

Leith Academy's Football Lockdown #2

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 2: Passing accuracy. To measure improvement, we will use a target drill. Make a mark with a cone (or anything you can find), take 15 large steps back from the mark and see if you can hit the mark. You get 10 attempts and see what score you can get out of 10.

Day	Activity	Notes. Rate yourself! (Gold, Silver, Bronze). Score on Test day
1 Test	Hit the mark!	Score =
2 Through the gate	You choose the distance. Mark a 'gate' with two cones or similar. 3 steps apart. Count how many passes you can get through the gate in 2 mins. You can change your distance or gate size.	Gold = 20+ Silver = 15+ Bronze = 10+
3 Wally	Two touch wally. Left foot, right foot. 2 minutes, go! (If you have a sibling do this with them.)	Gold= 30+ Silver= 25+ Bronze= 15+
4 Target practice	Sit on a seat. Place a bowl at the opposite end of the room. How many teabags can you throw into the bowl?	Rate yourself!
5 Test	Hit the mark!	Score =
6 Obstacle course	Play a pass round/off a wall and into a target. Make it challenging and share your success on twitter with @Leithpe	
7 Weak foot test	Perform the target drill but use your weaker foot and see how it compares to your dominant side.	You set the target and rate yourself. Target = Score =
8 Through the gate	See Day 2	Gold= 20+ Silver = 15+ Bronze = 10+
9 Test	Hit the mark!	Score =
10 Wally	See Day 3	Gold = 30+ Silver = 25+ Bronze = 15+
11 Bounce kicks	We don't this for control but use it today to practice with different parts of the foot. Be creative. Set yourself a target to reach.	Target =
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	Hit the mark!	Target = Score =

