

## HOMEWORK PROGRAM

Ball mastery exercises are specifically designed to improve a players' technique with the ball (both left and right foot), enhance coordination & agility and fitness, & controlled speed with the ball.

Ball Mastery comes from work with the ball to the point where it feels comfortable, like second nature, instinctive, and therefore develops the confidence of an individual on the ball.

All Little Legends participants will receive a homework document with a vast range of ball mastery skills to be performed at home. Players will receive a video demonstrating the skills and furthermore, all skills will also be demonstrated by coaches during sessions.

## BETTER NEVER STOPS

We provide homework sheets to help develop players confidence, fundamental movement skills, foundational ball skills and foster a love for physical activity through football.

The skills vary in complexity to allow every individual child to experience success whilst also being challenged. Please note, players develop at different rates - some players will see early improvement while others may take a little longer. The key to success is persistence and encouragement.

The below homework sheets can be filled out with ticks, stickers, stamps, etc., as a fun system to encourage skill development, patience and physical activity in their weekly routine.

**ON A WEEKLY BASIS, A  
SET OF 3-5 SKILL  
EXERCISES SHOULD BE  
COMPLETED AT HOME  
PRACTICE 2-3 TIMES PER  
WEEK**



**HILLS FOOTBALL  
DEVELOPMENT**



Skill:	Aeroplane Stop ★	Toe Taps ★★	Scrub the Deck ★	Mop the floor ★	Around the World ★	Penguin Kicks ★
Video reference						
Descriptions & Cues to Support your Little Legend(s)!	<p>One foot up on the ball to control it, arms out wide for balance.</p> <ul style="list-style-type: none"> <li>✓ Aeroplane arms out for balance.</li> <li>✓ Don't put your bodyweight on the ball (i.e. don't stand on it)</li> <li>✓ Use the sole of your foot to trap the ball.</li> <li>✓ Practice with both feet!</li> </ul>	<p>Lightly tap the sole of your foot against the top of the ball; both feet one by one.</p> <ul style="list-style-type: none"> <li>✓ Arms out for balance</li> <li>✓ Don't put your bodyweight on the ball (i.e. don't stand on it)</li> <li>✓ Use the sole of your foot to tap the ball. Like ringing a bell with your feet</li> <li>✓ Practice with both feet!</li> </ul>	<p>Using the sole of your foot, roll the ball forwards and backwards on the spot.</p> <ul style="list-style-type: none"> <li>✓ Arms out for balance</li> <li>✓ Don't put your bodyweight on the ball (i.e. don't stand on it)</li> <li>✓ Imagine scrubbing the deck of a pirate ship!</li> <li>✓ Practice with both feet!</li> </ul>	<p>Using the sole of your foot, roll the ball sideways left to right.</p> <ul style="list-style-type: none"> <li>✓ Arms out for balance</li> <li>✓ Don't put your bodyweight on the ball.</li> <li>✓ Imagine mopping the floor side to side with the ball.</li> <li>✓ Practice with both feet!</li> </ul>	<p>Using the sole of your foot, roll the ball around in a circle on the spot.</p> <ul style="list-style-type: none"> <li>✓ Arms out for balance</li> <li>✓ Don't put your bodyweight on the ball.</li> <li>✓ Imagine drawing a circle with the ball on the ground.</li> <li>✓ Practice with both feet!</li> </ul>	<p>Using your instep; knock the ball from one foot to another; on the spot then moving forwards.</p> <ul style="list-style-type: none"> <li>✓ Point to the inside of your foot (maybe there's a design on the shoe there), use that part to knock the ball.</li> <li>✓ Practice waddling like a penguin, side to side, then introduce the ball.</li> <li>✓ Try knocking the ball forward at an angle</li> </ul>



Week:	Aeroplane Stop	Toe Taps	Scrub the Deck	Mop the floor	Around the World	Penguin Kicks
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Confidence /5						

Skill:	Stepovers ☆☆☆	Toe Tap Dribbling ☆☆	Drag Back Turn ☆☆☆	Inside Rolls ☆☆	Scissors ☆☆☆	Backwards Penguin Kicks ☆☆☆
Video reference						
Descriptions & Cues to Support your Little Legend(s)!	<p>Step over and around the ball, we want our instep to move closest to the ball. Take a step over the ball, take another step to reset and come back the other way.</p> <ul style="list-style-type: none"> <li>✓ Point to your instep (same as penguin kicks), that part moves closest to the ball when we step over it!</li> <li>✓ The ball is lava! Try not to knock the ball with your foot</li> <li>✓ Try to adjust your footing after stepping over the ball so your legs don't get tangled</li> </ul>	<p>Using the same motion as toe taps, try to roll the ball forwards alternating feet.</p> <ul style="list-style-type: none"> <li>✓ Arms out for balance</li> <li>✓ Don't put your bodyweight on the ball (i.e. don't stand on it)</li> <li>✓ Practice with both feet!</li> <li>✓ Try going backwards! Roll the ball towards your body and walk backwards.</li> </ul>	<p>Practice scrubbing the deck, but roll the ball all the way behind you, then turn and face the ball and aeroplane stop.</p> <ul style="list-style-type: none"> <li>✓ Try three 'scrub the decks', then do a big one to roll the ball all the way behind you.</li> <li>✓ Try to turn your body so you can always see the ball.</li> <li>✓ Do an aeroplane stop once you've turned to keep the ball under control</li> </ul>	<p>Practice mopping the floor but try to roll the ball all the way across to your other foot.</p> <ul style="list-style-type: none"> <li>✓ Try to use your sole to roll the ball sideways to your other foot</li> <li>✓ Can your other foot aeroplane stop the ball to control it?</li> <li>✓ Once comfortable, can you go faster &amp; add a little hop as you roll the ball over?</li> </ul>	<p>Move your foot around the ball in a circle, without touching the ball!</p> <ul style="list-style-type: none"> <li>✓ Move your foot towards your other leg first, then around the ball.</li> <li>✓ The ball is lava! Try not to touch the ball with your foot</li> <li>✓ Your foot is an astronaut orbiting a planet</li> <li>✓ Bend the knees and get low for balance</li> <li>✓ Try one foot then the other continuously</li> </ul>	<p>Practice doing your penguin kicks, then see if you can knock the ball at a backwards angle towards your body to move backwards instead.</p> <ul style="list-style-type: none"> <li>✓ Point your toes in towards your body, so your instep knocks the ball towards your body</li> <li>✓ Start slowly!</li> <li>✓ Practice scanning by looking over your shoulder to avoid crashing into anything behind you</li> </ul>



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8						
9						
10						
Confidence /5						