

**Subject:** Oct 3 TBT SOCCER workout . . and thank you Glenn Steinberg

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**From:** dpinkowitz@dcpmarketing.com

**Sent:** Sunday, October 3, 2021 7:04 PM

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**Subject:** RE: Re: TBT SOCCER workout . . and thank you Glenn Steinberg

Thank you Glenn Steinberg for this morning's excellent soccer workout.

### **Juggling**

Practice timing by dropping the ball from your hands and kicking it back to your hands using the left and right foot or knees. Work towards multiple alternate-foot kicks before kicking the ball back to your hands.

See <https://www.youtube.com/watch?v=SzZ7EcqI-sg>

See <https://www.youtube.com/watch?v=krSBbunxdUg>

### **Dribbling**

Move the ball forward by using either the left or right outside-top-surface of the foot to kick the ball (not the inside of the foot!) Touch the ball at each step forward.

See <https://www.youtube.com/watch?v=p8JdwmHKZIs>

See <https://www.youtube.com/watch?v=hi5LI2H9GR4>

### **Rollover**

Move the ball left or right by using either the left or right bottom of the foot to roll the top of ball left or right

See <https://www.youtube.com/watch?v=pjJBVjXhFRU>

### **Pull-Back**

Move the ball backwards by using either the left or right bottom of the foot to roll the top of the ball backwards

See <https://www.youtube.com/watch?v=fN4L3ypTTAY>

### **Kicking into the Goal**

Kick with either the left or right foot on the laces (instep) or the inside of the foot (not the toe!)

Take a step forward with the non-kicking foot landing at the side of ball before kicking.

See <https://www.youtube.com/watch?v=92rY1x0exGI>

See <https://www.youtube.com/watch?v=3ZQPH-5ZRil>

See you next time. DCP and TBT Brotherhood

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**From:** [dpinkowitz@gmail.com](mailto:dpinkowitz@gmail.com) <[dpinkowitz@gmail.com](mailto:dpinkowitz@gmail.com)>

**Sent:** Sunday, October 3, 2021 9:28 AM

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**Subject:** 10 AM this morning SOCCER workout . . at the field across from TBT

Hi Folks –

Please join us this morning at 10 AM at the field across from TBT for a light soccer workout. Coach Glenn Steinberg will be leading us in some dribbling and shooting drills. Kids are optional and cheerleaders are welcome.

See you later. David

*Holiness is the process of thinking and acting the way God wants us to.*  
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