



**ACADEMY 59
MATTHEW GRAY**

FOOTBALL TRAINING AT HOME

**Detailed football sessions to improve
your skills from home!**



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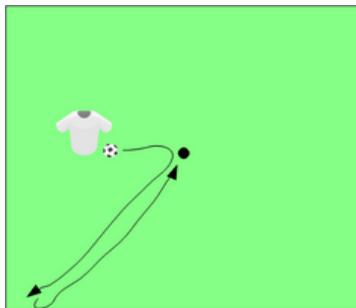
TURNING - SET UP

Set up a small square, whatever space allows.

Mark the centre spot.

Dribble towards centre spot and turn out towards any corner of square.

When approaching corner, turn again so not to exit square, dribble back towards central mark



With a partner,

Set up a rectangular area as shown.

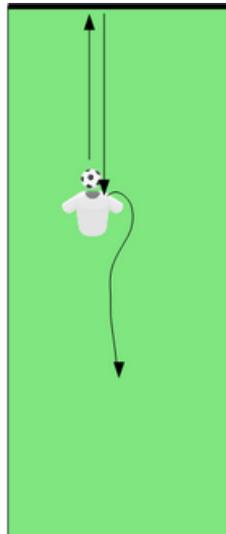
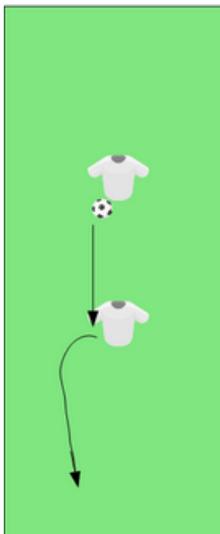
Partner passes you the ball so you can turn when receiving, dribble out to end of area and turn back.

Play ball to partner to do the same.

On your own,

Set up area against a wall

Play ball against the wall, and turn on receiving ball back off wall, dribble away to end of area, turn again, dribble back and repeat





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TURNING - COACHING POINTS

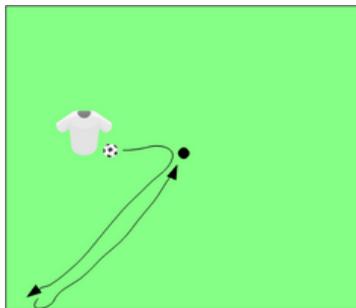
'Hide' the ball from centre mark, get body between ball and mark when turning.

Practice disguising your turns at corners, look as if you are going to run out of the square, before quickly turning back in.

Accelerate out of the turn

Example Turns; outside hook, inside hook, drag back, cruyff turn.

Be creative! try some of your own

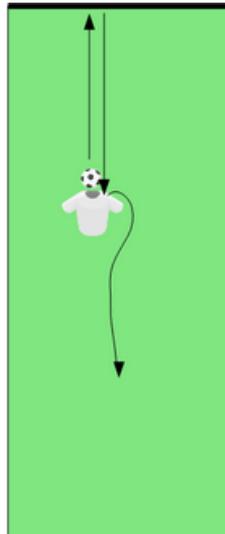
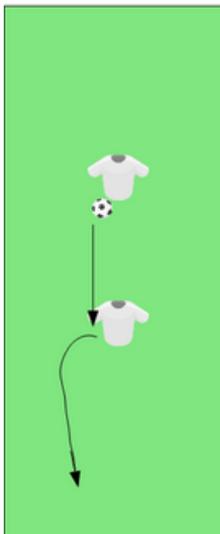


When receiving, try to disguise that you are going to go back where the ball came from.

Use your hips and shoulders to sell the disguise.

Concentrate on a good pass to help your partner (or yourself off the wall)

Example receiving turns;
Side on back foot, Outside turn, inside turn, through the legs, no touch turn





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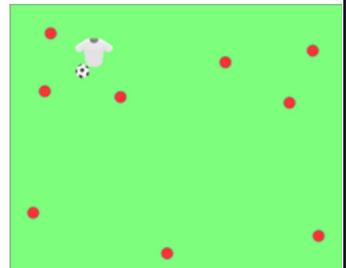
TURNING 2 - SET UP

The set up of this session will depend on the size of area you have available to you.

Set up 1 in a small area (I am using a 4yd x 3yd space), use the outside of your playing space for your turning points to maximise the playing area. (you could still decide to have 2 points extremely close together for a further challenge)



In Set up 2, with more room available, we are able to have smaller spaces (turning points close together) and larger spaces with distance between the turning points.



In both set ups, it is important not to set up the turning points in a symmetrical pattern, but to have them more randomly spread, to have varied movements.





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TURNING 2 - COACHING POINTS

Use the different turning points to represent defenders.

When turning try to keep your body between the ball and the nearest defender (This is the most important part in the majority of the turns)

Know where you are going to go after completing turn

Use your turn to take you where you want to go

In large Spaces (set up 2) accelerate out in to space to "escape" defender

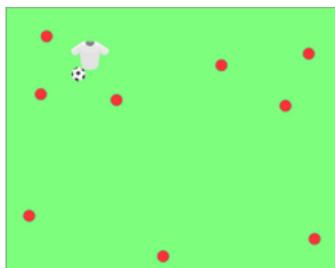
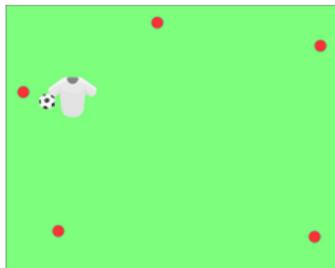
In smaller spaces, keep ball close ready to protect ball from 2nd defender (this will be all the time in set up 1)

Use different parts of both feet to manipulate ball where you want it to go.

Some example turns to use are;

Dragback Cruyff
Inside hook Double touch
Outside hook

Be Creative, and come up with some of your own!!





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PASSING AND RECEIVING - SET UP

'Set up approximately 7-8 Yards from wall.

(You can set up closer if less space or to challenge yourself)

Pass the ball against the wall and receive the return pass, before repeating.

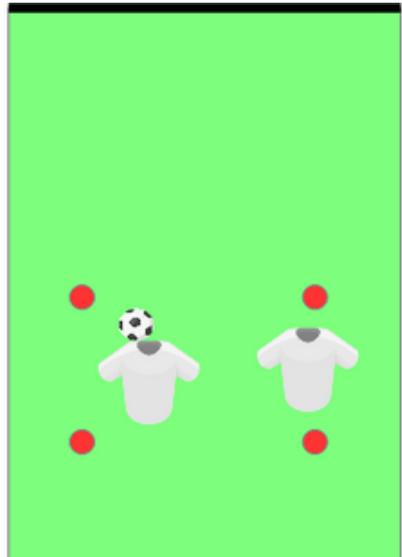
Progress this by having an object you must take your touch around.



'Football Squash

Mark out a small court

Player 1 passes against the wall must be returned into the court, Player 2 will then receive in the court and play back against the wall and the ball must return to court for player 1 and repeat. If the ball misses the court then your opponent scores a point.





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PASSING AND RECEIVING - COACHING POINTS

'Use different surfaces of both feet to control in different ways

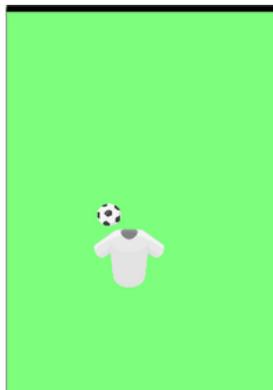
Try these;

Control inside of foot, pass with opposite foot

Control with outside of foot pass with inside of same foot

Control with sole pass with inside of opposite foot

1st time passes - alternate feet

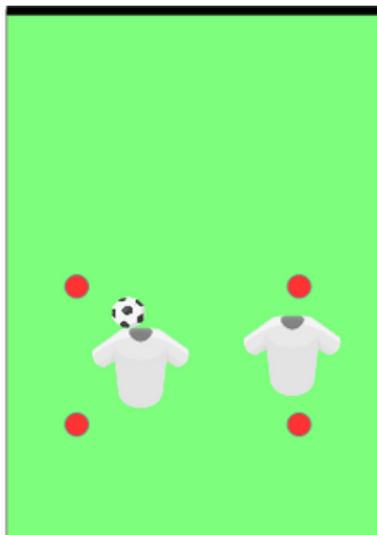


'Football Squash

Direction of pass to return to court, - can you place it in corner of court?

Risk/reward - firm passes more difficult for your opponent to control

Relax surface to take soft touch and 'kill' ball in area





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SHOOTING / BALL STRIKING - SET UP

Start with ball in your hands, drop it and strike it back up into your hands the aim is for the ball not to spin!

Progression; Try doing multiple keep ups, without the ball spinning

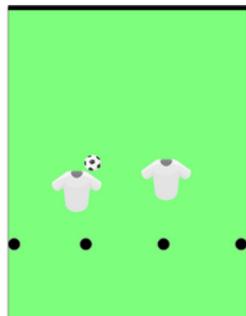
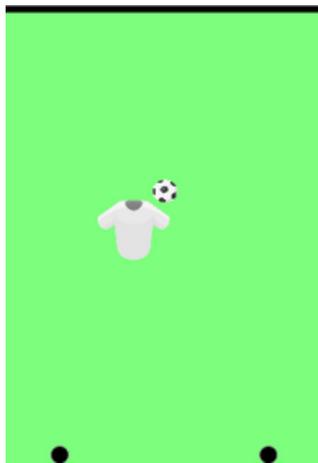
Set up what space is available

Start approximately 5 yards away from the wall, with a goal marked out another 5 yards behind you. (this is fine in a smaller space also)

Mark a chalk line on the wall, approximately 1 yard from the floor.

The aim is to strike the ball against the wall, below the line, and for it to rebound into the goal behind you.

If you have a partner, set up the line/goal a little closer, 1 player strikes against the wall, and the other tries to stop it crossing the line. Then they strike against the wall etc. You can decide to allow hands, or whether they have to try to control the ball as an outfield player to prevent it crossing the line.





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SHOOTING / BALL STRIKING - COACHING POINTS

In this warm up activity, we are trying to get used to striking the ball through the centre of mass.

Concentrate on the middle of the ball making contact with the middle of the foot (laces)



We are aiming to generate power, while also keeping the ball low.

To do this;

- Place your standing foot alongside the ball - level with it.

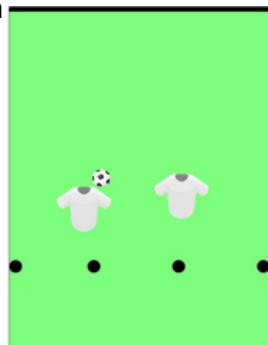
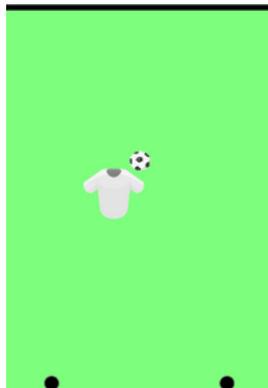
- Your knee on your kicking leg should be above the ball on making contact,

- Lean forward, to get your weight going through the ball,

- Follow through - continue your swing of your leg through after striking the ball, to maintain speed on striking.

- Balancing - as you follow through, you will need to balance your body, this may be that both feet leave the ground after striking.

- Placing your shots - if playing against a partner, can you get the ball to areas they cannot reach - e.g. opposite side to they are stood



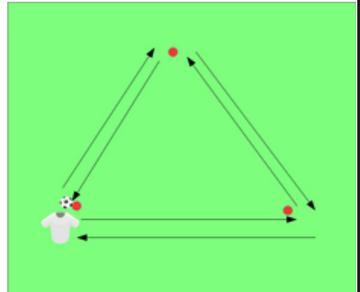


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BALL MANIPULATION/DRIBBLING SET UP

Start at one of the cones at the base of the triangle,

Direction of movement : up to Peak of triangle, backwards to base, across to opposite side, up to peak, back to base, across to original side. Repeat.



Sole Rolls

Side to Sides

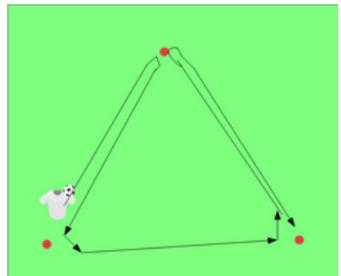
In-out (single foot) - (return to base single foot sole roll)

In-out (both feet) - (return side to sides)



Dribble up to peak of triangle, turn at cone, to dribble forwards back to base.

At cone, use skill/dummy to dribble to across base, at cone us skill/dummy to dribble towards peak. Turn at peak to dribble forwards back to base, skill/dummy back across base. Repeat.



Turns

Dragback

Inside hook

Outside hook

Cruyff

Skills

Stepover

Scissors

Double Scissors

Flip Flap

BE CREATIVE!!

**Come up with
your own!!**



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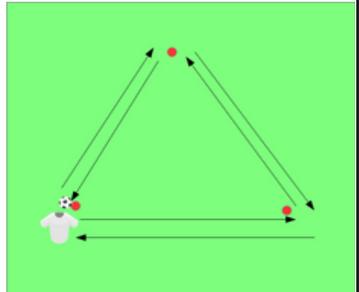
BALL MANIPULATION/DRIBBLING COACHING POINTS

It is important through all the skills to keep the ball close to your feet so it is always playable.

Light on toes - agile to move

Lots of touches - It is not a race to see how fast you can go.

Awareness - Where are the cones? don't crash.



Think about the weight of your touches and the direction you are trying to go.

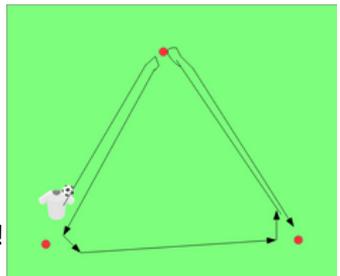
Disguise on all turns/skills/dummies (make a defender think you are going a different way)

Protect the ball from 'defender' (cone)

Distances - too close will hit cone, too far away skill won't affect defender.

Be persistent - some of these skills are hard, keep trying them they will get easier!

Be creative and try your own tricks or combine these tricks in different ways.





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**MORE STILL TO
COME**

