

Lockdown 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!

[Kickstart your fitness with Bradley Simmonds](#)

[5 exercises for faster feet!](#)

[20 minute football HIIT session \(Small space\)](#)

[Improve your stamina with this workout](#)

[Stay at home skills - Try these!](#)

Watch these amazing (and bizarre) GOALS!



Keep on improving your skills!

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



Freestyle Skills Tutorial



Watch this tutorial on freestyle skills. Mr Egerton is making a video of the best ones, you get a credit if you send him a video on Teams of your freestyle skills!

Train like Neymar

Watch a day in the life of Neymar. Look how he trains and see if you can implement any his methods in to your sessions.



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.



You Know The Drill.. 100 of them!



YOU KNOW THE DRILL

Try and give some of these a go whilst at home!

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



Advice from Klopp for young players



Jurgen Klopp talks through why talent is not enough for young players in order to make it as a footballer.

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!

