

Be like Emi Buendia

May 5th 2020

Here is the latest activity from Norwich City Community Football Foundation which they would have delivered in their club this week. Hope you enjoy it if you give it a try.

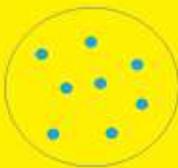
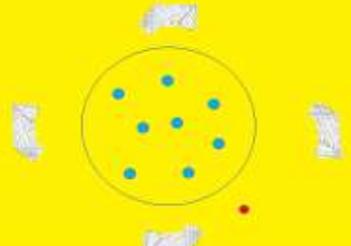
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- **Warm Up** – Based on King of the Ring. Players dribble round trying to keep their ball under close control. Try to avoid hitting the cones in a time limit of your choice.
- **Main Session** – Using the same set up as before, dribbling round the cones in the area once you have dribbled past 5 cones you can then shoot into the goal. Use 4 footballs and count up your goals!
- **Progression** – This is now a 1v1 game against your partner. If you touch the cones the ball must go to the other team, but apart from that normal match rules apply.





Week 3 – Be like Emi Buendia

<u>Warm Up</u>	<u>Main Session</u>	<u>Progression</u>
		
<p>Buendia's close control - In a small area place lots of different cones/objects and try to dribble round them keeping the ball close to your feet.</p>	<p>Buendia's turning to finish - Continuing the previous challenge, add 4 target areas for the participant to pass/shoot into, each player should try and score in all 4 goals before they finish there turn.</p>	<p>Buendia's dribbling game - Remaining using the same area with the same objects on the floor, now play a 1v1 game with your partner, if you touch an object, the other player gets the ball, so you have to keep close control of the ball to win the game.</p>

