



CINCINNATI UNITED | BRINGING THE BEST TOGETHER

Cincinnati United - At Home Training Ideas

Improving your game does not have to stop the minute you leave training or a match. Players can continually grow by spending more time with the ball on their own. Players can also learn about the game by watching games in person, online, or on television. Below are some different options for players to continue growing as a player.

Individual Skill Work with the Ball:

BeastMode Soccer 600 Touches in 6 Minutes: <http://www.youtube.com/watch?v=REyRmHapZFg>

iSoccer Individual Training:

Website: <https://www.playisoccer.com> YouTube Channel: <http://www.youtube.com/user/ISoccer>

Juggle Challenges:

How many can you do? Right foot only? Left foot only? Head only? Thighs? Combination juggling -- right foot/left foot/right foot/left foot? Think of other juggling patterns you can do on your own. Record your scores each week and see how you improve over time.

Passing/Receiving with a partner/wall:

Work on your passing/receiving skills with a partner or a wall. Here are some different combinations to practice:

- Receive inside right foot, pass inside right foot
- Receive inside right foot, pass inside left foot
- Receive outside right foot, pass inside right foot
- Receive inside left foot, pass inside left foot
- Receive inside left foot, pass inside right foot
- Receive outside left foot, pass outside left foot

Watch Soccer On Television:

For a complete list of soccer action on TV: <http://www.livesoccertv.com/>

Watch Soccer Online:

Cincinnati United YouTube Channel: <http://www.youtube.com/user/CincinnatiUnited>
US Youth Soccer YouTube Channel: <http://www.youtube.com/user/usyouth>
US Soccer YouTube Channel: <http://www.youtube.com/user/ussoccerdotcom>
FootyTube Soccer Channel: <http://www.footytube.com/>
FC Barcelona Top 50 Youth Goals: <http://www.youtube.com/watch?v=YAYW2P0Gsq8>

Organize a Pick-up Game:

Call some friends, neighbors, teammates to organize a match of 1v1, 2v2, 3v3, or more. Just go play!

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do” — Pele