**Coach Ryan’s Virus Recommendations**

Stuck at home?  Sheltering in place?  Stop watching the news or get off the internet for thirty minutes and try to do some of these drills.  Whether the season happens or not, you will feel better about yourself and your day if you spend just half an hour with your favorite, non-contagious friend – a soccer ball!

These can be done in your house!

**Toe Taps**

Toe Taps or stair stepping is a drill that is incorporated into your routine to improve your balance and stamina. This is because you will put the ball in front of you, while you place your foot on top of the ball, and then off, switching between your feet like you're climbing up the stairs.

Sound easy? It's not. Once you get going, your balance and ball control will certainly be challenged. A great practice to do at home, improvise with it, and have some fun, it will benefit your game greatly.

Video Link: <https://www.youtube.com/watch?v=mMDWo6MS01o>

**Push-Pull**

Push-pull is yet another one of the best soccer drills you can practice at home. Focusing on your dribbling skills, this is an exercise that will pinpoint the muscles in your foot that strengthen your dribbling.

A great practice to do at home, this can be done every day to see the best results, and you don't need anything but your feet. You will set your foot on the ball and move it from your toe to heel to toe, hence the push-pull name. Switch your feet quickly and do this 100 times!

### Roll Out and Push In

Another great exercise that will change your dribbling game, roll out and push in is one of the best soccer drills you can practice at home. To start, set your foot on the ball, and roll the ball toward the outside of your foot.

You will slide the foot to the outside of the ball and push it in towards your opposite foot. Then, repeat with speed! For the best results, you will do this 100 times, quickly.

### Rollover Dribble

A rollover dribble will help you perfect your dribbling techniques. A great drill to practice at home, you will push the ball with the sole of your foot.

It's a simple action, but one that will perfect your balance and concentration. The rollover dribble should be done with at least 100 touches, each day. You will soon be able to turn the ball under defense with ease, despite the pressure from your opponents.

### Toe Taps Version 2

Tap the ball between your two feet.  Move the ball between your two feet using inside of your both feet.  See the video link for several alterations of this.

Video link: <https://youtu.be/07lrS7lcm1E>

And a few that require a little more space:

### Dribbling

Just take your ball and dribble around various objects in your yard.  Vary your speed and your style (inside of foot, outside of foot).  Make your birdbath look silly as you make a dazzling move to go by it.  Create a route and time yourself for how fast you can complete it.  *REMEMBER* to continually put your head up to see if the neighbors are watching … do not just stare at the ball and your feet!

### Juggle

Juggle the soccer ball to improve your foot skills and concentration.  If you are confident, you can do this indoors but I do not recommend it.

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### Wall Ball

Use a wall to practice passing and receiving the ball.  Work using all the assets you possess – both legs, thighs, feet, chest and head at various distances.  Practice moving to the ball when receiving it back from the wall – do not just wait for the ball to come to you!

Use the wall to juggle with.  This video shows you some potential manners to do this (along with some other drills).

Video: <https://youtu.be/27hkBzSqfDA>

### Fitness

You might have your own fitness routines but if you are looking for something different, here is one that might be good for soccer type skills. (if you do not have an agility ladder, chalk and a driveway is just as good).

Video: <https://youtu.be/kRDijztJGOs>

Be creative and have some fun.  (I could not find a soccer equivalent to this video but it might assist you in getting  your creative juices flowing:  <https://youtu.be/rgtXWDc_vWU> ).  Most of all, be safe.