



Dynamic Coaching  
Play Like a Pro  
Home Study  
U6-U8's







Our team of coaches have come together and designed a training plan that players can do at home. This plan is aimed to help maintain and develop your child's level of fitness and technical ability while we are on lockdown due to Covid-19.

If you have any questions please drop Darran a message on WhatsApp or email him at [darran@dynamiccoaching.ie](mailto:darran@dynamiccoaching.ie).



# Daily Schedule

Day	Session
Monday	20 minute technical session
Tuesday	20 minute technical session
Wednesday	Go for a walk, jog or cycle with your parents.
Thursday	20 minute technical session
Friday	20 minute technical session
Saturday	Go for a walk, jog or cycle with your parents.
Sunday	Rest Day



# Technical Session

- Your play like a pro home study technical session very important to keep both your skills and fitness levels ticking over in these uncertain times.
- The technical session plans we have put together for you are very similar to what we would have coached you at your club or on our camp programme.
- If you don't have training cones go old school and use items of clothing or some bits and bobs from around the house or garden.
- Most importantly focus on good technique and have fun while doing it. Try out the sessions yourself and organize a time trial competition between friends or siblings.
- If possible record the session give us a shout out on social media or send us the clip directly and we will put the session up on our social media platform.

*In the background is Alex Morgan USA international women's player and world cup winner who constantly refers to her training at home as a key part of her success.*





# Technical Session One: Ball Mastery

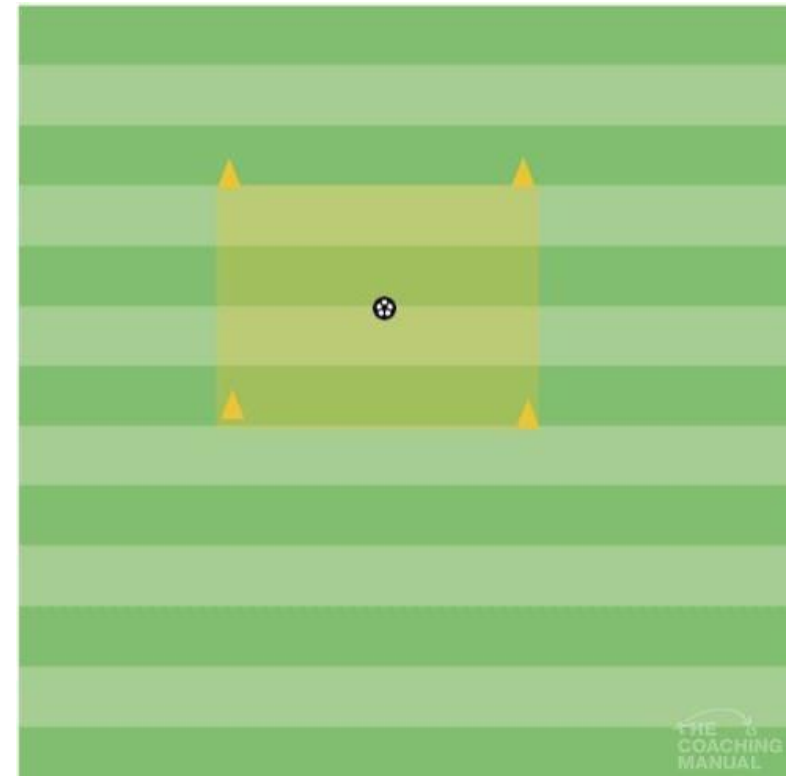
## “Small Steps, Big Results”

### Set up:

Mark out a small box 5 steps wide/5steps long. If you don't have cones use any for objects from around the house or garden.

### Ball Mastery Skill Circuit:

- 10 Sole Taps.
- 10 Toe Taps.
- 10 Sole Tap, Sole Tap, Sole Drag across the body to your opposite foot.
- 10 Toe Tap Toe Tap, Scissors, Outside Cut.
- 10 Inside/Outside cut right foot then 10 on your left
- 10 Outside/Inside Cut using both feet.
- After performing the skills stationary trying doing them on the move within your box.







# Technical Session Two: Dribbling

## “Small Steps, Big Results”

### Set up:

Lay out four markers or objects in a straight line two steps apart.

### Dribbling skills:

- Dribble through the cones using various parts of your feet. Perform each skill twice with your left and right foot.
- Freestyle dribble through the cones (dribble any way you want).
- Inside only.
- Outside only.
- Inside outside single foot, change feet each round.
- Inside Outside both feet.
- Soles of your feet (sole taps on the move).

