

CHELSEA FC

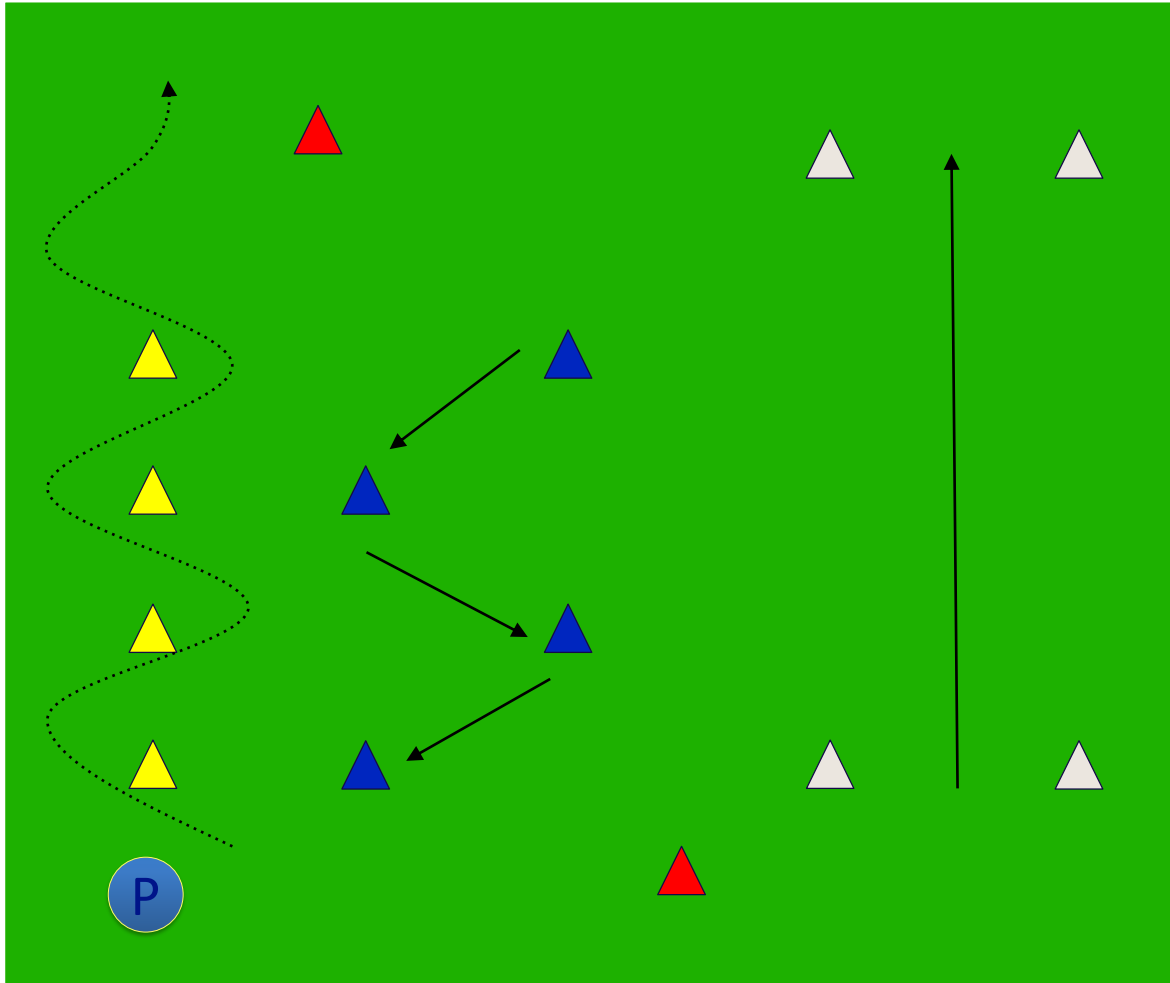
FOUNDATION COLLEGE ACADEMY

TECHNICAL PROGRAMME



PLEASE FOLLOW GOVERNMENT GUIDELINES WHEN COMPLETING THESE TECHNICAL PRACTICES – THESE MUST BE COMPLETED AT HOME / ON YOUR PROPERTY AND NOT IN A LOCAL PARK OR RECREATION GROUND.

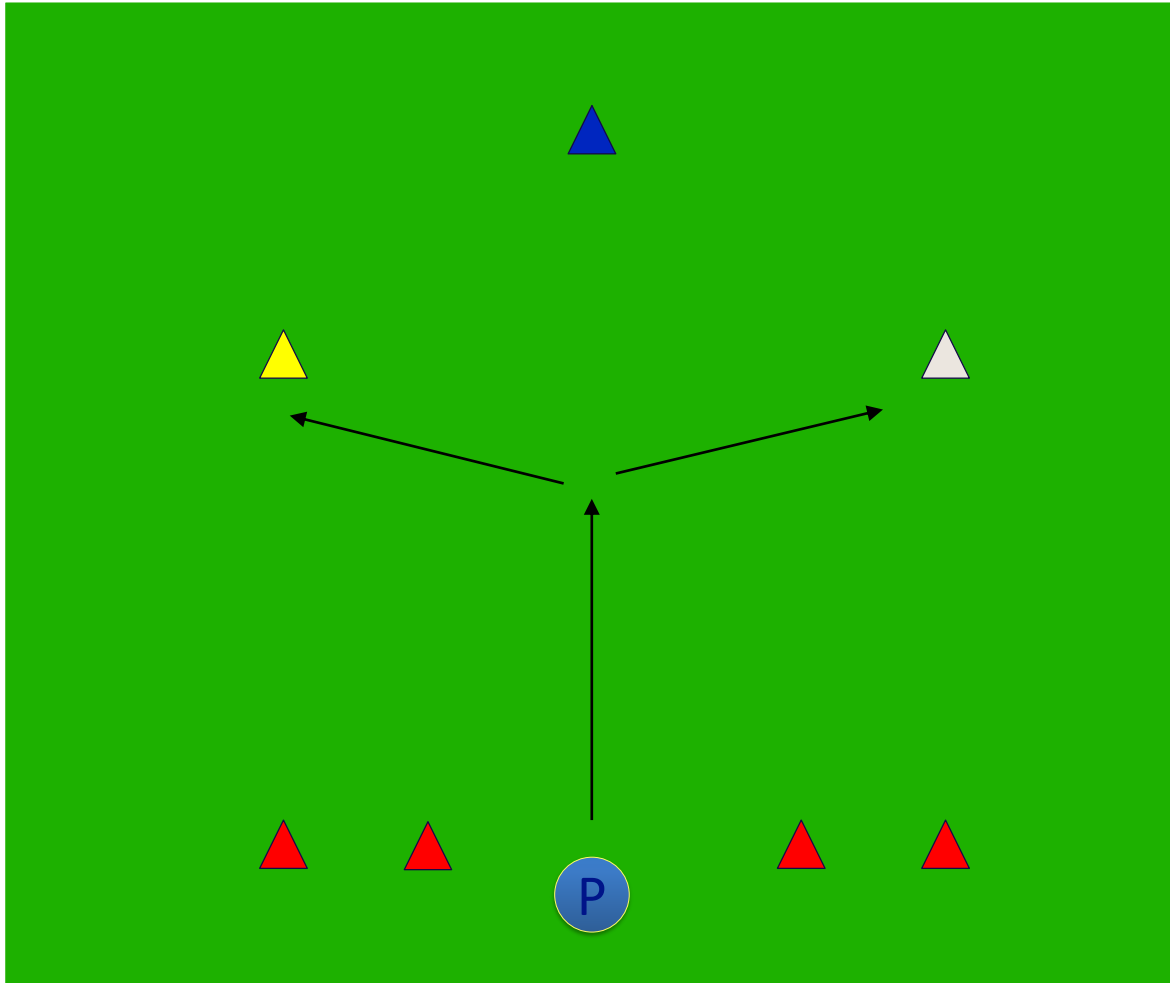
THESE PRACTICES MUST BE ADAPTED TO SUIT YOUR NEEDS AND SPACE AVAILABLE. PLEASE ENSURE THAT BEFORE STARTING THE PRACTICES THAT YOUR AREA IS CLEAR OF OBSTRUCTIONS AND THAT YOU ARE TAKING INTO ACCOUNT ALL POSSIBLE HAZARDS AND RISKS



DESCRIPTION

SET UP

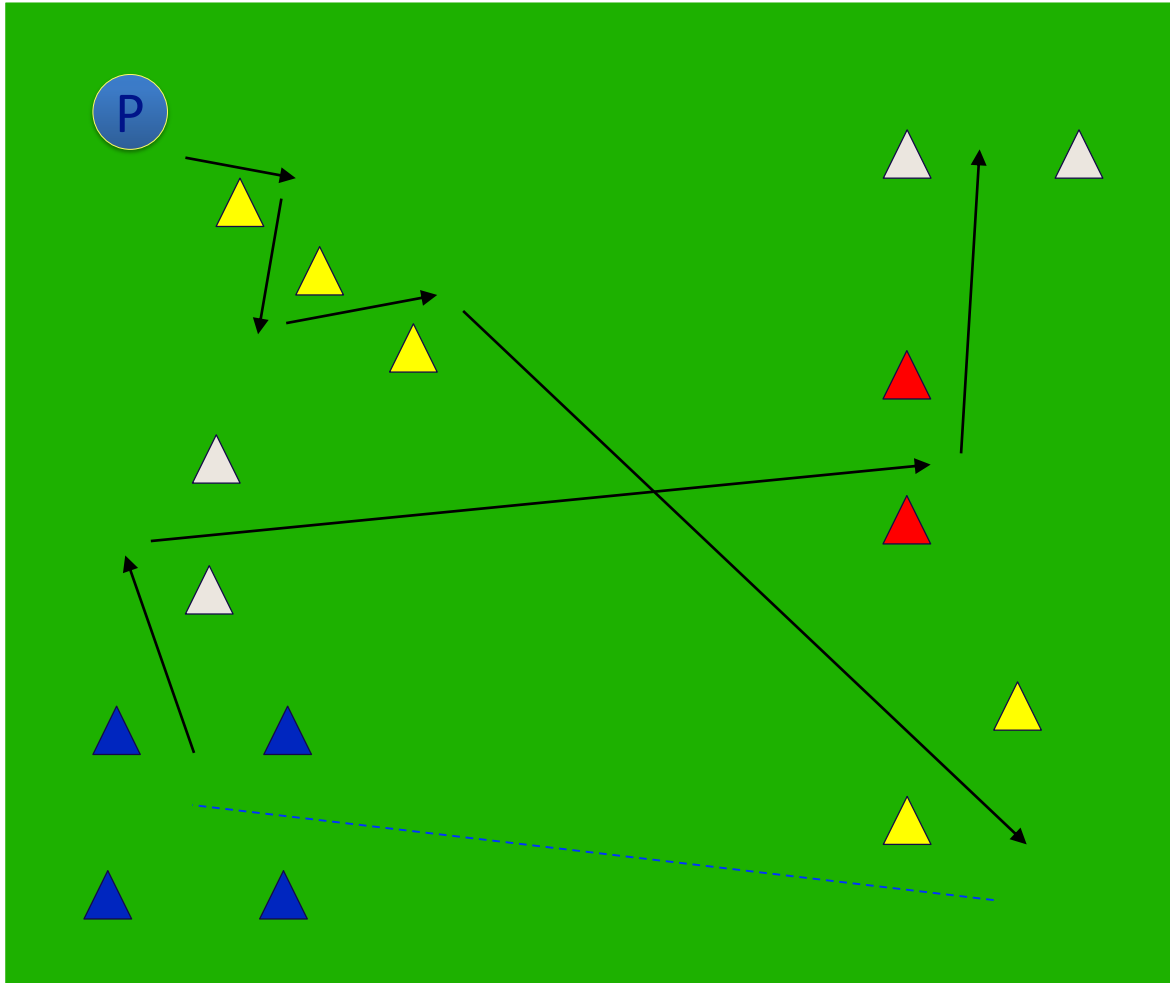
- Dribble through the Yellow Cones using all areas of both feet to move forwards
- Dribble around the Blue Cones, left to right, changing speed when changing direction, keeping close control at all times
- Drive with the ball between the starting and finishing white gates
- REPEAT 6 TIMES



DESCRIPTION

SET UP

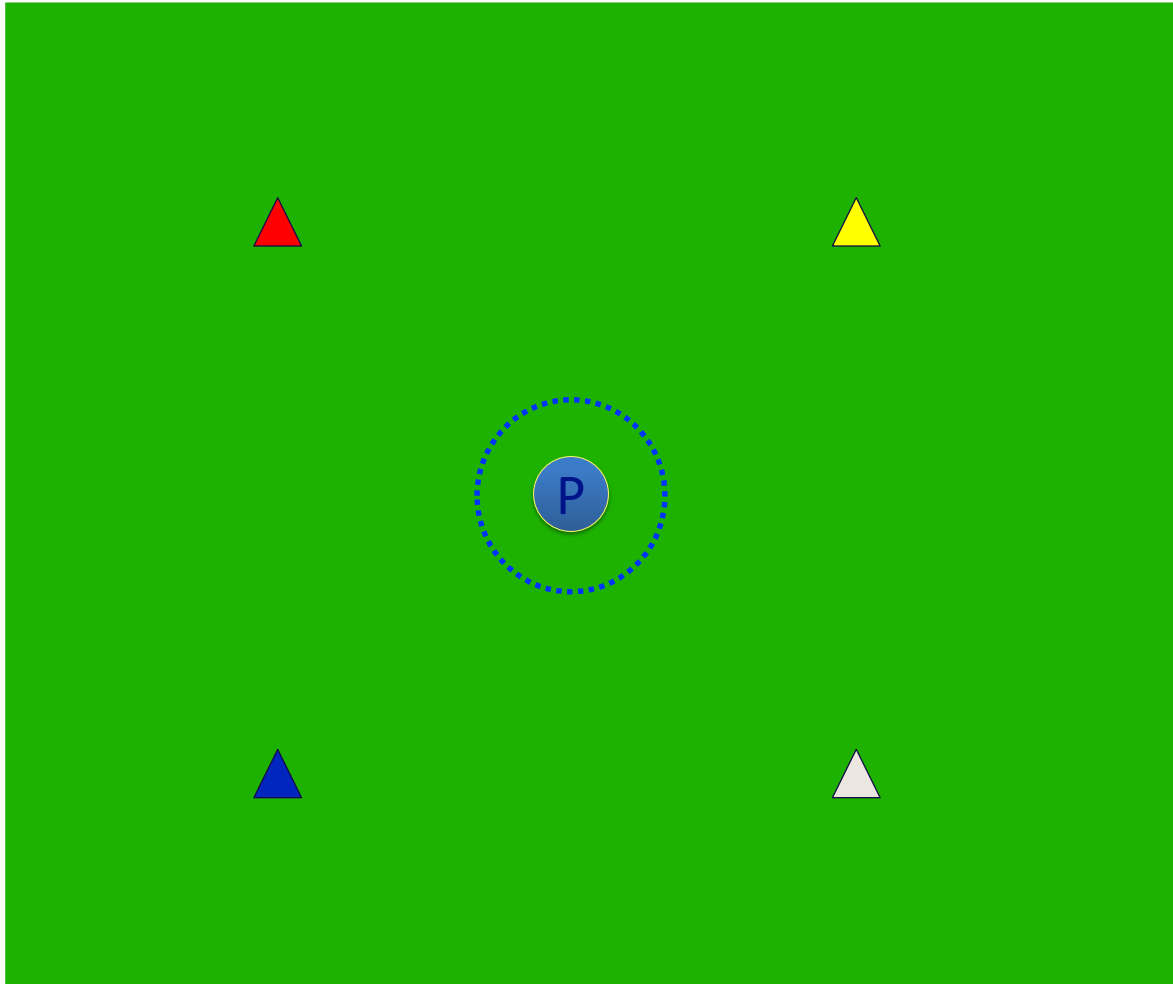
- Dribble round each coloured cone twice (yellow / blue / white) before returning to drive through one of the red gates situated near start point (changing speed when changing direction and keeping close control at all times)
- You cannot move around the same cone twice in a row and the cones must be evenly spaced
- Is there a quickest route??
- REPEAT 2 TIMES



DESCRIPTION

SET UP

- Dribble through yellow cones and drive for yellow gate
- From yellow gate to blue square – kick up's keeping the ball off the floor as you travel using different parts of your body
- Blue square freestyle skills for 1 minute
- Leave the blue square – travel through the white gate to red gate with a sharp turn to finish between the white gate
- REPEAT 2 TIMES



DESCRIPTION

SET UP

- Four cones (or different objects) creating a square with the player in the middle (try and stay within a set area as designated by the circle)
- Move with the ball within the inner circle and every 5 seconds choose a coloured cone / object to travel to and back
- Increase difficulty – choose a coloured cone / object, but half way change your mind and choose a different cone / object
- If you have someone in your household that could call colours / objects out for you this will increase difficulty too
- **BE ACTIVE FOR 2 MINUTES – REPEAT 4 TIMES**