

Blackhills FC G07 Virtual Classroom (read only)

You must include your parent(s) in your emailed responses.

June 26, 2020

Type	Exercise	Source	Author
Technique	L-Turn Combo	Instagram	technefutbol
Technique	Juggling Pattern	Instagram	technefutbol
Discuss	The correct level?	Instagram	technefutbol
Collegiate	UConn Women	Instagram	football4women
Professional	Olympique Lyonnais Reign (Local Women's Team Schedule)	Instagram	olreign

June 25, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	theacademyplayer
Technique	One-Touch Juggling	Instagram	become_elite
Technique	Wall Work Pattern	Instagram	skillchallenges
Fitness	Two-Foot Jumps	Instagram	spe_training

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June 24, 2020

Type	Exercise	Source	Author
Technique	V-Taps to Laced Pass	Instagram	become_elite
Technique	Agility + Finishing	Instagram	skillchallenges
Technique	Wall Work	Instagram	technefutbol
Challenge	Two-Cone Patterns	Instagram	skillchallenges

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June 23, 2020

Type	Exercise	Source	Author
Technique	Wall Juggling	Instagram	technefutbol
Technique	Progressive First Touch	Instagram	beastmodesoccer
Technique	Footwork	Instagram	theacademyplayer
Challenge	Juggling Flick Up	Instagram	beautiful_game_08

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June 22, 2020

Type	Exercise	Source	Author
Technique	Line Dribbling	Instagram	technefutbol
Technique	Why Practice?	Instagram	technefutbol
Technique	Footwork Patterns	Instagram	soccergirlprobs
Professional	Amy Rodriguez	Instagram	justwomenssports

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June 19, 2020

Type	Exercise	Source	Author
Collegiate	Claire Shea	Instagram	easa_australia
Technique	Two-Cone Pattern	Instagram	skillchallenges
Wow!	Footwork	Instagram	overtimefc
Discuss	Deliberate practice makes perfect	YouTube	Amazon

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June 18, 2020

Type	Exercise	Source	Author
Technique	Dribbling + Skill Move	Instagram	fttrainings
Technique	Two-Cone Pattern	Instagram	sfbalrs
Challenge	Hocus Pocus Tutorial	Instagram	soccergrlprobs
Technique	Camp Speedy	Instagram	gogeoducks

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June 17, 2020

Type	Exercise	Source	Author
Technique	Two-Cone Wall Work Pattern	Instagram	skillchallenges
Technique	Tight Space Control	Instagram	theacademyplayer
Technique	Matthews to Scissors	Instagram	goeras
Professional	USA Champions Documentary: "The Story of the 2019 FIFA Women's World Cup"	Instagram	USWNT Classics

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June 16, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	technefutbol
Technique	Ball Mastery Pattern	Instagram	cruzcoaching
Technique	Two-Cone Pattern	Instagram	beastmodesoccer
Wow!	Alanna Kennedy	Instagram	justwomenssports

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June 15, 2020

Type	Exercise	Source	Author
Wow!	Freestyle	Instagram	gonzogirl11
Technique	Tight Space Dribbling	Instagram	fttrainings
Technique	600 Touches in 6 Minutes	YouTube	Beast Mode Soccer
Challenge	Three-Cone Pattern	Instagram	skillchallenges

June 12, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	skillchallenges
Technique	Four-Cone Pattern	Instagram	cruzcoaching
Wow!	Kaitlyn Watts	Twitter	@BarryScullion
Technique	Tight Space Dribbling	Instagram	fttrainings

June 11, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	skillchallenges
Technique	First Touch + Passing	Instagram	fttrainings
Technique	Dribbling Ladder	Instagram	go_at_em
Challenge	Footwork	Instagram	goeras

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June 10, 2020

Type	Exercise	Source	Author
Challenge	Half-Volley Touches	Instagram	thesoccersamurai
Fitness	Explosiveness Workout	Instagram	fttrainings
Technique	Beast Mode Soccer Phase 1 Footwork Program	YouTube	Beast Mode Soccer
Discuss	Flow: Happiness in Super Focus	YouTube	Nerdwriter1

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June 9, 2020

Type	Exercise	Source	Author
Technique	Four-Cone Pattern	Instagram	bestmodesoccervan
Technique	Magnetico Day One	YouTube	7mlc
Quiz	Blackhills FC G07 Team Principles		

June 8, 2020

Type	Exercise	Source	Author
Technique	Figure Eight Pattern	Instagram	skillchallenges
Technique	Dribbling	Instagram	go_at_em
Technique	10 Easy Juggling Exercises To Improve Your Ball Control	YouTube	7mlc
Challenge	Two Ball Skill	Instagram	beautiful_game_08

June 5, 2020

Type	Exercise	Source	Author
Technique	Two-Cone Pattern	Instagram	beastmodesoccer
Fitness	10 Minute Fast Feet Workout	YouTube	7mlc
Fitness	Plank Workout	Instagram	fttrainings
Technique	Left-Footed Dribbling	Instagram	beautiful_game_08

June 4, 2020

Type	Exercise	Source	Author
Technique	Scissor Footwork Pattern	Instagram	skillchallenges
Technique	Dynamic Finishing	Instagram	alexramostraining
Fitness	Legs Workout	Instagram	fttrainings
Quiz	Width-based Principles	YouTube	Footy Tactics Guy

June 3, 2020

Type	Exercise	Source	Author
Technique	Dribbling COD	Instagram	skillchallenges
Fitness	W-Passing	Instagram	become_elite
Challenge	Skill Move Tutorial	TikTok	michellefeinb

June 2, 2020

Type	Exercise	Source	Author
Challenge	Marcelo Footwork Pattern	Instagram	skillchallenges
Technique	Knuckleball Tutorial	Instagram	jkartsoccer
Technique	Skill Moves Workout	Instagram	fttrainings
Quiz	World Cup 2019 - USWNT vs Chile	YouTube	Footy Tactics Guy

June 1, 2020

Type	Exercise	Source	Author
Fitness	10 Knee/Leg Strengthening Exercises At Home Workout For Building Strong Leg Muscles	YouTube	7mlc
Technique	Two-Cone Drill	Instagram	sfbalrs
Technique	Dribbling + Quickness	Instagram	fttrainings
Collegiate	Savannah McCaskill	Instagram	justwsoccer

May 29, 2020

Type	Exercise	Source	Author
Fitness	Sprint to Ronaldinho	Instagram	become_elite
Challenge	Four-Cone Pattern	Instagram	sfbalrs
Challenge	Skill Combo Tutorial	Instagram	skillchallenges
Professional	Beth Mead	Instagram	arsenalwfc
Game	FA Continental Tyres Cup: Arsenal Women vs. Manchester City Women (Semifinals)	YouTube	Yohn Voker

Another opportunity to watch games and practice looking for formations, seams, lines, and layers. Here is some helpful information on how to watch games: [How to watch a football match like a professional coach](#)

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May 28, 2020

Type	Exercise	Source	Author
Fitness	Abs Workout	Instagram	fttrainings
Technique	Servandos	Instagram	sfbalrs
Quiz	World Cup 2019 - USWNT vs France	YouTube	Footy Tactics Guy

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May 27, 2020

Type	Exercise	Source	Author
Challenge	Sole Roll	Instagram	sfbalrs
Technique	One-Cone Pattern	Instagram	technefutbul
Technique	Two-Cone Pattern	Instagram	technefutbul
Game	2020 U15 Women's Soccer // PDA vs. Barcelona (Final)	YouTube	Foxy Sport

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May 26, 2020

Type	Exercise	Source	Author
Fitness	Bodyweight Core	Twitter	@TheJuliaLion
Technique	5 Lateral Footwork Patterns	Instagram	skillchallenges
Technique	Change of Direction	Instagram	theacademyplayer
Technique	Ronaldo Chop	Instagram	tudelafo

Blackhills FC G07 Virtual Classroom (read only)

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May 25, 2020

Type	Exercise	Source	Author
Technique	Changing Direction Dribbling	Instagram	fttrainings
Technique	Juggling Pattern	Instagram	sfbalrs
Technique	Two-Cone Drill	Instagram	skillchallenges
Fitness	10 Explosive Speed Exercises	YouTube	7mlc
Professional	Rose Lavelle	Instagram	womensfootba11

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May 22, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	technefutbol
Technique	One-Cone Drill	Instagram	go_at_em
Technique	Dribbling at speed	Instagram	gogeoducks
Challenge	Two-Cone Drill	Instagram	max_ftbl

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May 21, 2020

Type	Exercise	Source	Author
Technique	One-Cone Drill	Instagram	technefutbol
Technique	10 Essential First Touch Drills	YouTube	7mlc
Challenge	Progress from 2017-2020	Instagram	sfbalrs
Fitness	Hayley Gonzalez	Instagram	overtimefc
Professional	Golazo	Instagram	womensfootba11

May 20, 2020

Type	Exercise	Source	Author
Technique	Juggling (Yael Averbuch)	Twitter	@theECNL
Technique	Three Change of Direction Variations	Instagram	alexramostraining
Professional	Rose Lavelle	Instagram	uswnt
Quiz	Attacking Principles: Switching Areas	YouTube	Inspire CoachEd

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May 19, 2020

Type	Exercise	Source	Author
Collegiate	Morgan Andrews	Instagram	beastmodesoccer
Technique	Skill Moves + Dribbling	Instagram	fttrainings
Technique	Footwork	Instagram	technefutbol
Technique	Dribbling	Instagram	eddie_johnson7

May 18, 2020

Type	Exercise	Source	Author
Collegiate	How's your touch today?	Instagram	mallensy_vargas
Professional	Debinha	Instagram	justwomenssports
Wow!	Kiyoko Proctor	Instagram	justwomenssports
Technique	Simple pattern	Instagram	yaelaverbuch
Technique	Driven ball (easiest way to stand out from your peers)	Instagram	yaelaverbuch

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May 15, 2020

Type	Exercise	Source	Author
Challenge	Footwork	Instagram	yaelaverbuch
Technique	Wall Work	Instagram	thesoccersamurai
Technique	2-Cone Drill	Instagram	sklz
Wow!	Anastasia	Twitter	@ThornsFC

Blackhills FC G07 Virtual Classroom (read only)

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May 14, 2020

Type	Exercise	Source	Author
Technique	Footwork	Instagram	thesoccersamurai
Technique	Changing Tempo Dribbling	Instagram	fttrainings
Technique	2-Cone Drill	Instagram	technefutbol
Game	NWSL on ESPN: Reign FC vs. Portland Thorns	YouTube	Yohn Voker

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May 13, 2020

Type	Exercise	Source	Author
Technique	4-Cone Drill	Instagram	skillchallenges
Challenge	Hocus Pocus Variant	Instagram	beautiful_game_08
Challenge	Footwork	Instagram	technefutbol
Quiz	Passing Angles (Recap)	YouTube	SoccerPoet

May 12, 2020

Type	Exercise	Source	Author
Technique	Cone Weave	Instagram	skillchallenges
Technique	1v1 Combos	Instagram	skillchallenges
Challenge	Footwork	Twitter	@theECNL
Quiz	Barcelona VS Rayo Vallecano (New)	Twitter	@Coach_Dorman

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May 11, 2020

Type	Exercise	Source	Author
Challenge	Tornado	Instagram	indiecowie
Technique	Zig Zag Dribble (Variation one)	Instagram	theacademyplayer
Fitness	Shuttle Run	Instagram	becomeelite
Quiz	Barcelona VS Rayo Vallecano	Twitter	@Coach_Dorman

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May 7, 2020

Type	Exercise	Source	Author
Technique	Elastico Tutorial	Instagram	tudelaafc
Technique	Cone Weave	Instagram	become_elite
Challenge	50 Touches in a Minute	Instagram	sfbalrs
Wow!	Rayssa Leal	Instagram	justwomenssports

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May 6, 2020

Type	Exercise	Source	Author
Technique	Turning at Speed	Instagram	alexramostraining
Technique	4-Cone Drill	Instagram	skillchallenges
Fitness	Dribbling exercise from UWs Jess Cowart	Instagram	spe_training
Wow!	Nice Finish	Instagram	overtimefc
Professional	Barcelona VS Bayern Munich: 2015 Champions League Semi Final	YouTube	B/R Football

May 5, 2020

Type	Exercise	Source	Author
Technique	4-Cone Drill	Instagram	cruzcoaching
Challenge	Dribble, Flick, Juggle	Instagram	beautiful_game_08
Fitness	Pre-Workout Stretches	Instagram	yaelaverbuch
Quiz	Positional Superiority	Twitter	It's Just a Sport

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May 4, 2020

Type	Exercise	Source	Author
Professional	Thiago Alcantara	Twitter	@Gegenpressing91
Challenge	Flick Up	Instagram	dg3_soccer
Technique	Dribbling Turns	Instagram	alexramostraining

Blackhills FC G07 Virtual Classroom (read only)

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May 1, 2020

Type	Exercise	Source	Author
Technique	TSS Juggling Challenge #1	Twitter	@TSSAcademy
Technique	TSS Juggling Challenge #2	Twitter	@TSSAcademy
Technique	TSS Juggling Challenge #3	Twitter	@TSSAcademy
Technique	TSS Juggling Challenge #4	Twitter	@TSSAcademy
Technique	TSS Juggling Challenge #5	Twitter	@TSSAcademy

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April 30, 2020

Type	Exercise	Source	Author
Technique	Juggling Patterns	Instagram	become_elite
Technique	2-Cone Drill	Instagram	sfbalrs
Challenge	Footwork	Instagram	beautiful_game_08
Wow!	The floor is lava	Instagram	justwomenssports
Quiz	FC Barcelona Femeni (New)	Twitter	@Coach_Dorman

April 29, 2020

Type	Exercise	Source	Author
Technique	5 Turns	Instagram	sfbalrs
Technique	Servandos	Instagram	sfbalrs
Technique	4-Cone Drill	Instagram	cruzcoaching
Quiz	FC Barcelona Femeni	Twitter	@Coach_Dorman

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April 28, 2020

Type	Exercise	Source	Author
Challenge	Knee Akka!	Instagram	haysgonza
Technique	Driven Pass	Instagram	become_elite
Technique	Juggle to Foot Stall	Instagram	become_elite
Quiz	Holstein Kiel Build-Up Rotations	YouTube	The Tactics Board

April 27, 2020

Type	Exercise	Source	Author
Technique	Sharpen Your Scissors	Instagram	tudelaafc
High School	Teammates	Instagram	overtimefc
Fitness	Figure 8 Drill	Instagram	become_elite
Technique	Nine Basic 2-Cone Drills	Instagram	skillchallenges

April 24, 2020

Type	Exercise	Source	Author
Technique	Mini Maestro Day Five 5 Day Ball Mastery Training Program	YouTube	7mlc
Technique	Mini Maestro Day Five 4 Day Ball Mastery Training Program	YouTube	7mlc
Technique	Mini Maestro Day Five 3 Day Ball Mastery Training Program	YouTube	7mlc
Technique	Mini Maestro Day Five 2 Day Ball Mastery Training Program	YouTube	7mlc
Technique	Mini Maestro Day Five 1 Day Ball Mastery Training Program	YouTube	7mlc
Collegiate	Rainbow	Instagram	soccergrlprobs

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April 23, 2020

Type	Exercise	Source	Author
Technique	Wall Work	Instagram	technefutbol
Technique	Wall Work (Two Balls)	Instagram	beautiful_game_08
Technique	X-Dribbling	Instagram	become_elite
Professional	FIFA Women's World Cup France - All Goals	YouTube	RptimaoTV

Quiz

<https://forms.gle/v3VDc37EKeBm4fqJ8>

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April 22, 2020

Type	Exercise	Source	Author
Technique	How to Slide Tackle (Hook)	YouTube	Online Soccer Academy
Technique	How to Slide Tackle (Block)	YouTube	Online Soccer Academy
Technique	Nana has been training!	Instagram	433
Technique	Scoop turn wall work	Instagram	skillchallenges

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April 21, 2020

Type	Exercise	Source	Author
Collegiate	Flip Throw (Do not try at home!)	Instagram	soccergrlprobs
Technique	Two-Box First Touch	Instagram	become_elite
Technique	Sole Roll	Instagram	dribble_designer
Technique	5 Dribbling Drills You Can Do At Home	YouTube	7mlc
Profesional	Don't change your dream. change the world	Twitter	@AlexScott

April 20, 2020

Type	Exercise	Source	Author
Technique	Mini Figure 8	Instagram	skillchallenges
Challenge	Footwork	Instagram	goluremi
Professional	Christen Press	Instagram	justwomenssports

Task

Focus on each 'picture' closely to identify the 'Key Factors' in the 1v1 Tactics



Source - Paul McGuinness @paulmcg8

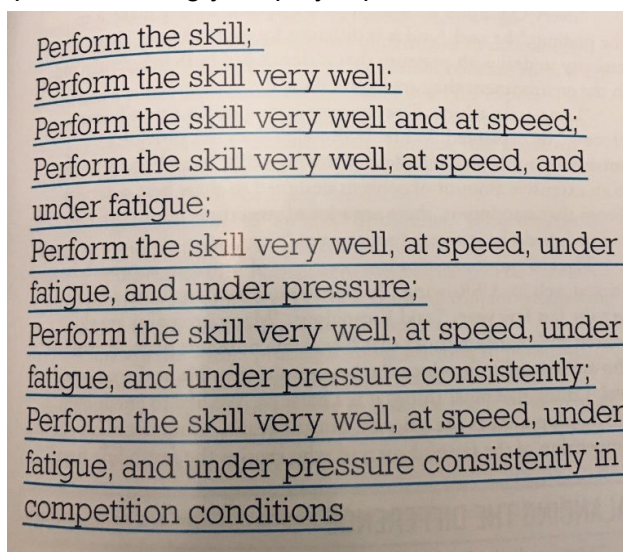
Here are examples of movements to free yourself to receive the ball. The image in the top right and bottom left are compound movements that contain two runs.

Find video examples of players making these movements to receive, and email them to me. Be sure to label which of the movements each video contains. Explain WHY the movements allow the player to receive the ball.

April 17, 2020

Type	Exercise	Source	Author
Technique	Footwork Pattern	Instagram	gonzogirl11
Challenge	Wall Drill	Instagram	yaelaverbuch
Technique	Berbatov Spin	Instagram	goeras
Tactical-Technical	Pressing Triggers	Twitter	@InspireCoachEd
Parents	How to Pick a Career	Blog	Tim Urban

This information may help when writing your player profiles. Please let me know if I can help.



April 16, 2020

Type	Exercise	Source	Author
Physical	Bodyweight Exercise	Instagram	become_elite
Physical	Best Plyometric Exercises for Speed	YouTube	overtimeathletes
Professional	Tobin Heath	Instagram	justwomenssports
Technique	Messi Feint Tutorial	YouTube	Tudela Way

April 15, 2020

Type	Exercise	Source	Author
Challenge	Mousetrap (futsal)	Instagram	beautiful_game_08
Technique	2-Cone Drill	Instagram	sfbalrs
Analysis	Kintsugi: The Art of Embracing Damage	YouTube	Nerdwriter1

(Can this relate to soccer? Watch the video and tell me how so?)

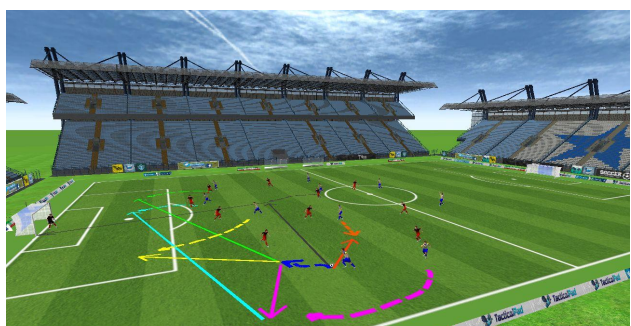
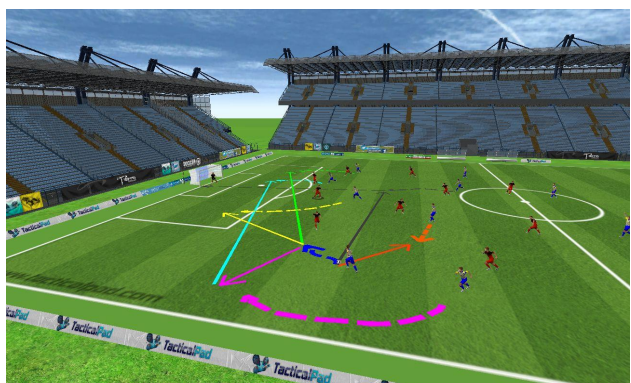
Quiz

This is the same scenario from four different angles. Please look at the images and tell me which option you would choose. - SoccerIQ

Today there is a compound choice you need to answer:

1. Should the player with the ball drop (orange)
2. Should the player with the ball pass square (grey)
3. Should the player with the ball drive at the defender (navy)
 - a. Play the overlap (pink)
 - b. Play the through ball (yellow)
 - c. Cross the ball far post (green)

Email me your choice and its explanation.



April 14, 2020

Type	Exercise	Source	Author
Technique	Cone Weave	Instagram	become_elite
Technique	4-Cone Drill	Instagram	sfbalrs
Match	Liverpool VS Barcelona 2018/19 Champions League	YouTube	B/R Football
Analysis	Emptying the pivot space (What does this phrase mean based on the video clip you see? Email your answer.)	Twitter	@mattyflash23

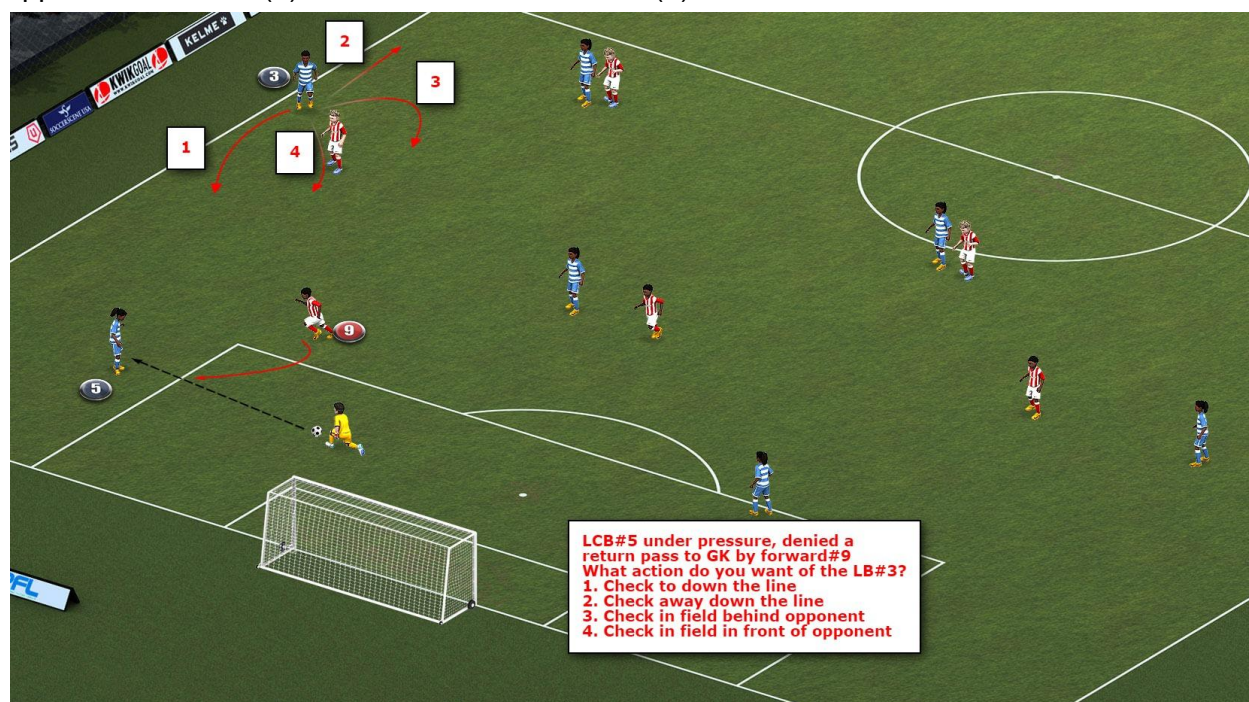
April 13, 2020

Type	Exercise	Source	Author
Technique	4-Cone Drill	Instagram	skillchallenges
Challenge	Ankle Breaker (futsal)	Instagram	beautiful_game_08
Analysis	There's a huge difference between knowing the name of something and knowing something.	Twitter	@ProfFeynman

(What does this phrase mean? Email me your explanation.)

Quiz

Our left center back (5) is under pressure, and is denied a return pass to her goalkeeper by the opponent's forward (9). What should our left back (3) do? - Ian Barker



Email me your choice and explain your answer. Please remember to cc a parent.

1. Check towards down the line.
2. Check away down the line.

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3. Check in field behind the opponent.
4. Check in field in front of the opponent.

Please email me if you need to get started, or require help, on your player profile

April 7, 2020

Type	Exercise	Source	Author
Challenge	Knee Catch	Instagram	indicowie
Technique	4-Cone Drill	Instagram	skillchallenges
Professional	Zinedine Zidane	Twitter	@James_Dart

Quiz

This is the same scenario from four different angles. Please look at the images and tell me which option you would choose. Teal, Navy, Yellow, or Pink line? - SoccerIQ

Email me your choice and its explanation.

