

Specific Football Training

You don't have to have a huge space or lots of equipment to be improving your game. Concentrate on your general fitness, footwork, and speed. Click on a few of the videos below for more ideas!

[What the pros do at home during lockdown](#)

[Full body workout \(No equipment needed!\)](#)

[Injury Prevention for footballers](#)

[Football specific speed endurance \(Reading FC\)](#)

[Fast feet exercises at home!](#)

Watch some GOALS!



Improve your skills whilst in lockdown

Your football does not have to stop during lockdown. There is still plenty of training you can be doing to keep you ticking over, which will improve your game.

Use your PE or Games lesson to give any of the videos a go!



All your Football information on Firefly



The King's School, Chester Football

Keep your football skills going whilst in lockdown!



King's Sport Twitter



100 Training Drills!



If you have a little more space, [here](#) are 100 different training drills you can potentially try out on [Become Elite](#) YouTube channel.

Train like Cristiano Ronaldo!

Have a quick workout with the Juventus and Portugal star man.



Coerver Soccer

We've been able to sign up to the brilliant Coerver Soccer channel. Follow this [link](#) and we'd like you start at the beginning with Achieve session 1. We will email you the password.



Freestyle Challenge

Who can do the best freestyle skills at King's? Send your videos in to [@KSCSport1](#) on twitter and we'll pick out the best ones!

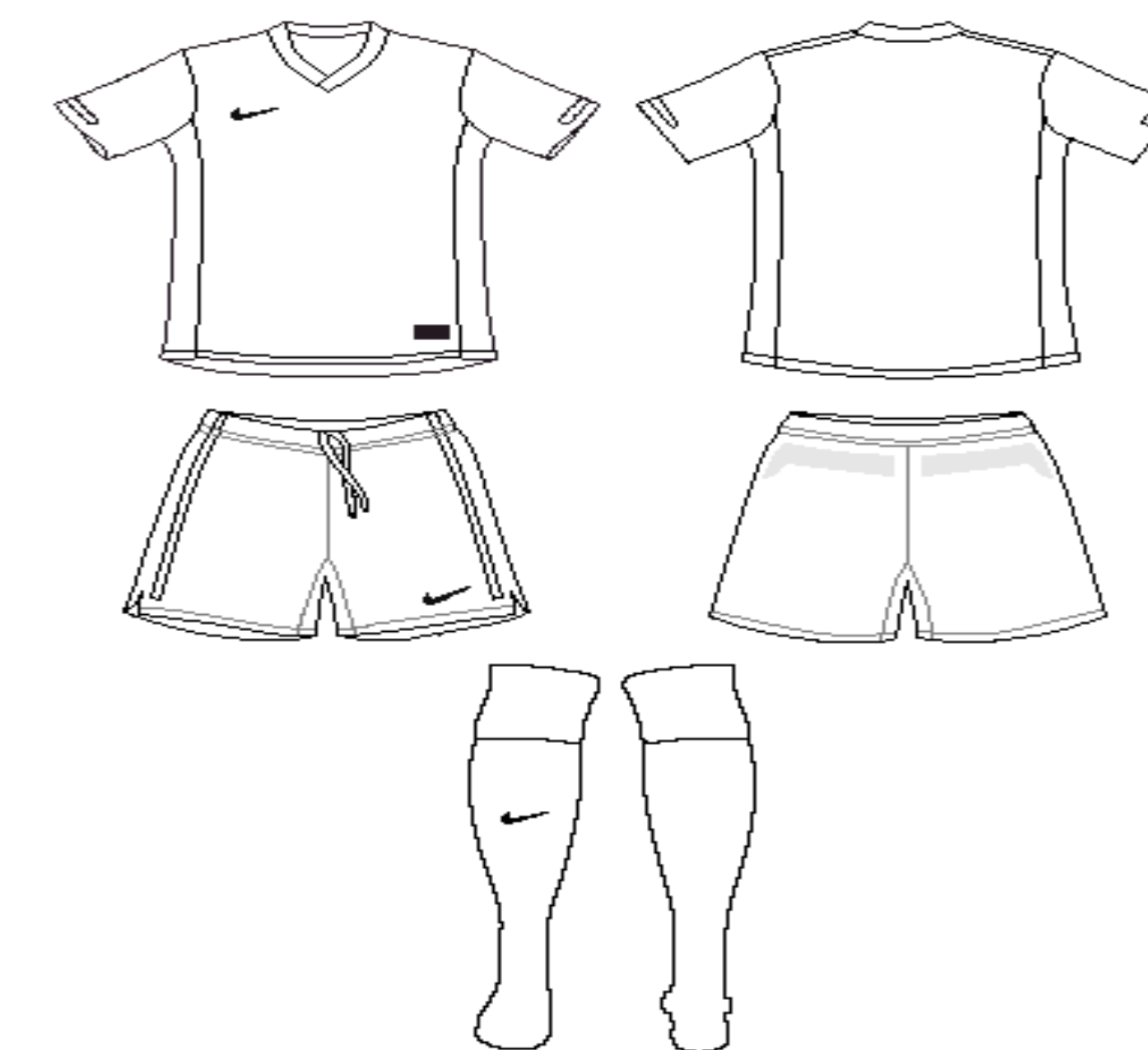


If you have any questions please email Mr Horne or Mr Lunn



Design a new King's football shirt!

Have a go at designing a King's football kit. Click, save and print out the image below. [Tweet](#) in your best efforts and credits will be given for the best designs!



Keep Calm and Play Football

We want to see you training as much as possible around your school work, so put your devices down and get out there!

