



Weekly Practice Extension Activity

**Week 13**

Players Name: \_\_\_\_\_

Age Group \_\_\_\_\_

Coach: \_\_\_\_\_

Core Skill	<i>Ball control</i>			
Movement	<i>Lifts</i>			
Challenge	<i>Can you perform all lifts and 5 juggles after each?</i>			
Coaching points	<i>These are ways to get the ball from the ground into the air without using hands.</i>			
	<i>Level 1: roll the ball back, let it roll on top of your foot, point your toe up, lift your leg</i>			
	<i>Level 2: lift the ball with no roll, get under the ball and lift your foot forward and up</i>			
	<i>Level 3: stand with your heels close together and your toes far apart, place the ball between the insides of your feet, now VERY quickly bring your toes together and the ball should pop straight up in the air</i>			
	<i>Level 4: "half rainbow" with the ball firmly between your feet, begin by leaning and rolling the ball up the inside of one leg quickly with the inside of your other foot, hop onto the foot that rolled the ball, and kick your standing heel straight up in the air</i>			
	<i>Level 5: with the ball firmly between your feet, begin by rolling the ball up the inside of one leg with the inside of your other foot (no leaning), let the ball go, smash the ball straight into the ground with your heel [DO NOT STEP ON THE BALL], the ball will hit the ground and bounce back up for you to juggle</i>			
Target 1	Target 2	Target 3	Target 4	Target 5
-	-	-	-	-

Attempt	Score	Parent Signature
1		
2		
3		
4		
5		
6		
7		To be completed by TE coach

Hand the complete report card to your coach at the start of each week in order to build your player profile.