



Claremont Football Club Academy Pre-Training Drills/Activities

Once you arrive at Claremont FC Development Squad Training, your main objective should be developing your footballing skills and overall game. With this in mind, all pre-training drills and activities should be performed with a focus on improving the particular skill. Perform the activities with intensity and test yourself at every opportunity. Here are a few Kicking and Handballing activities that can be performed pre training.

HANDBALL (Left and Right Hand)

IN PAIRS: (Always with fast hands!)

- Right Hand
- Left Hand
- Train Tracks (Left then Right then Left)
- Over Under

IN THREES OR MORE:

- 1 Right, 2 Left, 3 Right, 4 Left and so on.

KICKING (Left and Right Foot)

IN PAIRS:

- 1 Leg Kicks (focus on balance and ball drop/strike)
- 1 Step Kicks (start to focus on follow through)
- 3 step kicks (focus on technique and gradually increase pace of steps)
- Kicking on the run (push back then run at target with pace and release)

IN THREES OR MORE:

- Kicking to the leading player (move the ball around your group in one direction. Practice a variety of kicks as your group perform different leads for you to kick to. Lead with intent and mix up your leads. Straight at the kicker, on the 45 as well as away into space.

*Do not be afraid to ask your coaches pre training to do a little extra work with you or give you some ideas of drills and activities to improve your game.