right foot.

699. Lead the ball with the opponent behind you. Perform a cut with the heel of your right foot so that the ball bounces against your left standing leg and goes sideways to your right side. Turn and pass your opponent.

### ***Through the opponent's legs (nutmeg, tunnel, panna)***

800. Drag

801. Open - pull

803. Open – outside foot

804. Oblique

805. Cut behind standing leg

806. The "forward roulette" (the "forward spin move"). Drag the ball with the sole of your right foot sideways and then push the ball with the outside of your left foot through the legs from your opponent.

807. The Ricardinho panna.

## ***SHOOT***

### ***Free kick***

256. Kick the ball with your right foot into a target (E.G.: a bar of a goal, a blanket, another ball, a cycle-tyre etc.)

257. With left foot.

258. Bend the ball next to 'a wall' with the inside of your right foot.

259. Bend the ball next to 'a wall' with the inside of your left foot.

260. Bend the ball next to 'a wall' with the outside of your best foot. (Match situation: fantastic free kick from Roberto Carlos with left foot).

261. Kick the ball over 'a wall'.

### ***Lead the ball and shoot***

262. Kick the ball next to you and kick immediately with your right and left foot. (Aim the ball towards a specific target).

276. Just step aside and kick.

277. X is goalkeeper. X gives a pass to P and P runs to a ninepin, cuts and kicks the ball towards the goal.

278. X is goalkeeper. X gives a pass to P and P runs to a ninepin, does a side step and kicks the ball towards the goal.

279. X is goalkeeper. X gives a pass to P and runs towards P. P has to run sideways and lob X.

### ***Shoot when you get a pass***

You won't find any surprising exercises in this category. It's "just" kicking towards the goal on a ball that's coming from different angles. There aren't many variants, except for alternating between your left or right foot and the inside, outside of instep of your foot. Still are these important exercises, which have to be practised as much as possible.

#### ***X gives a pass from 45°:***

263. X gives a pass from the right (backwards - ca. 10°) to P. P kicks in two ways: with the instep of his right foot and with the outside of his left foot.

265. X gives a pass from the left (backwards - ca. 10°) to P. P kicks in two ways: with the instep of his left foot and with the outside of his right foot.

#### ***X gives a pass from 90°:***

267. X gives a pass from the right (sideways, 90°). The player kicks in 1 time with the instep of his right and left foot. In the third clip, the ball is rolling a bit further.

269. X gives a pass from the left (sideways, 90°). The player kicks in 1 time with the instep of his left and right foot. In the third clip, the ball is rolling a bit further.

### *Placed ball*

304. X gives a hard lateral pass over the ground: P has to score a goal in two times in the corner of the goal.

305. X gives a hard lateral pass over the ground: P has to score a goal in one time in the centre of the goal.

### *Volleys*

280. Put the ball on a ninepin and shoot the ball towards the goal with your right and left foot.

282. 1. Kick the ball like a goal keeper, but do it just over the wall

2. Throw the tennis-ball to yourself and kick on a blanket. Use both feet..

287. Throw the ball - let the ball touch the ground one time - volley kick

288. X throws the ball (90°) - let the ball touch the ground one time - volley kick

293. 1. Stand with your back towards the goal. X throws the ball over your body, turn around and shoot.

The ball may touch the ground (one time).

2. Kick the ball over your body and shoot (with both feet).

294. 1. X throws the ball – chest-control - let the ball touch the ground one time - volley kick

2. X throws the ball – header - let the ball touch the ground one time - volley kick

295. Juggle one time and shoot (practise both feet)

296. Juggle two times and shoot

297. 1. Head - shoot

2. Head - knee - shoot

298. Juggle a couple of times and shoot (you can choose your 'goal' like Rooney).

299. Juggle and while you do that, traverse a track and shoot

302. Throw the ball very high and kick

330. Throw the ball a bit away and run towards the ball. Use your right foot as well as your left foot.

411. Put the ball on a cone (bottle). Push the ball sideways and while it is still in the air, kick on it with your right and left foot.

412. Chip the ball and shoot. You can watch four variants.

You'll find a lot of other ways in our category: 'lift stationary ball from the ground' (= ex. 1 etc...).

413. Lift moving ball from the ground and do a kick-volley

414. X chips the ball and P (player) has to shoot the ball over the wall.

626. X throws the ball lateral from the right and left side. Score with a volley with both feet (with two suggestions).

627. X throws the ball from behind the goal and P has to do a volley.

628. Volley-shot after one ball-control (with a foot): 3 variants

629. Volley kick after: chest-control (ex 1), header (ex. 2a en 2b), header and knee-control (ex. 3)

642. Put the ball on a ninepin and shoot the ball towards the goal with a scissor move.

643. Do a drop kick with your right and left foot.

644. Do a drop kick with the inside of your right (and left) foot, but bend the ball around a wall.

645. You're standing near the goal line. Juggle a few times and try to score with the outside of your foot.

682. X gives a pass (180°). Chip the ball and kick towards a goal.

683. 1. Knee-control – play the ball a bit sideways - kick

2. X shows the direction

684. 1. Chest-control - play the ball a bit sideways - kick

2. Variant: X shows the direction

3. Variant 'Henry'

685. With your back to the goal and a chair on your right side. (X throws) - lift the ball over the chair with the right foot - shoot with left foot.

## ***FLICK UP THE BALL***

### ***Pop up the ball (lift stationary ball from the ground)***

1. Just lift the ball immediately into your hands.
2. Pull the ball back with your sole and chip it into your hands
- 3.
4. Pull the ball with the insole of your right foot back and let the ball roll on the instep of your left feet and chip the ball.
- 5.
- 7.
8. Pull the ball back with your right foot behind your standing leg and bring the ball upwards. Do a step over with your left foot and start to juggle with left.
526. Pull the ball next to your left foot with your right foot and chip the ball behind your left standing leg with your right foot.
531. Roll the ball with your left foot behind your standing leg and pull the ball back with your right foot back and lift the ball so you're able to juggle along.
- 532.
570. Put the sole of your foot on the ball. Roll the ball forward just in front of the ball and let it bounce against the heel of your foot.
- 571.
- 741.
742. Put the ball between your feet. Move your feet together and chip the ball.
- 743.
744. Rainbow flick. Push the ball with the insole of your right foot against your other leg on and chip the ball.
746. Cut the ball with the heel of your right foot on the instep of your left foot.
- 747.
748. De Maradona flick up.
- 749.
- 750.
821. Move the ball upwards against your left leg, turn around and kick the ball upwards.
822. Roll the ball upwards with the inside of your right foot against the inside of your left leg, and start juggling.
- 823.
- 824.
843. Pull the ball with your right sole back and let it roll on your right instep (ex.5). Chip the ball and swing your right foot around the ball and start juggling.
- 844.
- 845.
846. Lift the ball like in exercise 742 and then: "around the world"
903. Move the ball fast towards your left foot. Place your right foot left off your left foot so you're able to kick the ball quick with your right foot.
904. This is the same exercise as 903, but now without placing your right foot on the ground.
- 909.
972. Chip the ball with your left feet, and "smash" the ball with your right sole then back towards the ground.
973. Lift the ball at the same way like in exercise 1 and push the ball with your knee towards the ground so the ball bounces back into the air.
- 974.
975. Move the ball upwards against your left leg and push it with your right foot towards the ground so that the ball hits the ground behind your other leg and lift the ball into your hands.
- 976.
- 977.

978.  
 979.  
 980.  
 981. Drogba skill.  
 982.  
 986. Put the tip of your foot on the ball. Pull it back and lift the ball - with a stretched leg- with the tip of your foot.  
 987.  
 988. Put the the instep of your foot on the ball. Pull it back and lift the ball - with a stretched leg- with the tip of your foot.  
 989.  
 990. Henry flick up. Run towards the ball. Place your right foot in front of the ball. Place your left foot over and at the right side of the ball. Lift the ball with your right foot and juggle with your right foot.  
 991.  
 992. Ronaldinho flick.  
 993.  
 994.

### ***Pop up moving ball:***

10. Let the ball roll on your foot.  
 12. Chip the ball behind your standing leg.  
 14. Do the same as in ex. 10, but do a step-over as a kind of fake.  
 15. 1. Let the ball hit the inside of your foot and then kick it higher.  
 2. The outside.  
 16. Put the ball between the inside of your right foot and the heel of your left leg and chip the ball into the air.

### ***TECHNICAL EXERCISES ON 6 M<sup>2</sup> (SMALL SPACE)***

*(If you do an exercise from this category on a carpet, you can practise without shoes.)*

17. Roll the ball forward. You have to start with the tip of your foot at the ground, and finish the exercise with the heel of the same foot at the ground. Step forward with right as well as left.  
 18. Roll the ball forward. You have to start with the tip of your foot, and end with the sole of your foot. Use your right foot as well as your left foot.  
 19. Pass the ball from side to side with the inside of your right and left foot.  
 20. Roll the ball sideways. Use your right foot as well as your left foot.  
 21. A. Roll the ball to the inside and stop it with the outside of your exterior foot.  
 B. Roll the ball sideways by your right foot towards the inside of your left foot till you reach the ninepin. Turn around, and do the exercise with your other foot to the opposite direction.  
 22. Put the sole of your foot on the ball, pull the ball back and kick the ball forward. Use your right foot as well as your left foot.  
 23. Put the sole of your foot on the ball, pull the ball back and turn open.  
 24. Pull the ball back with the sole of your right foot, push the ball with the inside of your right foot towards your right side, roll the ball with your left foot towards your right side and stop the ball with your right foot. (The variant: at the end, get the ball back with the outside of the same foot.)  
 26. Roll the ball with 1 foot from right to left, (your right foot has to touch the ground) and back.  
 27. Kick the ball (with inside foot) behind your standing leg and change direction.  
 28. Pass the ball from side to side with your right and left foot towards a ninepin. Once there, turn around with a step-over.  
 29. Pass the ball from side to side with your right and left foot towards a ninepin. Once there, kick the ball behind the standing leg with a “roll-move”.



30. Roll the ball sideways by your left foot towards the inside of your right foot till you reach the navel. Turn around, and do the exercise with your other foot to the opposite direction.
31. Pass the ball from side to side with your left and right foot. Then roll the ball with one foot towards the inside of your exterior foot. Use your right foot as well as your left foot.
32. Idem as in ex. 31, but you have to roll the ball about 20 cm (about 6 feet) further away with your exterior foot.
33. Pass the ball from side to side and roll the ball with the inside of one foot towards your other foot.
34. Pass the ball from side to side, stop the ball with your left foot and kick it then with your right foot behind your left leg and kick it then in front of your left leg with your right foot.
35. Pass the ball from side to side but turn like this: roll the ball 15 cm (around 5 feet) with your left foot and roll the ball immediately after that with your right foot 15 cm, etc...
36. Pass the ball from side to side and roll the ball forward, starting with the tip of your foot and ending with the sole of your foot. Use your right foot as well as your left foot.
37. Pass the ball from side to side, place the sole of your left foot on top of the ball so that it stops, roll the ball starting with the tip of your right foot and ending with the sole of your right foot, and after you have done that, roll the ball immediately from the sole to the inside of your foot. (After you have done this exercise, you should have been turned 180°.)
38. Put the sole of your right foot on the ball, pull the ball back, kick it with the outside of your right foot towards right, make a step-over with your left foot and kick the ball with your right foot back to right.
39. Place the ball right from you. Pull it back with the sole of your right foot behind your left leg, bring the ball with the inside of your right foot in front of your body, and kick it with the outside of your right foot to right.
40. Stop the ball with your right foot, do a scissor with your left foot, kick the ball with the outside of your right foot to the right, stop the ball with your left foot, etc...
41. Pass the ball from side to side with the inside of your left and right foot. Kick the ball then with 1 foot (without touching the ground) 3 times with the inside of your foot, the outside and then the inside again.
42. Cut and kick the ball immediately with the outside of your other foot more sideways.
43. Cut with your right foot (to the left) and cut then with the outside of your right foot towards right (and start the exercise then with your left foot).
44. Pull the ball sideways with the tip of your feet (three exercises)
45. Move sideways and when you want to change from direction, pull the ball back behind the standing leg.
47. Do a fake with your right foot, then a step-over with your left foot and take the ball with you to the left. Then, do it with the other feet.
48. Make a step-over with your left foot, kick the ball with your right foot behind your left leg and kick the ball with the outside of your left foot towards left.
49. Make a little fake with one foot. Cut the ball immediately towards the inside and push the ball with the outside of your other foot a bit further away.
50. Roll the ball forward with your right foot and pull the ball immediately back with the inside of your right foot behind your left leg (and if it is necessary, bring the ball with the inside of your left foot back in front of you again). Use your right foot as well as your left foot.
51. Make a step-over and a side step with the same foot and take the ball with you with the outside of your other foot. Use your right foot as well as your left.
52. Double scissors.
53. Take the ball with the inside of your right foot, do a scissor with the right foot, take the ball then with you with the outside of your left foot and stop the ball with the inside of your left foot.
54. Make a step-over with right, kick the ball forward behind your standing leg with your left foot, do a scissor with right, kick the ball to the left with the outside of your left foot and stop the ball.
55. Roll the ball with your right foot, make a step-over with your left and stop the ball with the inside of your left foot.
56. Kick the ball with the inside of your right foot around 20 cm. (8 inch) to the left and after that, kick the ball with the outside of your right foot immediately 1 metre towards the right.

58. Roll the ball forward with right (towards your left side), pull the ball immediately back with your right foot and kick the ball with the inside of your right foot towards the outside.
59. Kick the ball towards the ninepin, pull it back with the sole of your foot and kick the ball forward with the outside of your left foot.
546. Use your imagination – fast work of the feet.
565. Put the sole of your right foot on the ball, pull the ball back and then push it forward again with the tip of your foot.
577. Kick the ball from side to side and kick it regularly a bit to your right side with the outside of your right foot and bring it immediately with the inside of your right foot in front of your body again.
578. Turn 360° and drag the ball with you.
593. Cut the ball behind your standing leg with the outside of your right foot (= variant on ex.519: kick behind your standing leg).
599. Roll the ball with the sole of your right foot to your left side and then put the right foot in front of the ball; pull the ball back with the sole of your left foot (behind the right standing leg) to the place where the ball was in the beginning.
- Zlatan Ibrahimovic shows the first part of this exercise in a game.*
601. Roll the ball with the sole of your right foot to your left side; do a step-over with your left foot; turn your body for 180° and in meanwhile pull the ball back in front of your body with the sole of your right foot. Take also a look at the functional variant of this exercise in nr. 352.
620. A series of movements by Cristiano Ronaldo: scissor left – jump behind the ball with your left leg – step-over right - push the ball to the right with the inside of your right foot (behind your standing leg) – stop the ball with your right foot.
624. Roll the ball with the sole of your foot and play the ball behind your standing leg with the other foot. Afterwards: try ex. 625.
625. Roll the ball with the sole of your foot and play the ball behind your standing leg with the other foot. Make a circle.
631. A combination of exercises.

### ***TURN AROUND WITH THE BALL (180°)***

69. Turn around with the inside of your right foot in a few times.
70. Turn around with the outside foot (several times).
71. 1. Pull the ball with the sole of your foot and play it immediately with the same foot.  
2. ... and play it immediately with the other foot.
72. While jumping, pull the ball with the sole of your foot in the direction of your standing leg.
73. Pull the ball with the sole of your foot behind the standing leg.
74. Tap the ball with the inside of your foot behind the standing leg.
75. Pull the ball with the sole of your foot, tap the ball immediately with the inside of that foot behind your standing leg and turn around.
76. Unroll the ball and tap the ball with the inside of your foot behind your standing leg.
77. Cut with the inside of your foot.
78. Cut the ball with the outside of your foot.
80. Drag the ball along with the inside of your foot.
81. A. Let deviate the ball with the inside of your foot.  
B. This time with the outside of your foot.
82. Let deviate the ball with the inside of your foot behind your standing leg.
552. Jump over the ball (jump with your left foot and land on your left leg too) and turn immediately 180° around. Make sure you place your right foot on the ball.

### ***LEAD THE BALL***

86. Shadow running: P (player) runs behind X and copies the moves of X.

87. Lead the ball and stop regularly (put the sole of your foot on the ball).
88. Lead the ball between ninepins, between the legs of a chair, ...
89. Lead the ball and turn around.
90. Lead the ball and turn 360° around:
1. with the inside of your foot
  2. with the outside of your foot.
91. P (player) leads the ball and X indicates with signals in which direction P has to lead the ball.
92. Make a square on the ground. X and P (player) are standing both on an opposite site of the square. X has to touch P with his ball, but the ball can't go through the square.
93. X stands 1 meter in front of P (player). X gives defensive pressure and P leads the ball like this: P runs forward and taps the ball with the inside and outside of his foot.
94. Tap the ball with the inside of both feet.
95. Tap the ball 2 times with your right foot, then two times with your left foot.
96. 1. Cut the ball with the inside of your right foot, tap with the outside of the right foot, cut with left etc.
2. Tap three times with the outside of your foot and cut, etc.
97. Use the soles of your both feet (3 exercises)

### ***BALL CONTROL (STOP THE BALL)***

#### *X gives a pass and P (standing in a circle)...*

179. P controls the ball with the inside of his right and left foot.

#### *X throws the ball into the air, and P (who is standing in a circle)...*

181. 1. X throws the ball into the air, and P (standing in a circle) controls the ball with the inside of his right and left foot.

2. Control the ball with the outside of right and left foot.

183. P controls the ball with his right and left thigh.

184. P controls the ball with his chest: use first some soft balls, then the leather ball.

#### *Paralyse the ball*

185. Amortization (learning process and throw yourself).

187. X throws the ball and P paralyse the ball with his right and left foot.

188. 1. throw the ball yourself and paralyse it with your head (make sure the ball doesn't jump up).

2. X throws the ball

190. X throws the ball and P has to control the ball with his hand.

191. Throw the ball upwards and control the ball with the inside of your right (and left) foot.

193. Throw the ball upwards and control behind your standing leg (practise both feet).

195. Throw the ball upwards and control the ball with the outside of your right foot (practise left and right).

197. Throw the ball upwards yourself and control the ball into a circle.

198. Juggle a few times and control the ball then into the circle.

200. You're standing behind a target of 3 circles. X throws the ball and you try to control the ball into one of those 3 circles. (Two friends: if you're able to kick the ball into the smallest circle, you'll receive the highest amount of points.)

200. Standing beside a bull's eye: stop the ball with the inside and outside of your right and left foot.

204. You're standing in a circle. X gives a strong pass towards you and you have to control the ball into the same circle.

584. Throw the ball over the head of P. P has to turn and control the ball into a target. Do this exercise from both sides of the target.

586. Jump as high as possible and control the ball with your chest. Kick the ball immediately towards a target.

## ***PASSING***

205. Pass the ball in one time with the inside of your right and left foot.
208. Pass the ball in one time with the outside of your right and left foot.
209. Pass the ball there and back: control the ball with the inside of your right foot and pass the ball with the inside of your right foot (do also the same with your left foot).
210. Pass the ball there and back: control the ball with the inside of your right foot and pass the ball with the outside of your right foot (do also the same with your left foot).
211. Pass the ball there and back: control the ball with the inside of your left foot and pass the ball with the inside of your right foot (do also the same with your other feet). In the last variant, X points the direction.
212. Control the ball with the outside of the right foot and pass the ball with the inside of the right foot (practise also with left foot). *Tip: make use of a ninepin.*
216. Control the ball with the inside of your right foot, and pass the ball with the outside of your left foot (and otherwise).
217. Control the ball with the outside of your right foot, do a step-over with your right foot, kick the ball with the outside of your right foot and pass the ball with the outside of your right foot (after that: the same with left foot).
219. Stop the ball with your right foot, do a scissor with your right foot, take the ball with you with the outside of your left foot and pass the ball with the inside of your left foot (and vice versa).
221. Stop the ball with the inside of your right foot, play a bit to the right with the outside of your right foot, cut and give a pass back with your left foot (and vice versa).
223. Control the ball with the outside of your right foot. Run with the ball a bit to the right, pull it back and give a pass with your left foot (and vice versa).
225. X gives a pass, P controls the ball with the inside of his right (left) foot behind his standing leg and gives a pass with the inside of his left (right) foot.
227. Control the ball with the inside of your right foot, slide the ball behind your standing leg and pass in one move with your right foot. (Do the same with your left foot.)
229. Pass the ball over a small obstacle.
230. Throw the ball yourself and control it through a target (E.G.: ninepins or a chair).
231. Pass the ball through a target with the outside of your foot.
233. X throws the ball and you have to give a pass through a target with your left and right foot.
234. X throws the ball and you have to control the ball through a target with the outside of your foot.
236. Throw the ball yourself and give a pass in that way that the ball hits a ninepin.
238. X throws the ball and you have to 'pass' the ball in that way that it hits a ninepin (practise both feet).
240. X stands 5 metres away from P. X passes the ball, P chips the ball and gives a pass back (practise with both feet).
243. Chip the ball, juggle a few times and give a pass.
244. Pass the ball there and back under a "gate" E.G. a bench.
245. X gives a pass under the 'gate'. P chips the ball, juggles a few times and gives a pass back over the 'gate' (practise with both feet).
247. Behind the player stands a ninepin. X gives a pass, P gives a pass back and turns around the ninepin. P has to do a preliminary action before X passes the ball.
248. X and P are standing close to each other and they pass the ball there and back, always in one time. Then get further and further away from each other, and then come closer again, etc.
249. X and P are standing 10 metres away from each other. X is spreading his legs, while P tries to pass the ball between the legs of X.
250. P and S (with the ball) are both running. When X gives a sign (shout, clap or something else), X has to spread his legs and P has to pass the ball immediately between the legs of X.
251. X gives a pass towards P. P has to pass the ball from side to side a few times. Then he kicks the ball next to the bottle. When P does this, P has to run sideways and ask for the ball. P has to see this and he has to give a pass towards X.
252. Make a circle and try to kick the ball into that circle.
253. Play a game of 'pétanque'. Who can pass the ball the nearest to the small ball?

254. Play a game of bowling. With a few suggestions to make this exercise more difficult.
255. Put some bottles without a lid. X and P try to hit each other bottles. When a bottle is hit, you have to go searching the ball first before you turn around the bottle again.
272. Pull the ball back with the sole of your foot and kick the ball immediately sideways with the inside of your other foot.

*You can use this exercise as passing and dribbling just as a faint, as demonstrated by the three professional football players.*

## ***EXERCISES ON HIGHER BALLS***

### ***Juggling- kick ups***

160. Ground - right foot - grab (then: left foot).
162. Ground - 2 x right foot - grab (then: left foot).
164. Juggle with your right foot as many as possible.
165. Juggle with your left foot as many as possible
166. Juggle and alternate with your right and left foot.
167. Use your left and your right knee.
168. Kick the ball twice with your left foot, then twice with your right foot, etc
169. Kick the ball 5 times with your right foot, then 5 times with your left foot, etc
170. Right foot - right knee - head - right knee - right foot –etc. (After that: left)
172. Right foot-right knee-head-left knee-left foot-etc...
173. Kick the ball very high and juggle then along.
174. Put several ninepins around 5 metre from each other and juggle round those ninepins.
175. Juggle into a container (or something like that). (A race between two friends is possible.)
176. Juggle, but use several times the outside and inside of your both feet.
177. Juggle together with X
178. Play a match of tennis-football
- 319.

### ***Various exercises on higher balls***

101. 1. Kick a balloon like a goalkeeper does (practise both feet).  
2. Kick with the inside of your right and left foot.
105. Put the ball on a ninepin (or on an empty bottle) and kick the ball into the hands of X with the inside of your right and left foot.
107. Put the ball on a ninepin (or on an empty bottle) and kick the ball into the hands of X with the outside of your right and left foot.
109. 1. Kick the ball with the inside of your right and left foot towards X.  
2. This time with the outside of your right and left foot.
114. X throws tennis-balls and you have to try to hit.
115. X throws the ball, P (player) kicks the ball upwards with his foot and catches it in his hands (the ball may not touch the ground). Use your right foot as well as your left foot.
116. Do the same as in ex. 115, but kick twice now on the ball (LL-RL-RR).
117. Knee, ground and pass.
118. Knee and pass (the ball may not touch the ground).
119. X throws a light ball on the chest of P. P controls the ball with this chest, let the ball hit the ground and gives a pass back to X with his right or left foot.
120. Do the same as in ex. 119, but now without letting the ball hit the ground.
121. X throws the ball and P kicks the ball back. Use your right foot as well as your left foot.
122. X throws the ball and P kicks the ball back by using a “bicycle kick” (scissor-move). Use your right foot as well as your left foot.

131. Play a game of tennis. You have to kick from the place you've caught the ball with your right foot.

132. Do the same as in ex. 131, but with your left foot now.

### ***Exercises with ball rolling off a roof or tube***

497. Show: roll the ball off the roof of a greenhouse/garden house/shed. You have to control the ball.

498. Control the ball into the bicycle tyre with the inside of your right as well as your left foot.

499. Control the ball into the bicycle tyre with the outside of your right as well as your left foot.

500. Control the ball into a wheelbarrow that's standing on your right as well as your left side.

501. Turn 180° and kick in two times towards the goal.

502. Kick the ball with the heel of your foot and kick towards the goal.

503. Control the ball with your chest and kick the ball sideways.

504. Control the ball with your chest and kick the ball backwards.

505. Volley

506. Juggle the ball into a wheelbarrow, container, etc.

### ***Retro: learning proces***

134. 1. Make a line, drop the sock from your favourite leg and jump: push off on your favourite leg.

2. Kick with a scissor move on two balls, hanging on a cord.

136. Do a scissor move (standing-up) on a balloon with your right foot. (We have made the choice to do the exercise with a balloon, because a balloon moves less quickly so you can time your jump better).

137. 1. Lay down and do a scissor move against the hands of X.

2. Do a reverse kick and a scissor move against the hands of X.

139. Do a reverse kick against a ball, hanging on a cord – beach ball into the hands of X.

140. Throw the ball yourself: do a reverse kick with a balloon and a leather ball.

142. Do a sideways reverse kick.

144. X throws a leather ball and P does a reverse kick.

549. Do a sideways reverse kick on normal ground.

550. A variant on ex. 549: head-reverse kick; knee-foot-reverse kick; knee-head-reverse kick; etc

### ***MATCH SITUATIONS: GOALS – SKILLFUL ASSIST - LIFT***

307. Make a goal by touching the ball behind your standing leg.

308. The player dribbles X. Then P has to score by using the heel of his foot.

309. X is the goal keeper. P shoots the ball towards the goal. X releases the ball. P has to follow on his shot and he has to score the rebound.

418. You have to deviate the ball. P stands between two goals. X stands 7 metres in front of P and gives a pass to P. P runs towards the ball and deviates the ball into one of the goals. Use the inside as well as the outside of your foot and use left and right to do this exercise.

427. Deviate the ball behind the standing leg

630. X and P have both a ball. X passes the ball to P and P has to lift his ball over the ball of X.

632. Lift the ball into a container.

634. Lift the ball into a container (kicking)

636. X passes P. P lifts the ball, turns around his axis and passes the ball back to X.

638. X passes to P. X runs towards P and P lifts the ball over X.

## ***SHIELD THE BALL***

310. Put the ball on a ninepin or on a bottle. P stands with his back towards the ball and is faced towards X. He has to prevent that X is able to touch the ball by spreading his arms.
311. P stands with his back towards X and is faced towards the ball. He has to prevent that X is able to touch the ball.
313. X gives a pass to P (who is standing in a circle). X tries to touch the ball, and P has to prevent that this happens (P is allowed to touch the ball).
314. P runs with the ball to several ninepins. Before each ninepin he has to stop a few seconds and prevent that X touches the ball.
315. P runs slowly with the ball. X tries to touch the ball from the right side. P has to protect the ball by using his shoulder and spreading his arms.
316. P runs slowly with the ball. X tries to touch the ball from both sides. P has to protect the ball by using his shoulder and spreading his arms.
317. P throws the ball against a wall. X is standing behind P. P controls the ball and has to prevent that X is able to touch the ball.
318. P throws the ball upwards and he has to prevent that X is able to touch the ball.
320. With a pile :
1. pass over the ground
  2. pass in the air
  3. pass meant for the head.
322. Turn around a ninepin with your arms spread along (arms at the other side of the ball)
323. P leads the ball on the sides of a small square. X has a ball too and tries to hit the ball of P with his own one.

## ***DEFENDING***

201. Wrong and right. The video with thumbs down is an example of bad defending: rush ahead towards your opponent instantly. The action with thumbs up shows you good defending; keep the pressure on your opponent, but don't let him dribble you by falling back slowly and then striking at the right moment when you're sure you can get the ball.
202. How do you fall back properly? If the ball is on your left side, you have to move sideways with your right leg in front (and vice versa).
207. Hold the defender back with your arm.
213. Push the opponent in a given direction (away from the goal, towards his weak foot,...)
381. Play the ball - close down - block the ball
382. A match: who scores in the open goal?
383. Block-tackle.
384. Sliding tackle.
385. The player has to snatch the ball of an imaginary defender and he has to try to maintain ball possession.

## ***HEADING***

362. A. Head on a ball that is hanging on a rope  
B. Keep the ball in front of you and (without trowing) put a header to some particular target
377. Toss the ball up to yourself and head it to some particular target.
379. Lateral. Throw the ball (eventually different types of soft balls) yourself and head the ball towards a goal.
380. Juggle.
388. A. Take the ball in your hands, lift it and head it (pass to X)  
B. Juggle a few times before heading

390. X Throws.
- A. player heads to X
  - B. to a cone
  - C. heads between the legs of X
391. Head on a ball that's thrown from different sides.
392. Score a goal (90°), but first do an exercise. Four suggestions.
393. How many attempts do you need to score in the bucket and wheelbarrow?
394. X throws the ball and you have to move from side to side and head the ball back.
395. "Passing"
397. Head against a wall.
398. X throws
1. Player heads and catches de ball with his hands
  2. player heads and passes the ball to X
  3. player heads twice before passing
399. Lateral header - pass to X
401. 1. Awesome slow motion of a jumping header
2. Head on a balloon with a jump.
402. Head with a jump on a ball, hanging on a rope.
403. Throw your ball yourself and head it towards the goal with a jump.
404. 1. X throws the ball and you have to head the ball into his hands.
2. X runs backwards and you follow him.
  3. X runs forwards and player follows.
405. Someone throws the ball at you and you have to head the ball as far as possible.
408. A. X lets the ball bounce hard on the ground and you have to score
- B. Variation: jumping header
  - C. Example of an action before the header
409. A backwards header. With and without jumping.
415. After a lateral centre from the right and left side (thrown), you have to score, without crossing the ball.
416. After a lateral centre from the right and left side (thrown), you have to score crossed.
417. Diving header: 4 steps to learn
420. ('Tennis') You throw the ball and head towards another person. This person catches the ball, throws up and heads back towards you, and again.
421. ('Tennis') You throw the ball and head towards X. X stops the ball (he may juggle a few times) and heads the ball back towards you etc....

### ***THROWING-IN***

423. Throw in at the correct way.
424. Throw in as far as you can. We present a demonstration of three ways:
1. with taking a run
  2. without taking a run
  3. with a spectacular somersault.
425. Throw in into a circle made by a rope: the ball has to bounce into this circle.
426. Throw the ball into a bicycle tyre with at the correct way.

### ***EXERCISES FOR THE YOUNGEST FOOTBALL (SOCCER) PLAYERS***

9. Learn to kick with the instep of your foot.
429. Let them kick with a soft ball against a wall with both feet.
430. P dribbles X in a defined rectangle. P has to make sure that he stays in the rectangle. This exercise can be done in a living room or on a carpet in the garage.
431. Kick the ball through a car tire.



### ***Exercises with a balloon***

- 440. Juggle with a balloon on 4 different ways.
- 441. Hold the balloon on your head and your foot.
- 442. A scissor move on a balloon (right and left foot).
- 444. With the right (and left) foot around the balloon (both sides).

- 533. A game: dribble the crab. You have to try to pass a defender, who defends 'like a crab'.
- 568. (The description comes)

## ***BODY-COORDINATION***

### ***Coordination with the hands***

- 446. Throw the ball into the air, clap in your hands and catch the ball.
- 447. Throw the ball into the air and catch the ball while you're running.
- 448. Throw the ball with your two hands in front of your chest towards the ground and catch it.
- 449. Throw the ball into the air and catch the ball while you're sitting on the ground.
- 450. Give the ball sideways behind your back.
- 451. Throw the ball sideways behind your back.
- 452. Throw the ball over your head and catch the ball behind your back.
- 453. Throw the ball from your left hand towards your right hand.
- 454. While you're running push the ball under your left and right knee.
- 455. Throw the ball with two hands towards the ground and at the second bounce, keep the ball on the ground.
- 460. Touch with your hands successively the inside of your feet in front of your body, then behind your body and your knees etc.

### ***Coordination with the feet***

- 456. Let the ball bounce on the ground and at the moment that the ball hits the ground, swing your leg over the ball and make a step-over.
- 457. Let the ball bounce on the ground and at the moment that the ball hits the ground, swing your leg over the ball and make a scissor.
- 461. Stand in the middle of a drawn hexagon and jump every time towards a side of this hexagon and back.
- 463. 1. Jump on your left leg while kicking the ball with the inside and outside of your right foot.  
2. You and someone else are standing four feet away from each other on one foot and you have to give a pass to each other.
- 464. Make a head-roll and give a pass.

### ***Reaction games, pushing and pulling:***

- 324. This is an exercise for very young children. X places P in front of a wall and tells P that he's a rabbit. X is the hunter and he tries to hit the rabbit with a soft ball. P has to do false moves to avoid the ball.
- 462. Someone is standing in a bicycle tyre. You're standing half a metre away with the ball. When the other person lifts his foot to kick on the ball, you have to be quicker and pull the back so this person can't touch the ball.
- 465. You and someone else are lying on the ground with the ball between your heads. You have to try to stand up.

- 466. Someone else has to try to touch you against your shoulder in a defined rectangle.
- 467. You have to push the other person out of the defined rectangle.
- 468. Jump on 1 leg with your hands on your back: try to push the other person out of the rectangle (if this person is taller than the player, this person has to play the game, so the player is able to learn some things).
- 469. You and another person are standing on one leg. You clap with the inside of your hands against the inside of the other person's hands and you try to make him lose balance without falling yourself.
- 470. Give each other twice two hands and pull: the person who moves his feet first loses the game.
- 471. Grab each others wrists and try to pull each other out of the rectangle.

### ***Rope-skipping***

- 472. Rope-skipping. This is a demonstration by Karlien Kleisz. She has gained a silver medal on the World Championship Single-Rope in Toronto (2006). It isn't the meaning that everybody is able to do all these exercises: it's just a good way to improve your body coordination.
- 473. Jump with two feet with an intermediate step. Karlien shows how long your rope should be, from the ground till your shoulders.
- 474. Jump with two feet without an intermediate step.
- 475. Running
- 476. A. Jump on 1 foot with an intermediate jump left and right.  
B. Without an intermediate jump.
- 478. Jump twice on your left foot, then twice on your right foot, etc.
- 555. 1. open-close-open-etc.  
2. first jump forward, then close your legs
- 557. 1. first jump forward, then backwards, etc.  
2. ski
- 558. Cross - open
- 559. 1. Lift your knees up.  
2. Lift your legs up.
- 560. Double under.
- 561. 1.a: split  
1.b: split: fast variant  
2.a: push-up  
2.b: push-up: fast variant
- 563. Frog (with a variant)
- 567. Some special moves with hands and arms (for advanced)

### ***DRILLS FOR SPEED AND QUICKNESS***

#### ***Ladder agility drills: frontal***

- 850. Simple leg run
- 851. Double leg run
- 852: Two forward, one backward
- 853: One side hopscotch
- 854: One side shuffle
- 855: Bunny hop (linear hop) + chimney jumps
- 856: Hop scotch
- 863: Zig zag
- 864: 1. Jump cuts  
2. Ladder slalom
- 869: Straddle hops
- 881: Crazy climber

- 882: In & out + reverse in & out
- 883: Back foot cross over / linear trail whip
- 884: Backward back foot cross over
- 885: Lead foot cross over
- 886: Backward lead foot cross over
- 888: Icky shuffle
- 889: Backward Icky shuffle
- 890: Double Icky shuffle
- 891: Backward double Icky shuffle
- 892: Backstep Icky shuffle
- 893: Backward Backstep Icky Shuffle.
- 894: Crossover Icky shuffle
- 895: Backward Crossover Icky shuffle
- 897: Crowndancer
- 898: Cross under and twist
- 899: Cross under and twist advance
- 900: 180° twist

### ***Ladder agility drills: lateral***

(The description comes soon)

### ***Hurdle exercises***

(The description comes soon)

### ***Varia***

- 480. Heels against your bottom and accelerate.
- 483. Frolic and accelerate.
- 492. Use a bicycle tire or hoops.
- 494. Draw two lines and make the next skate-move: your left foot-tip of your right foot-right foot-the tip of your left foot- etc.
- 495. Kick now against a ninepin or a plastic bottle.

### ***SOCCER PAL (BallRitmics)***

- 110. Kick 5 times with the inside of your right foot, then 5 times with the inside of your left foot.
- 111. Kick 5 times with the outside of your right foot, then 5 times with the outside of your left foot.
- 148. Alternate with your right and left foot, and kick the ball behind the standing leg.
- 150. Kick on the ball (alternate with your left and right foot). After that, kick the ball higher.
- 155. Kick the ball with the inside of your right foot, the ball goes sideways over your head, stop the ball with the inside of your left foot and kick the ball over your head again, stop the ball etc...
- 156. Do the same as in ex. 149, but without stopping the ball now.
- 157. Kick the ball with the inside of your right foot sideways over your head, stop the ball with the outside of your right foot and kick the ball again at the same way over your head, etc (do also the same with your left foot).
- 158. Kick the ball with the instep forward over your head, stop the ball with the outside of your right foot and kick the ball with the heel of your right foot backwards over your head.
- 611. Do a scissor move (jump).
- 612. Kick the immobile ball forward and take it with you with the inside of your right foot (immediately after the ball has hit the ground).
- 613. Kick the immobile ball forward and take it with you with the outside of your right foot (immediately after the ball has hit the ground).
- 614. Kick the ball and stop the ball on your knee.
- 615. Kick the ball, stop the ball on your chest and take the ball sideways with you.
- 616. Head on the ball.

617. Swing the ball very high and kick on it when it is still high in the air.

### ***EXERCISES WITH REBOUNDER***

- 507. Score between the legs of a chair.
- 508. Control the ball forward.
- 509. Kick the ball sideways.
- 510. Take the ball with you towards your right side and score with your left foot.
- 511. Take the ball with you with your head and score.
- 512. Control the ball with your knee and kick.
- 513. Control the ball with your chest and kick.
- 514. Score with your head.
- 515. Lift the ball over someone else and score.
- 516. Turn 180° and score.
- 585. Throw the ball - control it with your chest - let it bounce on the ground and lift the ball over the head of your opponent. If this exercise goes well, you can try to lift the ball immediately (so the ball doesn't bounce on the ground) over the head of your opponent.

### ***SHOWS / TRICKS***

- 108. Fake kick with standing leg.
- 517. Juggle and go with your foot around the ball. A good advice: don't lift the ball too high.
- 518. Hold the ball in your neck (manual: bring your back enough towards the ground; don't do it with a curved back and keep up your head).
- 519. Kick the ball behind your standing leg (*Rabona*).
- 520. Juggle and drop the ball on the side of your foot that is standing on the ground.
- 521. Juggle behind your standing leg.
- 524. Someone throws the ball at you and you seize the ball behind your standing leg and juggle along.
- 527. Juggle with your right foot/scissor with your left foot/ juggle along with your right foot.
- 528. Hold the ball on the instep of your right foot and take the ball over on your left foot.
- 529. Lift the ball from the instep of your foot and clasp the ball between your leg and your bottom. Then lift the ball over your head and juggle along. (530 shows a more difficult variant.)
- 530. (For the advanced players) Strike the ball with the inside of your right foot against your left leg and clasp the ball between your leg and your bottom. Then lift the ball over your head and juggle along.
- 534. Hold the ball on the instep of your foot in front of your body: swing the ball backwards (a good advice: hold the tip of your foot towards the outside) and lift the ball over your head.
- 535. Strike the ball upwards against your leg and kick the ball with the heel of your other foot over the head.
- 536. Keep the ball on your head.
- 537. Keep the ball on your head and kiss the ball.
  - Keep the ball on your head and sit down on your knees.
  - Keep the ball on your head and turn suddenly 180°.
- 540. Juggle and let the ball roll very quick from your shin-bone towards the instep of your foot.
- 541. Juggle and use your thigh, but on an "elastic" way.
- 542. Juggle and let the ball roll on your back from one shoulder to your other shoulder and juggle along.
- 543. Hold the ball in your neck and "striptease".
- 544. Run forwards, roll the ball and pass the ball with the heel of your foot over an imaginary opponent.
- 545. Hold the ball on the instep of your left foot, push the ball upwards and clasp the ball between the inside of your foot and the inside of your standing leg and jump and juggle along.

548. Hold the ball on the instep of your foot, push the ball upwards and do a step-over with your other foot and take the ball on that foot and juggle along.

551. Hold the ball on the instep of your foot; lift the ball over your head (turn 180° around) and hold the ball on the instep of your foot.

554. Juggle and make sure that the ball is falling next to your left foot. Place your right foot behind your left leg next to your left foot and let the ball bounce on your right foot. At the moment that the ball hits your right foot, swing your left leg over the ball and juggle along.

598. While you're juggling, let the ball drop on your foot while it is just standing on the ground. It's possible to combine this exercise with a false kick

604. Juggle, let the ball drop on your left foot that stands on the ground, swing with your right leg around the ball and continue juggling (with your right foot).

## ***GOALKEEPER***

(The description comes soon)