



MACARTHUR ASSOCIATION DEVELOPMENT PROGRAM Train at Home Activities



PLAYER NAME

FAVOURITE PLAYER

CLUB I PLAY FOR

WEEK	LEARN AT HOME VIDEOS	JUGGLE RECORD
1	How to Juggle	
2	Small Touches vs Big Touches	
3	Dribbling with Different Parts of the Foot	
4	How to Shield the Ball	
5	Dribbling in Tight Spaces	
6	How to do a Pullback	
7	How to do a Scissor	
8	How to do a Step Over	
9	Receiving on the Ground	
10	Receiving with Different Parts of the Foot	

TRAINING AT HOME
<p>Aim to play 15-30 minutes a day working on the "Learn at Home Videos", skills they've learnt at training, and having fun with the ball.</p> <p>An easy way to split this time up is by allowing 10 minutes for juggling. 10 minutes for watching and practicing with the "Learn at Home Video". And 10 minutes for practicing anything they want OR having fun with the ball.</p> <p>Parents are encouraged to join their kids as a partner or as a "coach" and watch the videos with them. These videos are great educational tools for people of all ages.</p> <p>Parents can also purchase a set of cones, or use other household items (e.g. hats, balls, containers), to use as obstacles to dribble around or to stay away from.</p>



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FAVOURITE TEAM

FAVOURITE COACH

FAVOURITE SKILL

WEEK	LEARN AT HOME VIDEOS	JUGGLE RECORD
11	Receiving with the Thigh	
12	How to Receive the Ball in the Air with your Feet	
13	Passing on the Run	
14	How to Strike a Ball	
15	Juggling with the Head	
16	How to do a Cruyf Turn	
17	How to do the Ronaldo Chop	
18	How to do the Maradona Turn	
19	How to Volley the Ball	
20	How to Shoot with Laces and Inside of the Foot	

WHAT DO YOU LOVE MOST ABOUT FOOTBALL?

ALL-TIME JUGGLING HIGH SCORE