Leith Academy's Football Lockdown

Whilst we can't follow our usual football routine it does not mean that we can't keep ourselves ready for when the good old days return. Every two weeks I will provide a two week programme you can follow to keep your skills slick and get you off the sofa!

You can follow this as strictly or as relaxed as you like. Pick bits and pieces to do or make your routine harder. **Whatever you do it would be great if you could share some videos of your work with us @Leithpe and post results on your year group's Teams page so you can see how you're doing compared to everyone else in your year.**

Topic 1: Touch and Control.

To measure improvement, we will use keepy ups as your test. You're allowed 3 attempts and your highest score counts.

Day	Activity	Notes. Rate yourself! (Gold, Silver, Bronze). Score on Test day
1 Test	Keepy ups	Score =
2 Wally	One touch passing off a wall. Use both feet	Gold = 75+ Silver = 50+ Bronze = 25+
3 Tap Tap	30 second toe taps. Use different parts of the foot. See twitter for help.	Score =
4 'Sock'er	Roll up some socks into a ball. Dribble round the house for 200 touches.	Rate yourself!
5 Test	Keepy ups	Score =
6 Bounce kicks	Take it back a step and between each keepy up let the ball bounce.	Gold = 60+ Silver = 30+ Bronze = 15+
7 Zig n zag	2 minute dribble. Set out a line of cones (or anything you have) and dribble in and out the cones. How many times can you complete the circuit?	You set the target and rate yourself. Target = Score =
8 Throw n catch	Take a small tennis ball (or socks!) throw against a wall with one hand and catch with the other. 2minutes....GO!	Gold= 60+ Silver = 40+ Bronze = 20+
9 Test	Keepy ups	Score =
10 Tap Tap	See Day 3	Gold = 80+ Silver = 50+ Bronze = 25+
11 Wally	See Day 2	
12 Keepy up Wally	This time instead of just passing the ball off the wall see if you can do keepy ups off the wall.	Gold = 50+ Silver = 30+ Bronze = 15+
13 Your choice	Choose anything that's been mentioned or create your own.	Rate yourself!
14 Final Test	Keepy ups. See if you have improved. Good luck	Target = Score =