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| *Performance breakthrough*  *Exercise* | *Skills* | *Skills applicable to Football* |
| Standing on a balance board  ----------------------------------------  Standing on a balance board while tracking and throwing a beanbag with our eyes. | Balance  -----------------------------------------  Balance  Co-ordination of both sides of the brain, 2 eyes, 2 ears, 2 hands and 2 feet. | Improves static and dynamic balance  The ability to turn quickly and keep control of the ball.  Strengthens agility  Improves proprioception – Spatial awareness.  Reduces ‘leaning back’ when aiming a shot (Reduces Skying the ball)  ---------------------------------------  Improve balance  Improve posture and muscle tone.  Increase awareness of elbows  Spatial awareness  Concentration  Reduce frustration & anxiety. |
| Watching and hitting the pendulum ball | Timing and rhythm | Receive passes both on the ground and out of the air with clean touches.  The ability to move the ball in different directions at different speeds.  The ability to see space across the pitch and utilise it.  Left/right Coordination  Strategy and picking the right shot |
| Hitting pendulum ball with finger tips, wrists and elbows | Touch | Move the ball in different directions at different degrees of force.  Calculation of power needed to kick the ball.  Relieves tension.  Improves accuracy in determining how much power is needed to strike the ball. |
| Hitting the pendulum ball over target pins in the distance. | Hand/eye coordination and accuracy | A better awareness of how we move our bodies.  The ability to send the ball to the desired destination.  Tactical intelligence and better reading of the game.  Ability to focus.  The ability to make smart decisions on the pitch and to make them quickly without second guessing your move. |
| Eye exercises whilst standing on balance board | Strengthens muscles in eyes.  Visualisation/imagination.  Increases the brain’s processing speed. | Ability to focus.  Judgement of force.  Improved accuracy in determining the required distance and direction needed  Improved timing of your team mates run.  Shooting the ball accurately into the net.  . |
| Bouncy ball exercises  Hitting the numbers in order.  Throwing the ball at a target. | Reduces frustration  Reduces chaos in the mind  Reduces anxiety | Increases pin point accuracy.  Commitment.    Promotes a better attitude and mindset.  Self-belief/confidence on the ball.  Players more able to cope with hitting a bad shot and move on with optimism, drive and belief.  Positivity and a ‘can do’ attitude. |