

**SOCCER NB**



**Individualized Home Program  
Phase 2**

SOCCER NB



*Let's keep training at home*

# **SOCCER NEW-BRUNSWICK HOME PROGRAM**

[WWW.SOCCERNB.ORG/PLAYERS/](http://WWW.SOCCERNB.ORG/PLAYERS/)

INDIVIDUALIZED HOME  
PROGRAM |

For more information and updates about  
best practices around Covid-19  
Click below





## Overview

This home program is to support the development of New-Brunswick players outside of the current training program.

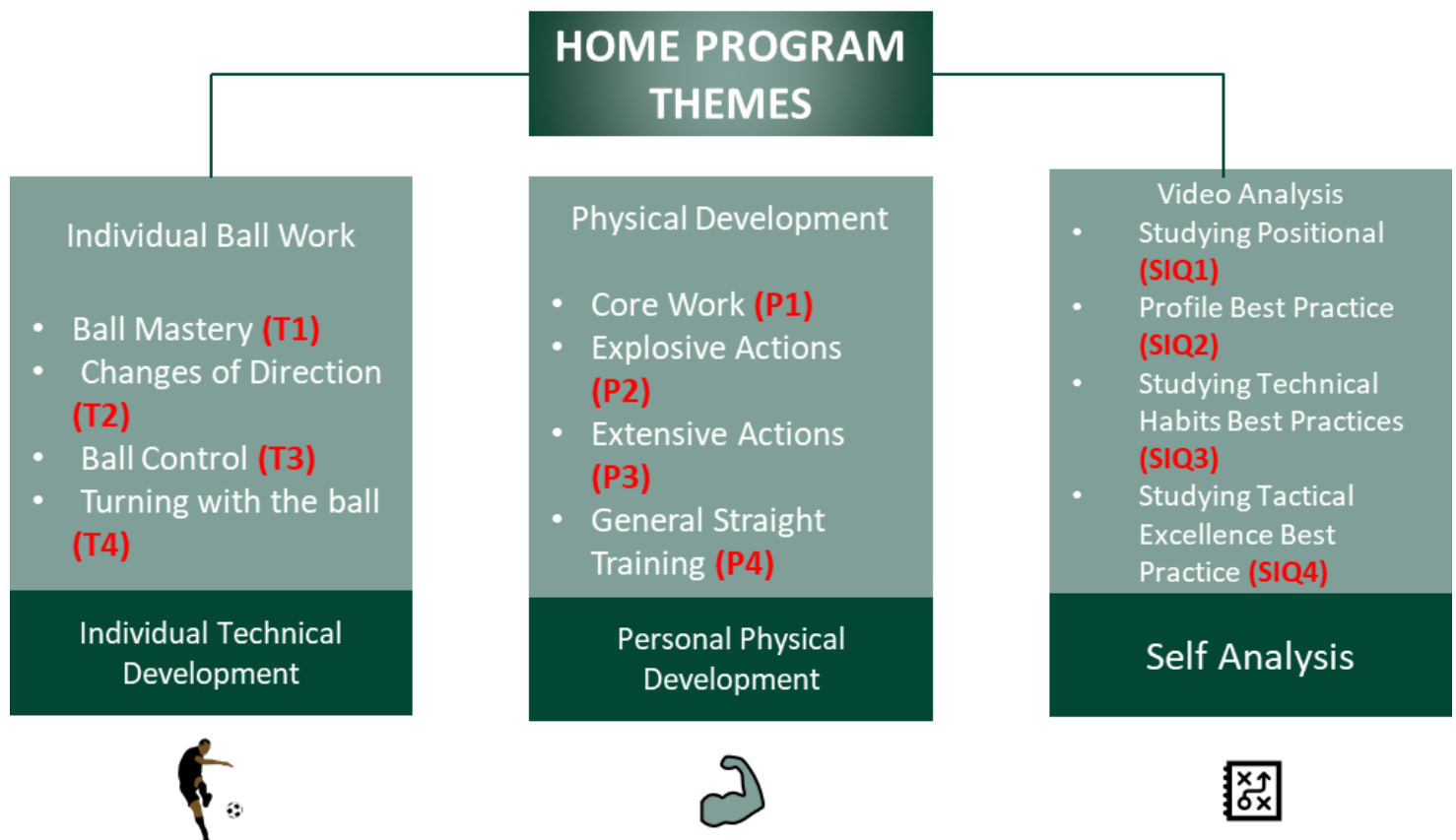
We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World's Best Practice.

We have set up the program for a 5-Week Block. If the program requires additional training time due to unforeseen circumstances, we will increase the Weekly blocks to supplement the development outside of their club environment.

For this program to be successful, all players are expected to complete the full requirements as a minimum and we recommend that you do extra on top of the prescribed program. We encourage players to be proactive with planning their daily schedules to fit in the training windows and keep a log of their workload across the 5-week period.

This program is individualized and does not require any contact with other players and we highly recommend that players maintain personal hygiene best practice based on the recent epidemics.

Enjoy and keep pushing yourself to be the best you can be!



# Home Program Schedule



## Week #1 Program – May 11<sup>th</sup> to May 17<sup>th</sup> , 2020 Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#1</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

## Week #2 Program – May 18<sup>th</sup> to May 24<sup>th</sup> , 2020 Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#1</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

## Week #3 Program – May 25<sup>th</sup> to May 31<sup>st</sup> , 2020 Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#1</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

## Week #4 Program June 1<sup>st</sup> to June 7<sup>th</sup> , 2020 Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#1</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

## Week #5 Program – June 8<sup>th</sup> to June 14<sup>th</sup> , 2020 Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#1</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>



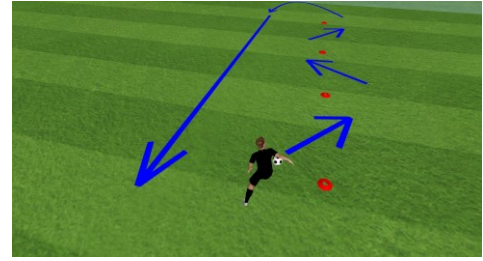
## Free Dribble



Player Dribble in an open area-  
Changing direction and keeping  
control of the ball  
Use both feet

**5 Minutes**

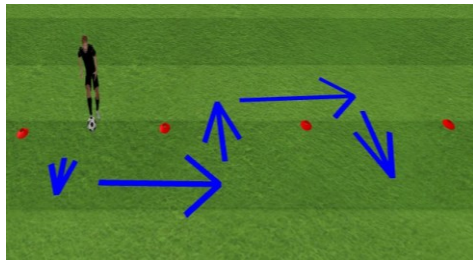
## Inside-Outside



Player Dribbles with 3 touches  
using the outside of the foot and  
then takes a touch with the inside  
of the foot and switches feet,  
Repeat in opposite direction

**8 Minutes**

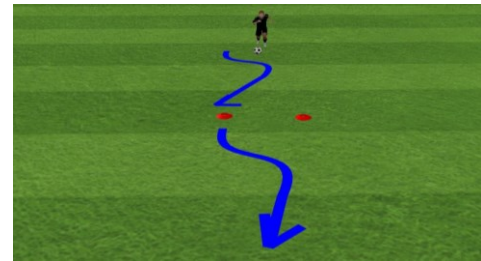
## Sole Dribble



Player Dribbles with the Sole of  
their foot to either side and then  
using the same foot, uses the sole  
to go across from cone to cone.  
Increase speed as you go

**8 Minutes**

## 1v1 Moves



Player Dribbles towards the two  
cones – As he player gets 2 yards  
from the cones, the player  
performs a skill (ex. Scissors,  
Fakes, Feints) plus changes  
direction – Work with both  
feet|both directions

**8 Minutes**

## Juggling



Player Juggles 50 times with the  
right foot, 50 times with the left,  
20 times with the head

**8 Minutes**

## Weave Dribble



Player Dribbles and weaves  
through the cones, once past the  
cones the player will change  
speed through the gate – Use  
Right Foot and Then Left foot

**8 Minutes**

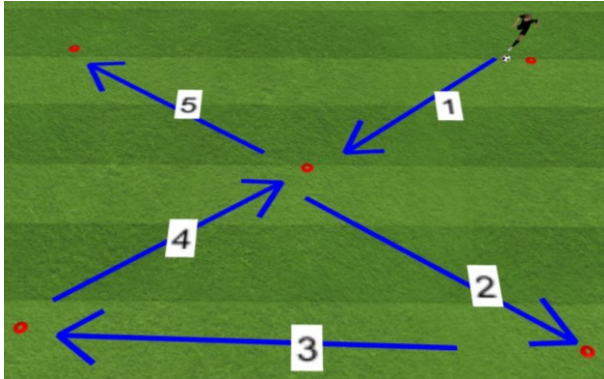
## Ball Mastery Training Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble	5 Mins	1 Min Rest	Start Slow & Progress Speed
Inside – Outside	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
Sole Dribble	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
1v1 Moves	8 Mins	Rest	High
Juggling	8 Mins	8 Mins Continuous	Low
Weave Dribble	8 Mins	3 Min Work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
<b>Totals</b>	<b>45 Mins Activity + 5 Mins Cool Down</b>		

**EQUIPMENT:**  
**1 BALL**  
**5 CONES**  
**OPEN AREA INDOOR OR**  
**OUTDOOR**  

# Changes of Direction-30 Mins (T2)

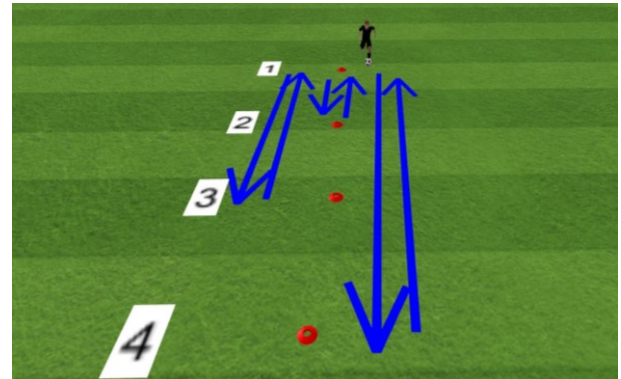
## ZigZag Dribble



Player Dribbles in and out follow the pattern- Work for 1.5 mins & Rest for 1 Min - Repeat Four Times.

10 Minutes

## Ladder Dribble

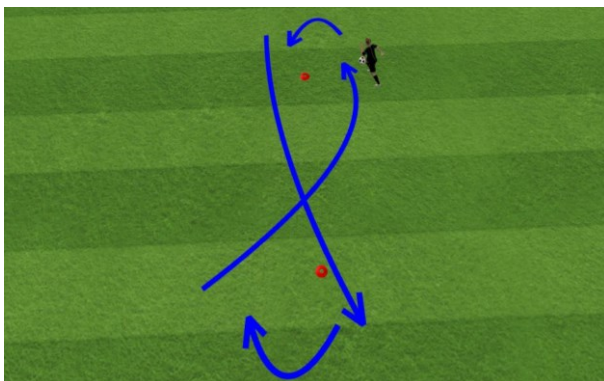


4 Cones are set up - Once a player dribbles to a cone they change direction and return back to the 1st Cone - After each time they return back to the 1st Cone, the player dribbles to the next cone (1-2, 1-3, 1-4).

- Work for 1.5 mins & Rest for 1 Min - Repeat Four Times

10 Minutes

## Figure 8



Player dribbles in Figure 8 Direction as outlined in diagram above - Always dribble through the 2 cones and manipulate the ball around the 2nd cone - After each Rep, switch dribbling foot - Work for 1.5 mins & Rest for 1 Min - Repeat Four Times

10 Minutes





# Changes of Direction-25 Mins (T2)

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Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Zig-Zag Dribble	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
Ladder Dribble	8 Mins	1 min Work – 1.5 Min Rest Repeat Three times	High
Figure 8 Dribble	8 Mins	Rest	High
Cool Down	5 Mins Light Stretching	Continuous	Low
<b>Totals</b>	25 Mins Activity + 10 Mins Warm Up & Cool Down		

**EQUIPMENT:**  
**1 BALL**  
**6 CONES**  
**OPEN AREA INDOOR OR**  
**OUTDOOR**  



## Aerial Control



Player Kicks the ball up in the air and must control the ball with their first touch

Try to keep the exercise continuous by using your feet to restart the repetitions

**10 Minutes**

## Wall Work



Player uses the wall to rebound the ball. Control with one foot and pass with the other. Then progress to one touch passing in a continuous tempo against the wall

**10 Minutes**

## Juggling



Player Juggles 50 times with the right foot, 50 times with the left, 20 times with the head

**10 Minutes**

# Ball Control 30 Mins (T3)

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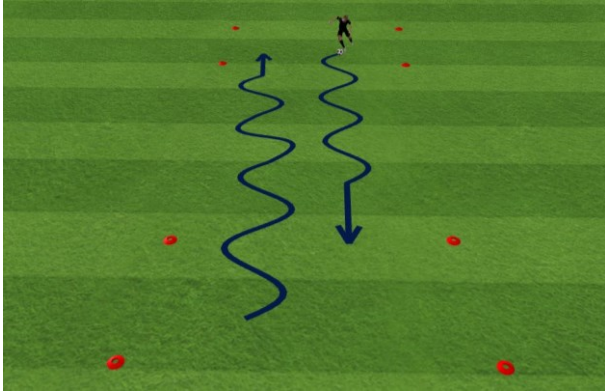
Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Aerial Control	10 Mins	Continuous	Medium
Wall Work	10 Mins	Continuous	Medium
Juggling	10 Mins	Continuous	Low
Cool Down	5 Mins Light Stretching	Continuous	Low
<b>Totals</b>	30 Mins Activity + 10 Mins Warm Up & Cool Down		

**EQUIPMENT:**  
**1 BALL**  
**WALL OR REBOUNDER**  
**OPEN AREA INDOOR OR**  
**OUTDOOR**



# Turning with the Ball 30 Mins (T4)

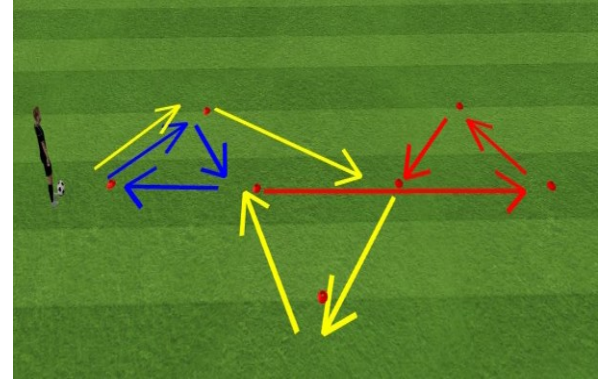
## Double Box



Player across to opposite box –  
Once arriving in the box, Player  
turns and goes back to opposite  
box & repeats – Work for 1.5 mins  
& Rest for 1 Min – Repeat Four  
Times

10 Minutes

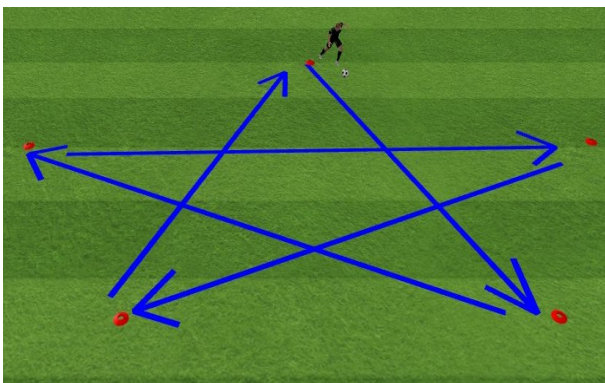
## Triangles



Player dribbles through following the  
pattern (3 triangles). Blue triangle 1st then  
yellow and finally red–  
Work for 1.5 mins & Rest for 1 min – Repeat  
Four Times

10 Minutes

## Star



Set as per diagram – Player performs  
turns at every cone within the STAR –  
Vary turns at each cone – After  
completing the full circuit, player rest  
for 1 min & repeat – Aim to get 4  
repetitions

10 Minutes



Vary Turns during the exercises

- Cruyff Turn
- Outside Turn
- Inside Turn
- Sole Turn
- Overstep & Turn
- Drag Back

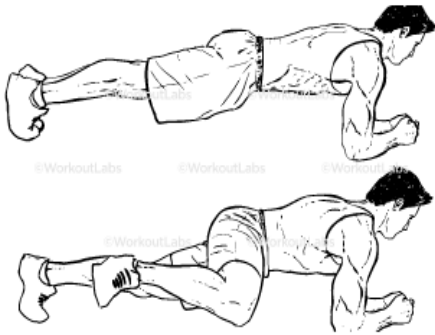
# Turning with the Ball 30 Mins (T4)



Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Double Box	10 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Triangle	10 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Star	10 Mins	1.5 min work – 1 min rest Repeat Four Time	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
<b>Totals</b>	<b>30 Mins Activity + 10 Mins Warm Up &amp; Cool Down</b>		

**EQUIPMENT:**  
**1 BALL**  
**8 CONES**  
**OPEN AREA INDOOR OR**  
**OUTDOOR**  

# Core Training – Physical (P1)



## Plank Knee to Elbow

10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



## Weighted Russian / Mason Twists

30 Repetition  
Rest for 1,5min  
Repeat 3 times



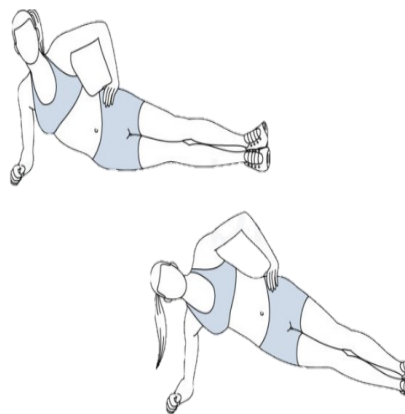
## Jackknife Sit-up / Crunch / Toe Touches

10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



## Bicycles / Elbow-to-Knee Crunches / Cross-body

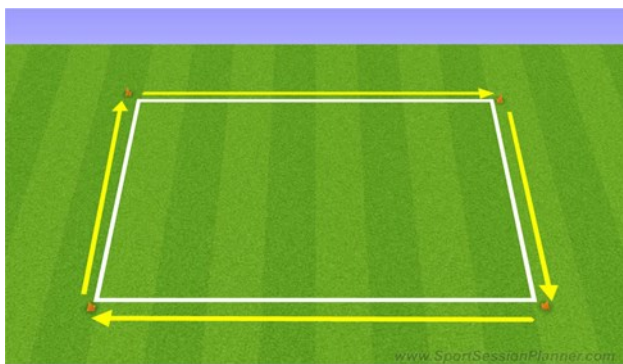
10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



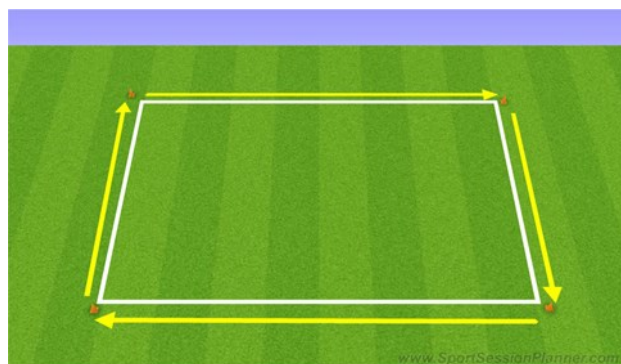
## Side Plank

Hold for 30 secondes-Switch  
Sides for another 30 secondes  
Rest for 1,5min  
Repeat 3 times

## Extensive Training (P3)

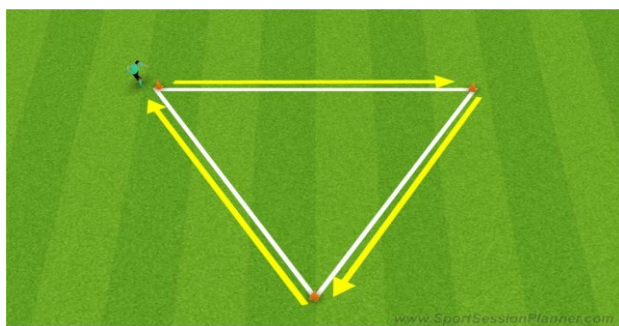


Jog around the area  
High Intensity runs across the end lines  
5 Mins Continuous  
3 Mins Active Recovery-Walking  
**Repeat Set Three Times**

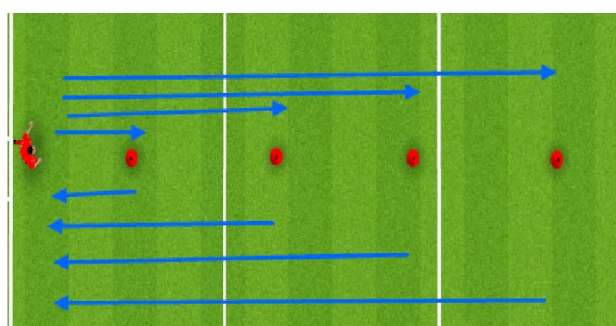


Jog around the area  
Continuous activity  
10 Mins Continuous  
1.5 Mins Active Recovery-Walking  
**Repeat Two Times**

## Intensive Training (P2)



3x10m Sprints  
45 seconds rest between sprints  
8 Reps with 2 min break between ( Set)  
**Repeat Set Three Times**

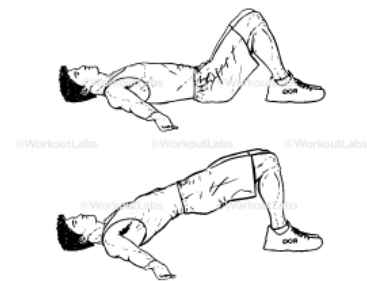


Cônes set up apart in your area  
2 min rest between reps  
**Repeat exercise Three Times**



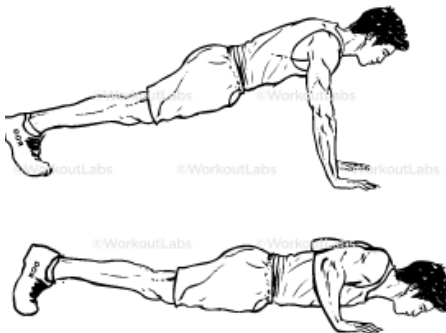
## Squats to Side Leg Raises/Lifts

10 Repetition per leg  
Rest for 1,5min  
Repeat 3 times



## Hip Raises / Butt Lift / Bridges

10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



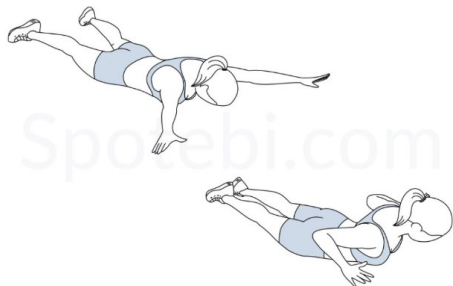
## Push-ups / Pushups

10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



## Decline Push-ups / Pushups

10-20 Repetition  
Rest for 1,5min  
Repeat 3 times



## Cobra Lat Pulldown

10-30 Repetition  
Rest for 1,5min  
Repeat 3 times



# Physical Program Overview



Activity	Reps / Time	Rest Time	Sets
Plank Knee to Elbow	10-30 Reps	1.5 Mins	3
Russian-Mason Twists	30 Reps	1.5 Mins	3
Jackknife Sit-up-Crunch-Toe Touches	10-30 Reps	1.5 Mins	3
Bicycles-Elbow-to-Knee Crunches-Cross-body	10-30 Reps	1.5 Mins	3
Side Plank	30 Seconds Each Side	1.5 Mins	3
Squats to Side Leg Raises-Lifts	10 Reps per leg	1.5 Mins	3
Extensive – Interval	5 Mins Continuous	3 Mins Rest – Active	3
		Walking	
Extensive – Continuous	10 Mins Continuous	1.5 Mins Rest – Active	2
		Walking	
Intensive – 40m Sprints	8 Reps	2 Mins	3
Intensive – Intervals	30-60 Seconds	2 Mins	3
Hip Raise-Butt-Lift- Bridges	10-30 Reps	1.5 Mins	3
Push Ups	10-30 Reps	1.5 Mins	3
Decline Push-ups- Pushups	10-20 Reps	1.5 Mins	3
Cobra Lat Pulldown	10-30 Reps	1.5 Mins	3

**Always Warm up for a minimum of 12 minutes of continuous running before any extensive or intensive activity**

**Listen to your body-If you feel pain, stop the activity immediately**

# Video Tasks



## Task #1 – Positional Profiles

Lewandowski - <https://www.youtube.com/watch?v=OppvOk08Hdc>

Sancho - [https://www.youtube.com/watch?v=Y\\_Oc1DI5eQY](https://www.youtube.com/watch?v=Y_Oc1DI5eQY)

Witsel - <https://www.youtube.com/watch?v=Afo00gCrLNw>

- **Question #1** – List the core habits that you identify in the 3 Clips?
- **Question #2** – How can you apply these habits within your positional role in your team?
- **Question #3** – What are the three areas that you will keep or start doing based on your analysis of the clips?

Answer here: <https://forms.gle/atTYNvajWxN4o7Fp7>

## Task #2 – Technical Habits

Pavard Defending Skills - <https://www.youtube.com/watch?v=3ihKRTat0eQ>

Werner – Finishing Skills - <https://www.youtube.com/watch?v=1hgbs35ZrhY>

Gnabry Dribbling Skills - [https://www.youtube.com/watch?v=FjPqXNO\\_4Go](https://www.youtube.com/watch?v=FjPqXNO_4Go)

- **Question #1** – Describe each player that were highlighted with 3 words that describe their main strengths?
- **Question #2** – List the top 5 areas for each habit (Defending, Finishing, Dribbling)?
- **Question #3** – What are the three areas that you will keep or start doing based on your analysis of the clips?

Answer here: <https://forms.gle/ecYtExzDJvzvKUNL7>

## Task #3 – Tactical Excellence

Ajax Build Up - <https://youtu.be/w8LrJMKuc44>

Man U discipline - <https://youtu.be/KOtUeq3Fmqo>

Real Betis Positional Play- <https://youtu.be/kZ64ZEjAJdc>

- **Question #1** – List 3 tactical strategies that were used in each video and explain their effectiveness?
- **Question #2** – What are the three areas that your TEAM will need to keep or start doing based on your analysis of the clips?

Answer here: <https://forms.gle/5PujvkWJWfnF8eVj7>

## Task #4 – Game analysis

France vs Argentina WC 2018 <https://www.youtube.com/watch?v=J41d0cHAfSM>

- **Question #1** – List 3 tactical strategies that were used in each video and explain their effectiveness?
- **Question #2** – Describe in 3 words the identity for both teams?

Answer here: <https://forms.gle/rQk67VCUi4neqh1t9>

## Task #5 – Game analysis

Germany vs Brazil <https://www.youtube.com/watch?v=NUhOBQejuPE>

- **Question #1** – List 3 tactical strategies that were used in each video and explain their effectiveness?
- **Question #2** – Describe in 3 words the identity for both teams?

Answer here: <https://forms.gle/z864P4vzMmZWaMYQ6>