



HILLS FOOTBALL DEVELOPMENT



As part of the HF – Development Academy community we aim to enhance your child's football skills through occasional homework activities in both theory and practice!

This document presents a comprehensive overview of practical activities, with a primary focus on enhancing Individual Ball Mastery. Individual Ball Mastery comprises a series of engaging and enjoyable exercises meticulously crafted to enhance ball control, coordination, agility, and overall physical fitness.

Consistent practice of these exercises will enable your child to grow more adept and at ease with the ball. Ball Mastery is attained when working with the ball becomes second nature and instinctual. The crucial elements for success are persistence and encouragement, recognizing that each player may progress at their own pace.

On a weekly basis, a set of 8-10 skill exercises should be completed for home practice 1-2 times per week.

These exercises begin with simplicity and progressively intensify as your child's confidence increases. It is recommended that your child aims to complete these exercises at least as often as specified.

The Program also includes a 'freestyle section' – this is where participants are to try and combine several different skills at speed whilst dribbling around an open space. Can the keep the ball close and under control while attempting several different skills! This 'freestyle section' is to be completed at least 1-2 times per week.

We wholeheartedly encourage participants to utilize this resource in whatever way best suits them. Remember, the more effort players invest, the greater their improvement potential.

Our coaching staff will periodically assess progress during training sessions, with evaluations scheduled after weeks 4 and 7 of the programs to gauge your child's performance and determine readiness for more advanced exercises.

As a general guideline, over the course of a 3-week block, participants should strive to complete each skill at least once, excluding advanced skills where participants are encouraged to attempt them at their discretion.

Upon the conclusion of each training block. It is expected that player is to present their coaches with a signed form showing what skills/exercise players enjoyed the most/found the most challenging – This form is provided at the bottom of the document. Participants are to use the boxes under each week as a check list to tick off skills/exercises completed.

For video demonstrations of the exercises, you can access them through the following links.

Video - <https://www.youtube.com/watch?v=leMYh7roBjk>

We wish all participants success in completing their skills homework and look forward to seeing them reach new heights at the Hills Football Development Academy in 2024!

- Hills Football Team

Block 1 (week 2-4)

Skill ID	Skill Name	Time on Video	Expected Time of Practice	Tips	Week 2	Week 3	Week 4
1	Continuous Scissors	0:08	1 min x 2	Arms slightly out for balance, both knees keep slightly bent, on your toes, start slow and find rhythm, making two circles around the ball			
2	Sole Taps (Toe Taps)	0:14	1 min x 2	On your toes, knees slightly bent, make sure to have contact on the ball - no air touches			
3	Sole Drag	0:19	1 min x 2	On your toes, knees slightly bent start slow, find rhythm			
4	Sole Drag Inside Push	0:37, 0:43	1 min x 2	On your toes, light touches, both knees slightly bent			
5	Sole Drag Outside Push	0:50, 0:56	1 min x 2				
6	V - Drag Inside	1:03	1 min x 2	A little hop between pulling and pushing, create a good, large V shape, don't keep it too tight			
7	V - Drag Outside	1:07	1 min x 2	A little hop between pulling and pushing, create a good, large V shape, don't keep it too tight			
8	Pull Push	1:15, 1:21	1 min x 2	A little hop between pulling and pushing the ball			
9	Pull Push Both feet	1:27	1 min x 2				
10	Roll Over - Stop	1:43	1 min x 2	Commence to move upper body sideways in the direction of roll before rolling the ball, larger the sideways move the more effective and easier the skill becomes			
11	Inside Taps x4 + Roll Over	1:49	1 min x 2	Practice continuous inside tapes before adding the roll over			
12	Inside Cut Outside Push (Messi)	2:01	1 min x 2	After outside push skip across and then cut			
13	Inside Cut Outside-Outside Push	2:10	1 min x 2	After outside push skip twice across and then cut			
14	L- Drag	2:25, 2:33	1 min x 2	Start slow by dragging the ball with the sole of the foot behind opposite foot with a slight hop forward to create space, then touching the ball with the instep/heel to create L Shape			

15	Roll Over, Stop, Stepoever	2:50	1 min x 2				
16	Around Two Cones - Horizontal	3:15	1 min x2				
17	Around Two Cones - Vertical	3:21	1 min x2				
18	Juggling	3:07	1 min x 2				
19 Advanced	Football Dance	0:24	1 min x2				
20 Advanced	Triple Sole Drag	0:30	1 min x2	On your toes, both knees slightly bent, using the sole of the foot with toes, start slow and find rhythm			
21 Advanced	Triple Pull Push Both Feet	1:34	1 min x 2				
22 Advanced	Inside Taps x4 + stop, slide	1:55	1 min x2	Sliding of foot on the ball lightly with sole of toes			
23 Advanced	Roll Over - Stop Instep	2:17	1 min x2				
24 Advanced	Double L's	2:41	1 min x 2				
25 Advanced	Around Four Cones - Square	3:28	1 min x2				

Freestyle

Set up some cones in a 5m x 5m area – attempt to scatter cones within the area like obstacles.

Participants are to dribble around the cones for 1 minute at a high intensity – encourage participants to throw in various ball mastery skills they have practiced prior.

4 sets – 1 minute each – 30 second rest between sets

Block 2 (weeks 5-7)

Skill ID	Skill Name	Time on Video	Expected Time of Practice	Tips	Week 5	Week 6	Week 7
1	Continuous Scissors	0:08	1 min x2	Arms slightly out for balance, both knees keep slightly bent, on your toes, start slow and find rhythm, making two circles around the ball			
2	Sole Taps (Toe Taps)	0:14	1 min x2	On your toes, knees slightly bent, make sure to have contact on the ball - no air touches			
3	Sole Drag	0:19	1 min x 2	On your toes, knees slightly bent start slow, find rhythm			
4	Sole Drag Inside Push	0:37, 0:43	1 min x2	On your toes, light touches, both knees slightly bent			
5	Sole Drag Outside Push	0:50, 0:56	1 min x2				
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8	Pull Push	1:15, 1:21	1 min x2	A little hop between pulling and pushing the ball			
9	Pull Push Both feet	1:27	1 min x 2				
10	Roll Over - Stop	1:43	1 min x2	Commence to move upper body sideways in the direction of roll before rolling the ball, larger the sideways move the more effective and easier the skill becomes			
11	Inside Taps x4 + Roll Over	1:49	1 min x2	Practice continuous inside tapes before adding the roll over			
12	Inside Cut Outside Push (Messi)	2:01	1 min x 2	After outside push skip across and then cut			
13	Inside Cut Outside-Outside Push	2:10	1 min x2	After outside push skip twice across and then cut			
14	L- Drag	2:25, 2:33	1 min x2	Start slow by dragging the ball with the sole of the foot behind opposite foot with a slight hop forward to create space, then touching the ball with the instep/heel to create L Shape			

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Block 3 (weeks 8-10)

Skill ID	Skill Name	Time on Video	Expected Time of Practice	Tips	Week 8	Week 9	Week 10
1	Continuous Scissors	0:08	1 min x2	Arms slightly out for balance, both knees keep slightly bent, on your toes, start slow and find rhythm, making two circles around the ball			
2	Sole Taps (Toe Taps)	0:14	1 min x2	On your toes, knees slightly bent, make sure to have contact on the ball - no air touches			
3	Sole Drag	0:19	1 min x 2	On your toes, knees slightly bent start slow, find rhythm			
4	Sole Drag Inside Push	0:37, 0:43	1 min x2	On your toes, light touches, both knees slightly bent			
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Proof of completion sheet: (To be completed and handed to your coach at the conclusion of each Block)

<i>Player Name</i>	
<i>Favourite skill attempted</i>	
<i>Most difficult skill attempted</i>	
<i>Total number of skills practiced</i>	
<i>Goals for next Training Block</i>	

Parent/Guardian Signature:

By signing this document, you confirm that your child has completed his/her prescribed homework given to them by the Hills United Coaching Team to the best of his/her ability.

X
