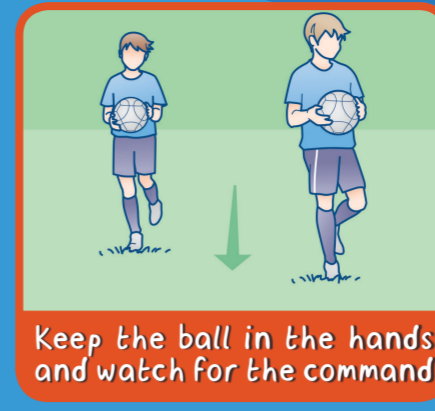


## EXERCISE 1 JOG & LOOK AT THE COACH (TO STOP)

- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos



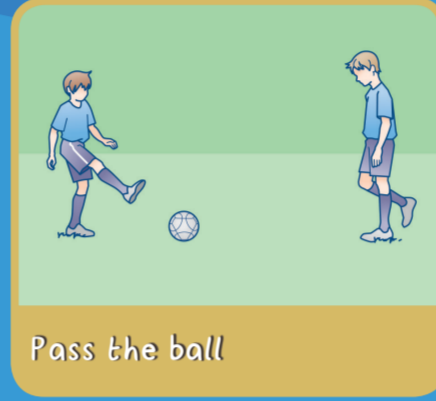
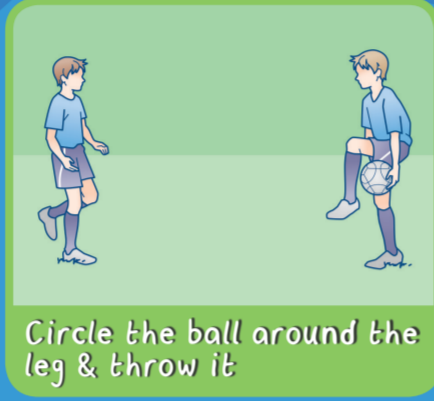
## EXERCISE 2 SKATING HOP

- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)



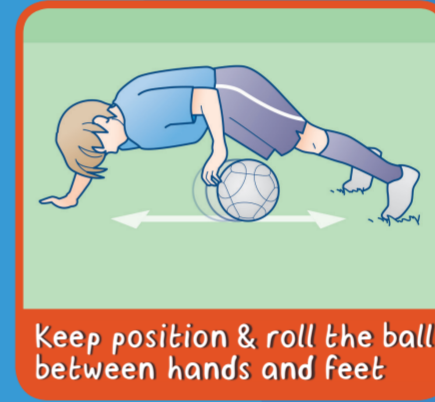
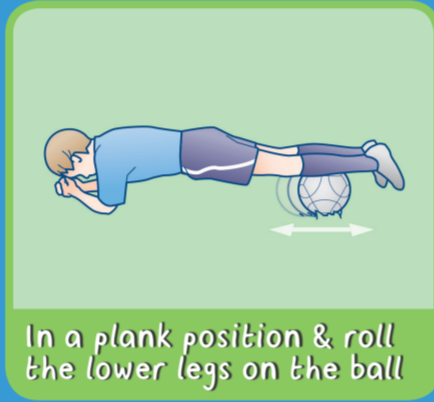
## EXERCISE 3 ONE LEG STANCE

- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds



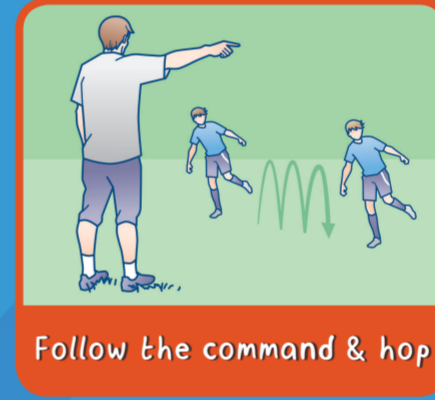
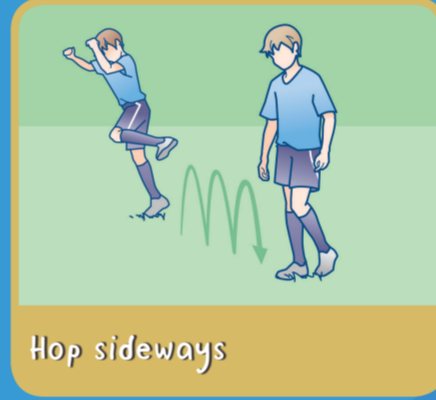
## EXERCISE 4 PUSH UP

- 2x, until each kid rolls 1x the ball (max. 8 kids)
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 10 seconds



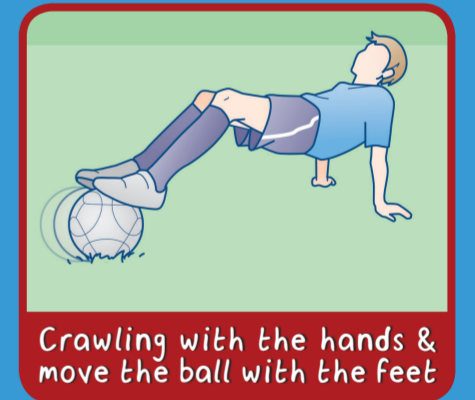
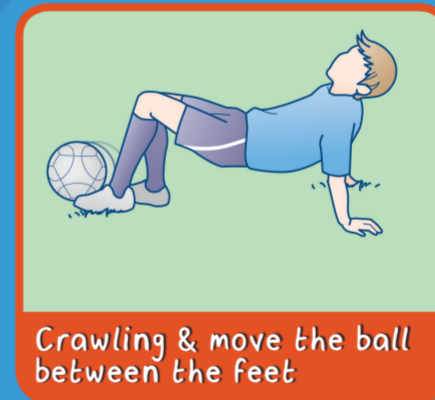
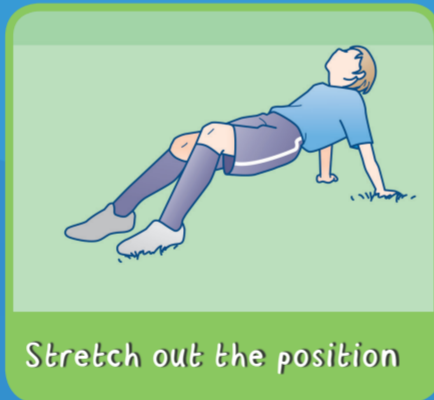
## EXERCISE 5 ONE LEG HOPS

- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg



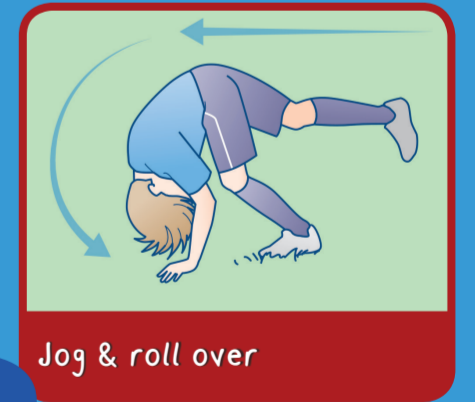
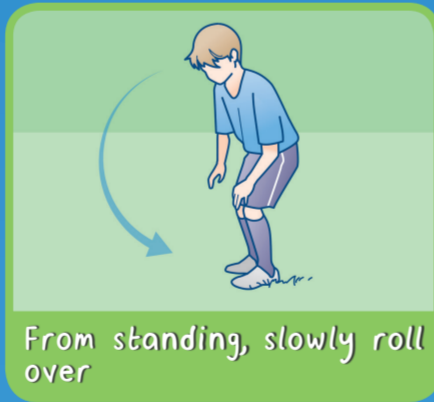
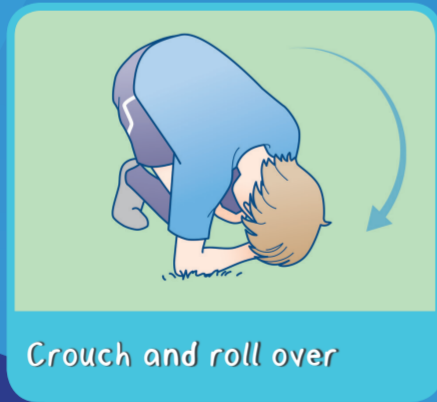
## EXERCISE 6 SPIDERMAN

- 3x à 15 seconds
- 3x à 15 seconds
- 3x over 5-10 meters
- 3x over 5-10 meters
- 3x over 5-7 meters



## EXERCISE 7 ROLL OVER

- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side



# FIFA U+ KIDS