

CAPALABA BULLDOGS ACADEMY

HOME EXERCISE PROGRAM

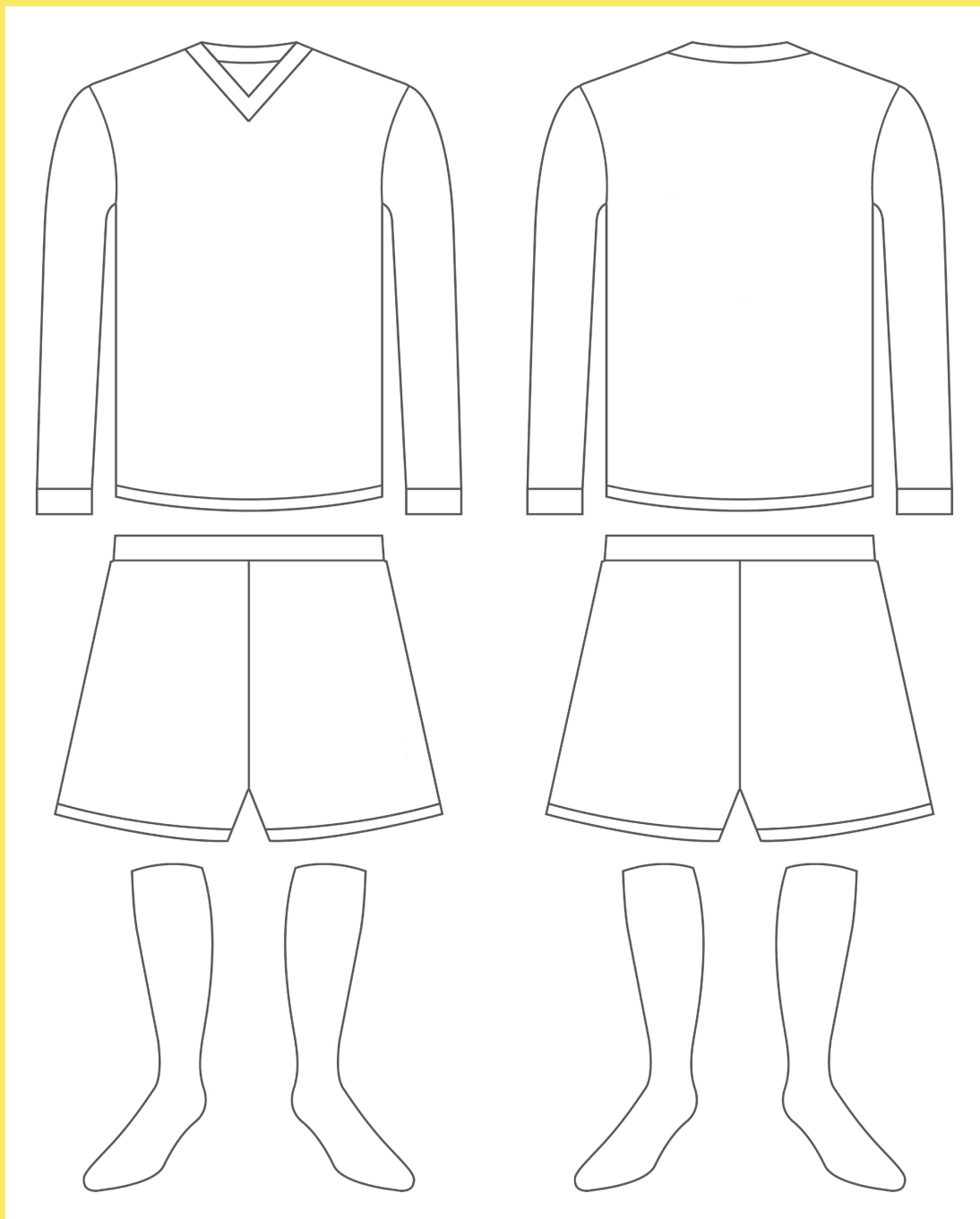


BE BRAVE BE PROUD BE A BULLDOG

DESIGN YOUR OWN BULLDOGS KIT



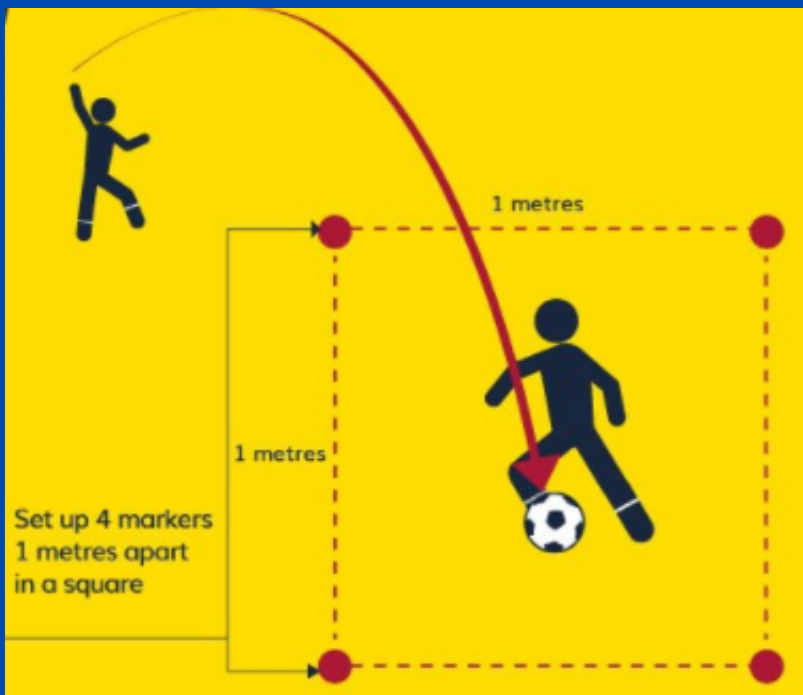
Have a go at designing and colouring your own Bulldogs kit. You can do one for both home and away!



FIRST TOUCH CHALLENGE



This challenge is designed to support players to develop their control and touch of the ball. Practice your control technique first before taking the challenge.



Have someone feed a football to you whilst in the box and aim to control the ball as quickly as possible. See how many balls you can control in 60 seconds.

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively

COACHING TIPS

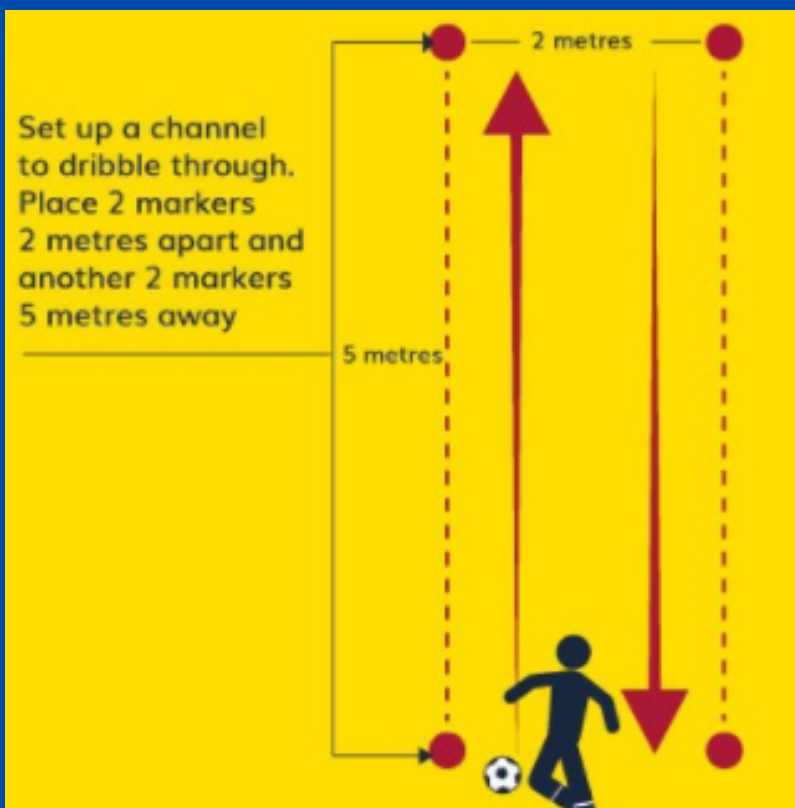
Try and be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch before passing

DRIBBLE TURN CHALLENGE



This challenge is designed to support players to develop dribbling and skills to change direction. Try the challenge after you have practiced your turns and send your coach your score.



Set up a channel to dribble through. Place 2 markers 2 metres apart and another 2 markers 5 metres away

Dribble the ball through the channel and turn at each end using a turn of your choice. How many turns can you execute in 60 seconds?

COACHING TIPS

Think about your technique and what works best.

1. Use laces of the boot
2. When there is space you can use bigger touches
3. When you are turning, use softer touches and keep the ball closer
4. Slow down into the turn and accelerate out of the turns

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively
3. Try a different turn at each end

DESIGN YOUR OWN FOOTBALL BOOT



Have a go at designing and coloring your own football boots.



DRIBBLING WIZARD



This challenge is designed to support players to develop dribbling and moving with the ball. Try the challenge after you have practiced your dribbling skills and send your coach your best score.



Dribble as many figure of 8's around 2 markers as possible in 60 seconds.

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet

COACHING TIPS

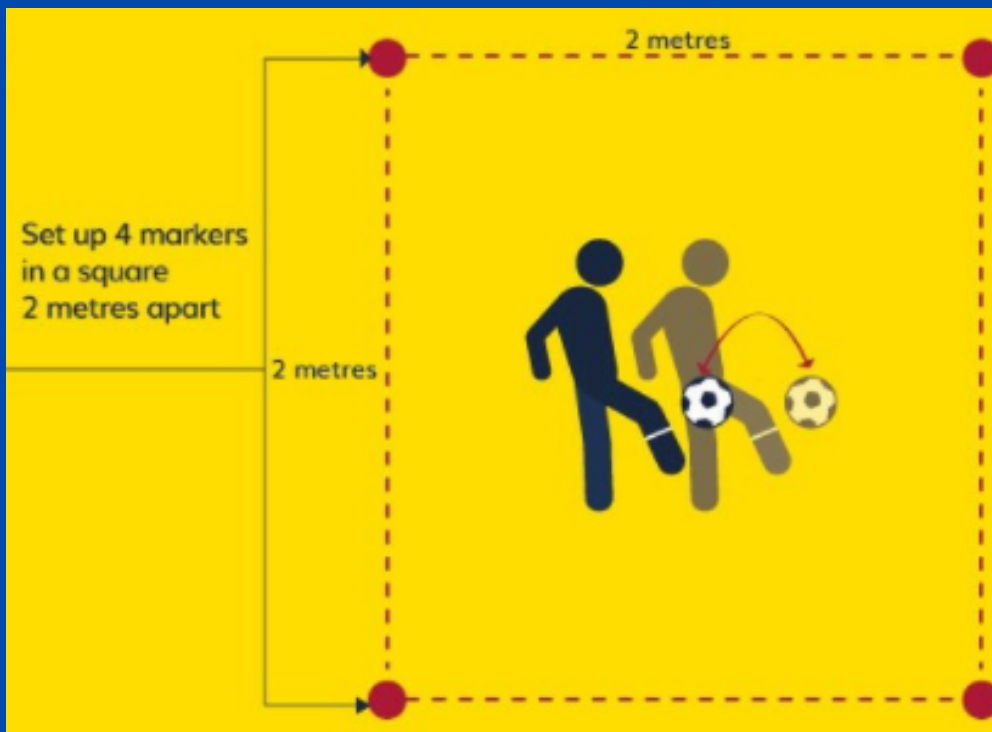
Think about your technique and what works best.

1. Use laces of the boot
2. When there is space you can use bigger touches
3. When you are turning, use softer touches and keep the ball closer

KEEPY-UP CHAMP



This challenge is designed to support players to develop their touch and control of the ball. Try the challenge after you have practiced and send your coach your best score.



Record as many touches of the ball without it hitting the ground as possible in 60 seconds.

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively
3. Use a different body part after each touch

COACHING TIPS

Try to be relaxed and composed.

1. Try to keep the ball low using softer touches

DESIGN YOUR OWN GOALIE GLOVES



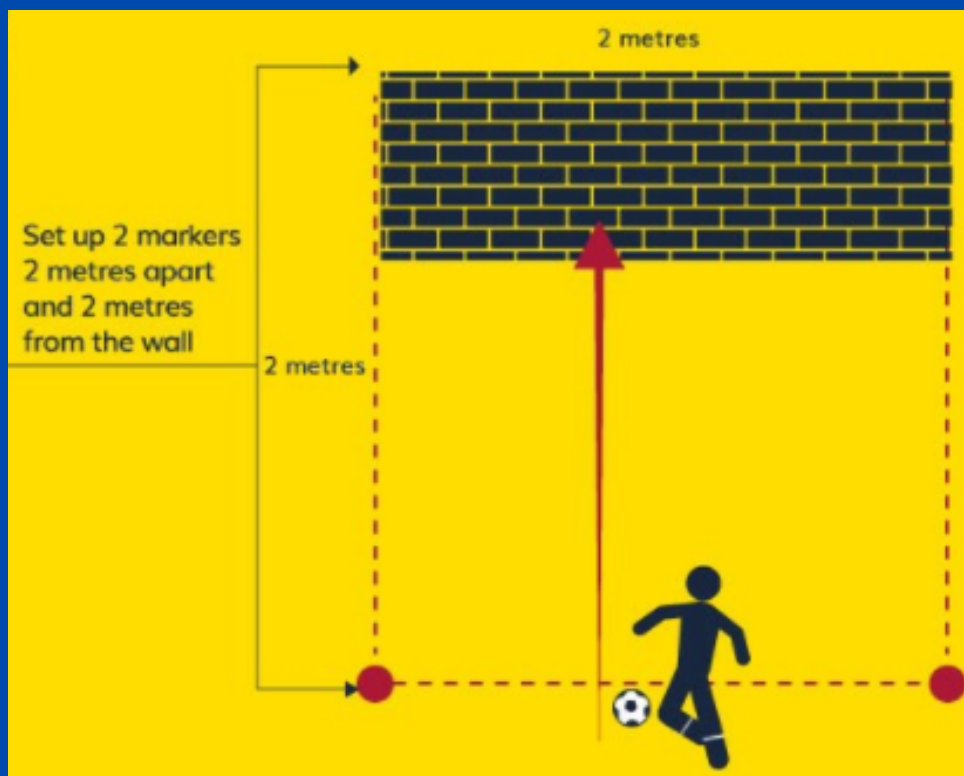
Have a go at designing and coloring your own goalkeeper gloves!





PASS MASTER

This challenge is designed to support players to develop their passing and touch of the ball. Try the challenge after you have practiced your passing technique and send your coach your best score.



Pass the ball off the wall and back between the cones. Count how many consecutive passes you can make in 60 seconds.

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively
3. Increase the distance of the pass
4. Decrease the area where you receive the pass within

COACHING TIPS

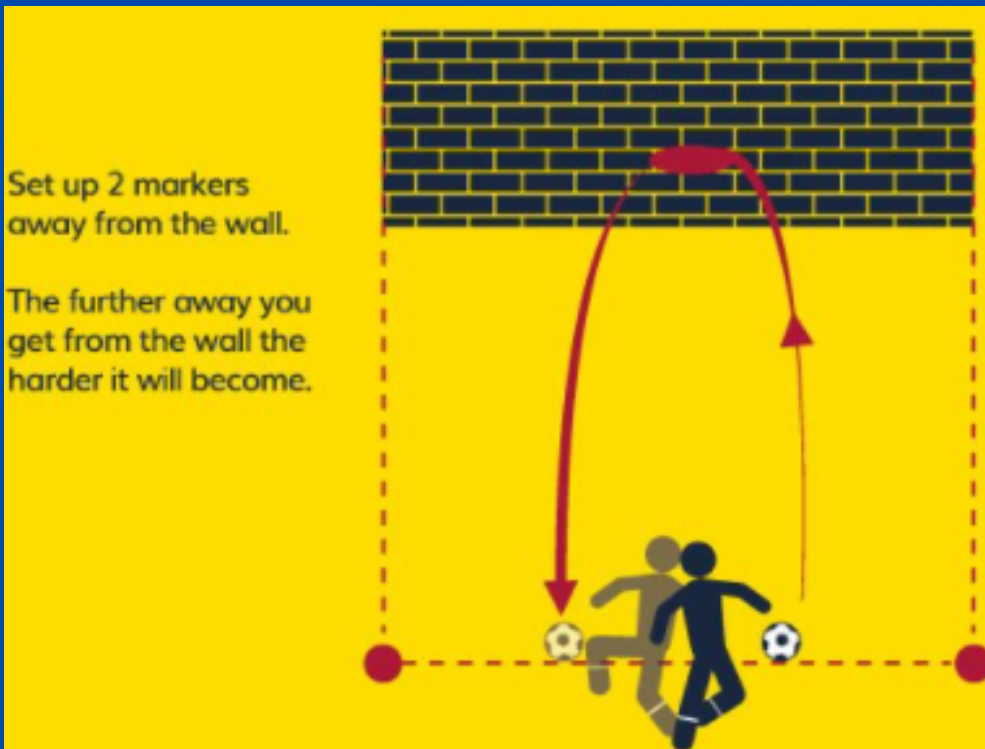
Try to be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch if needed before passing



WALL BALL

This challenge is designed to support players to develop their controlled volleys and touch of the ball. All you need is a wall and a ball. Practice your control technique first before taking the challenge.



Pass the ball off the wall and back between the cones. Count how many consecutive passes you can make in 60 seconds.

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively

COACHING TIPS

Try to be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch if needed before volleying