

# **SOCCER NB**



## **Individualized Home Program 3.0**

SOC CER NB



*Let's keep training at home*

# **SOC CER NEW-BRUNSWICK HOME PROGRAM**

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

INDIVIDUALIZED HOME  
PROGRAM 3.0 |

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.

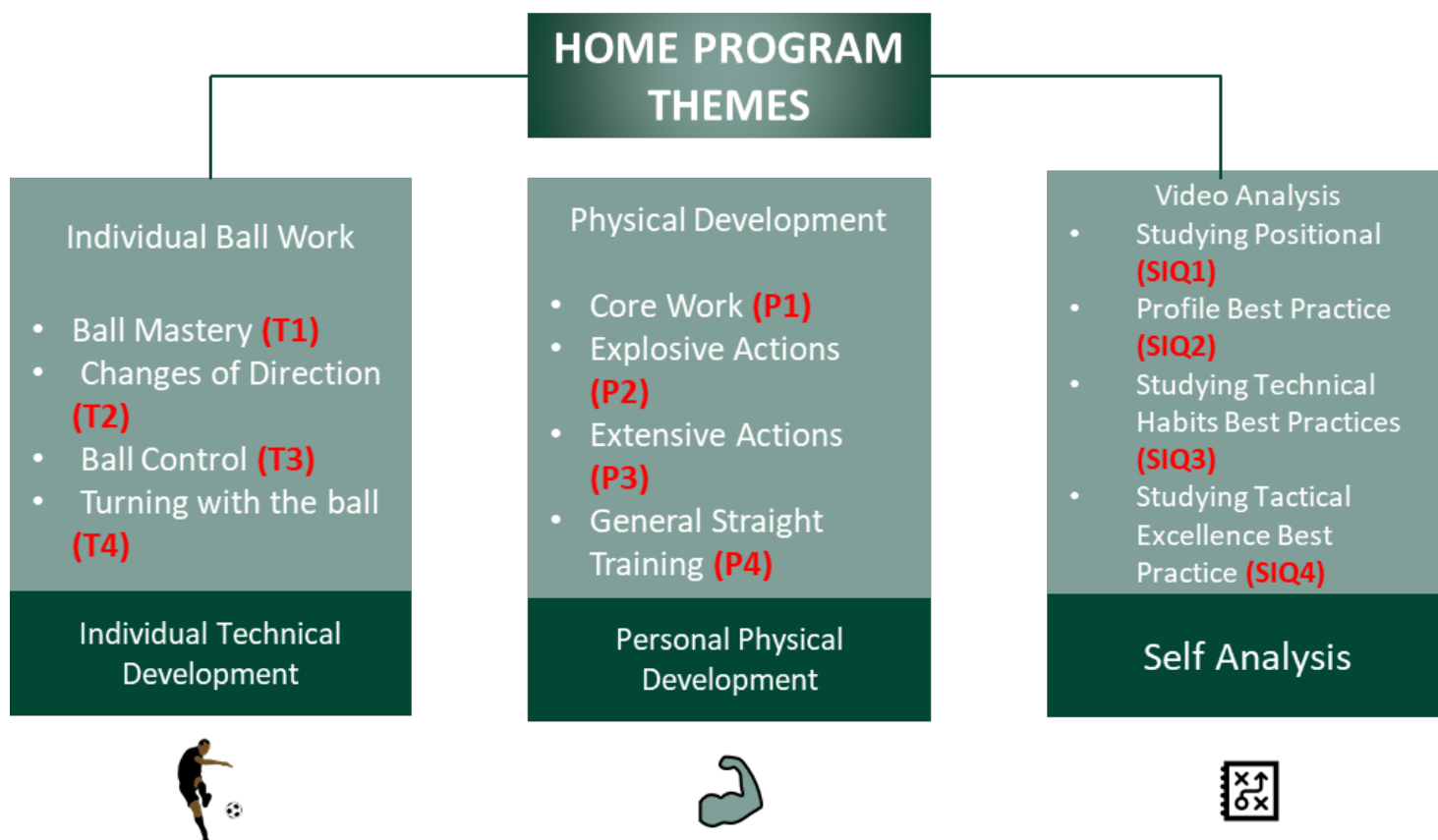
We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World's Best Practice.

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



Total Time - 2.5 Hours

## Week #1 Program - January 23<sup>rd</sup> to January 29<sup>th</sup> , 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
T1	P3	Task#1	P3	T1	M1	OFF

Total Time - 2.5 Hours

## Week #2 Program - January 30<sup>th</sup> to February 5<sup>th</sup> , 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
T2	P3	Task#2	P1	T2	M2 P4	OFF

Total Time - 2.5 Hours

## Week #3 Program - February 6<sup>th</sup> to February 12<sup>th</sup> , 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
T3	P2	Task#3	P1	T3	M3	OFF

Total Time - 2.5 Hours

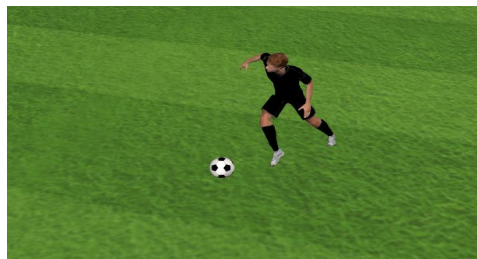
## Week #4 Program February 13<sup>th</sup> to February 19<sup>th</sup> , 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
T4	P3	Task#4	P2	T4	P4	OFF

# Ball Mastery Program-45min (T1)



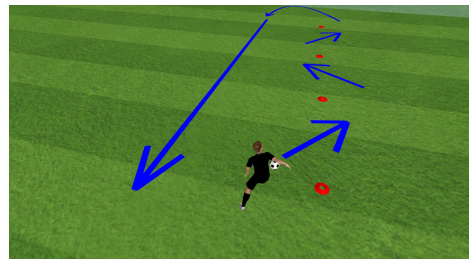
## Free Dribble



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

5 Minutes

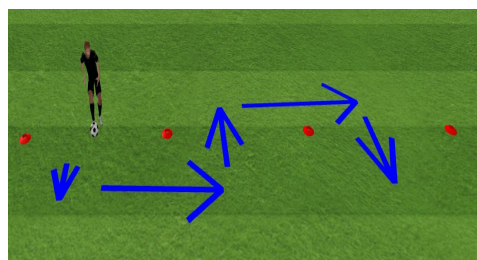
## Inside-Outside



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

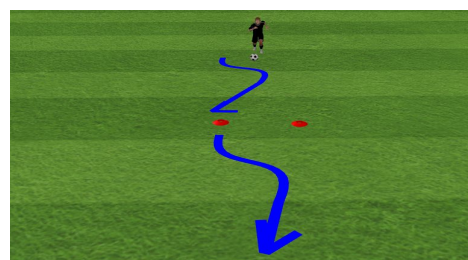
## Sole Dribble



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
Totals	45 Mins Activity + 5 Mins Cool Down		

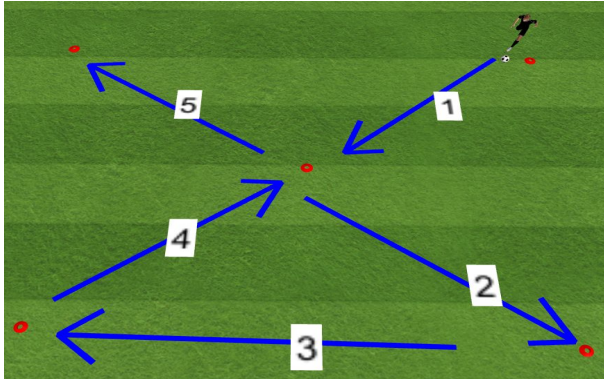
**EQUIPMENT:**  
**1 BALL**  
**5 CONES**  
**OPEN AREA INDOOR OR OUTDOOR**





# Changes of Direction-30 Mins (T2)

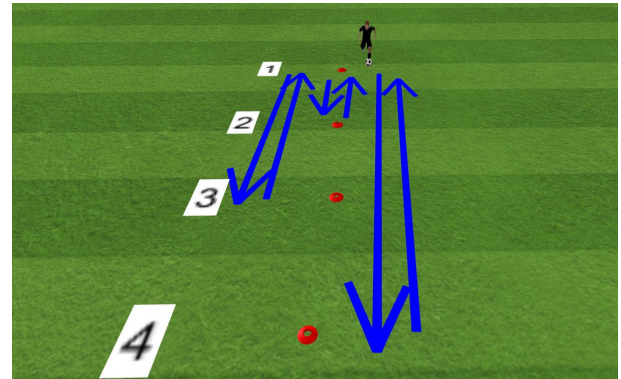
## ZigZag Dribble



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

10 Minutes

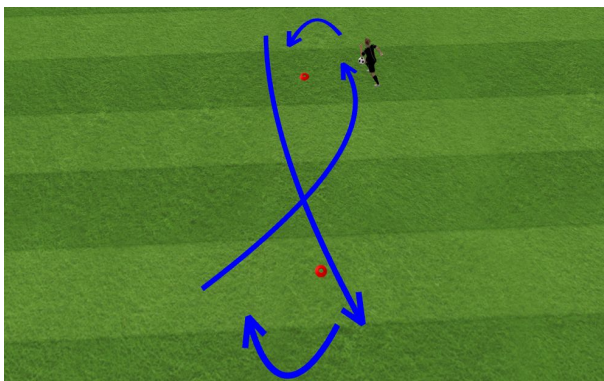
## Ladder Dribble



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)



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
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

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



# Ball Control 25 Mins (T3)

## 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

**10Minutes**

# Ball Control 30 Mins (T3)



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
Totals	30 Mins Activity + 10 Mins Warm Up & Cool Down		

## EQUIPMENT:

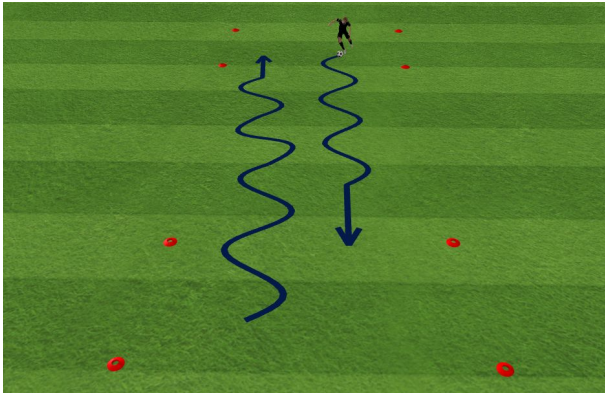
**1 BALL**

**WALL OR REBOUNDER OPEN  
AREA INDOOR OR OUTDOOR**



# Turning with the Ball 30 Mins (T4)

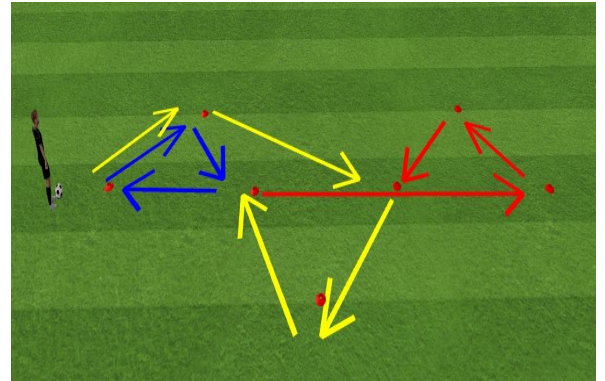
## Double Box



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

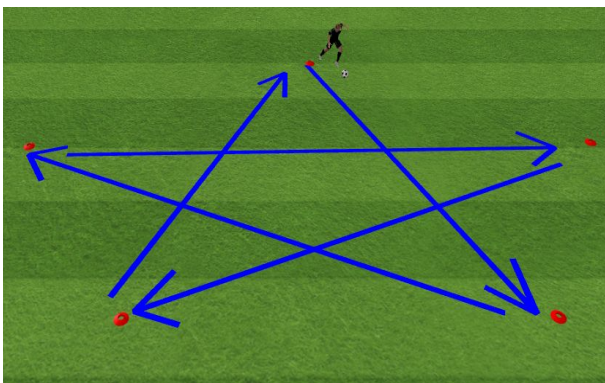
## Triangles



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**

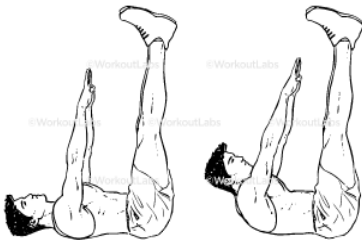
# Turning with the Ball 30 Mins (T4)



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
Totals	30 Mins Activity + 10 Mins Warm Up & Cool Down		

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



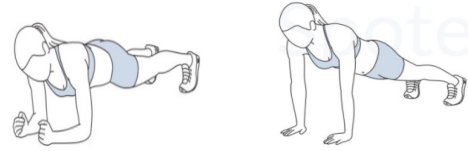


## 1. Toe Reach

Active for 30-60s /

Rest for 30-60s /

Repeat 3x

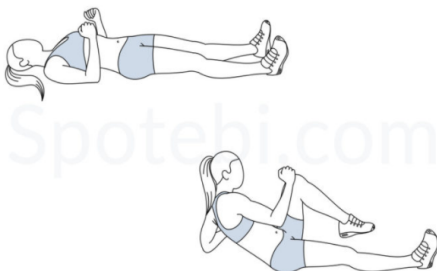


## 2. Up/Down Plank

Active for 30-60s

/ Rest for 30-60s

/ Repeat 3x

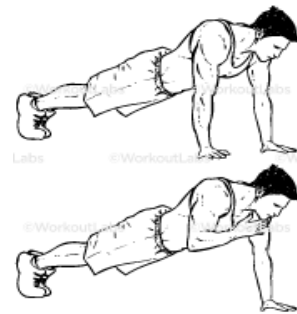


## 3. Sprinters Sit Ups

Active for 30-60s /

Rest for 30-60s /

Repeat 3x



## 4. Plank Shoulder Taps

Active for 30-60s /

Rest for 30-60s /

Repeat 3x



## 5. Knees In & Out

Active for 30-60s /

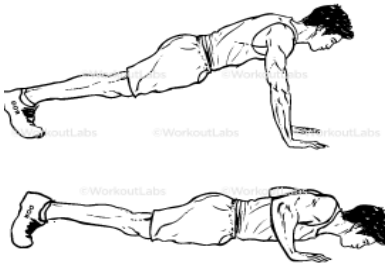
Rest for 30-60s /

Repeat 3x





# Total Body (P2)



**Push-ups / Pushups**

10-30 reps / rest for 1-1:30 mins / repeat 3x



**Superman**

10-20 reps / rest for 1 min / repeat 3x



**Lunges**

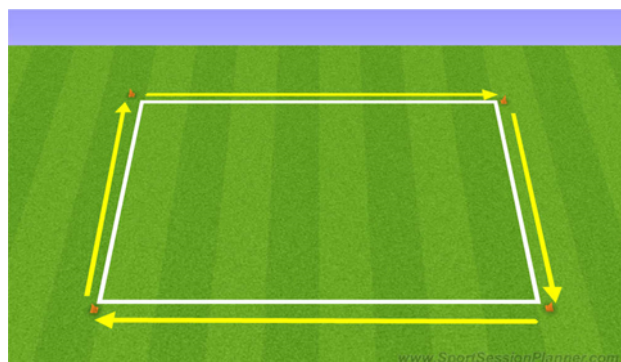
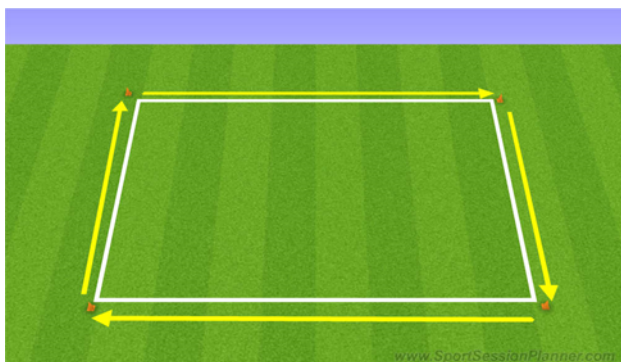
12 lunges per leg / rest for 1:30 mins / repeat 3x



**Squats**

10-20 reps / rest for 1:30-2 mins / repeat 3x

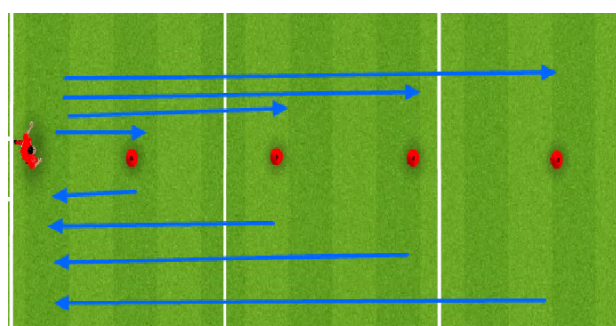
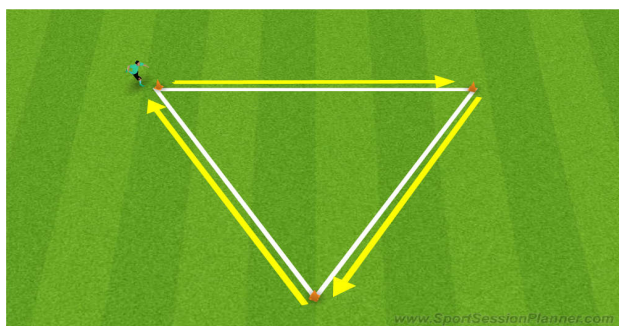
## Extensive Training (P3)



Interval: 5-8 min jog / 1-2 min walk or rest. Repeat 2-4x.

Continuous: 10 min jog / 1min walk. Repeat 2x.

## Intensive Training (P4)



2-4 min fast jog / 1 min rest. Repeat 5-6x.

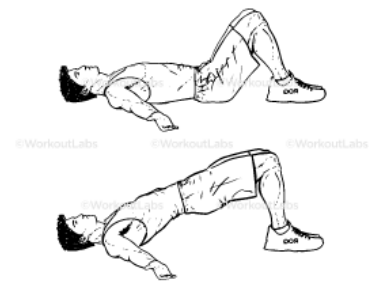
5s sprint / 30s walk or slow jog for 4-5 mins. Rest 3 minutes. Repeat 2-3x.

# General Strength Training – Physical (P4)



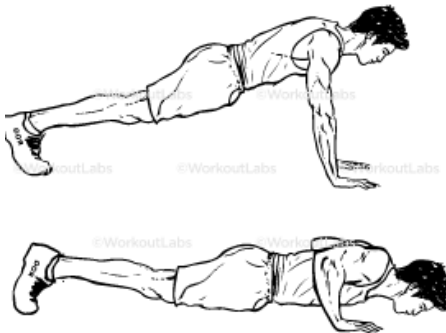
## Squats to Side Leg Raises/Lifts

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



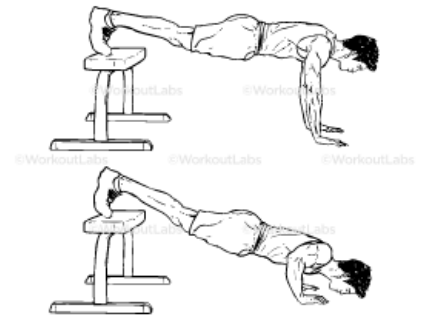
## Hip Raises / Butt Lift / Bridges

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



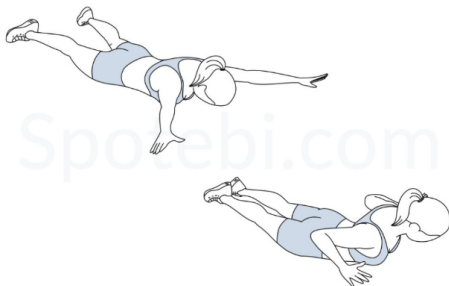
## Push-ups / Pushups

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
Toe Reach	30s-1 min	30s-1 min	3
Up/Down Plank	30s-1 min	30s-1 min	3
Sprinters Sit Ups	30s-1 min	30s-1 min	3
Plank Shoulder Taps	30s-1 min	30s-1 min	3
Pushups	10-30	1-1:30 min	3
Superman	10-20	1 min	3
Lunges	12/leg	1:30 min	3
Squats	10-20	1:30-2 min	3
Pushups	10-30	1-1:30 min	3
Jog / Walk	10 min	1 min	2
5s Sprint / 30s Walk or slow jog	4-5 mins	3 mins	2-3

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



- 1. Awareness of the mental corner**
- 2. Goal-Setting**
- 3. Self-Talk**

## ASSOCIATION EXERCISE:

Associate each mental profile to the right position.

- ✧ Stress management to deal with errors.
- ✧ Refocus after making an error.
- ✧ Good communication
- ✧ Leadership to influence teammates
- ✧ Speed in defensive decision-making.
- ✧ Intelligence to dominate the spaces.

Forward

- ✧ Attacking leadership
- ✧ Defensive and attacking initiative
- ✧ Physical regulation
- ✧ Decide quickly under pressure
- ✧ Communicate with referee, especially the assistant Attention to secondary plays

Centreback

- ✧ Defensive leadership.
- ✧ Concentration during defensive and attacking set pieces.
- ✧ Convey calmness.
- ✧ Communication skills.
- ✧ Defensive aggressiveness.
- ✧ Refocus after important errors.

Goal Keeper

- ✧ Attacking leadership
- ✧ Confidence front of the goal
- ✧ Fast and precise decision making
- ✧ Communication with the referee/assistant
- ✧ Positive relationship that help increase assists
- ✧ Refocus after important errors

Winger

## Reflection Exercise 1:

1. Think of a time where you performed poorly.
  - a. Write down all the elements that could have affected your performance that day.
  - a. Write down how it felt, and how it sounded.
2. Think of a time where you played well.
  - a. Write down all the elements that could have affected your performance that day.
  - a. Write down how it felt, and how it sounded.





Setting **long-term** and **short-term goals** plays an important part in staying motivated. Here's a guide on how to set effective goals.

First, there are **3 types** of goals:

1. **Outcome goals:** What you wish to achieve (i.e: ranking first in a league)
2. **Performance goals:** Represent changes in performance relative to your existing performance (i.e. Improving my fitness level)
3. **Process goals:** how you're going to reach your performance goals (i.e. increase hours of cardio training by x hours)

Second, make sure these goals are **SMART**.

**S**PECIFIC  
**M**EASURABLE  
**A**CHIEVABLE  
**R**EALISTIC  
**T**IMELY

Third, **write them down** and make sure you see them every day.

OUTCOME	PERFORMANCE	PROCESS

Pro tip : Write down **WHY** these goals are meaningful to **YOU**. Use that as a reminder when you're feeling unmotivated.

## **Positive Self-talk is an important tool in sports and in life.**

1. Write down what your negative thought is, when it happens most, and how it makes you feel.
2. Find a word or phrase that can help you snap out of that moment (ex: Next One, Bounce Back...etc). Write that down.
3. Find a positive statement that can replace your initial negative thought about yourself. Write that down.

**What negative thoughts do I have when fearing I won't perform well?**

**What word or phrase can I use to stop these thoughts?**

**Which positive thoughts can I use to replace my negative thoughts?**

What :

When:

How do they make me feel:

\*You can use this tool to practice your positive self-talk daily.

## **The power of positivity:**

<https://www.youtube.com/watch?v=VjYlBFXxda0>

<https://www.youtube.com/watch?v=kO1kgI0p-Hw>



# Video Tasks



## Task #1 – Positional Profiles

Harry Kane	<a href="https://www.youtube.com/watch?v=D2XYuR9V94k">https://www.youtube.com/watch?v=D2XYuR9V94k</a>
Kevin De Bruyne	<a href="https://www.youtube.com/watch?v=m-7wjx3mOxs">https://www.youtube.com/watch?v=m-7wjx3mOxs</a>
Rose Lavelle	<a href="https://www.youtube.com/watch?v=6Xfi4Pkzg1I">https://www.youtube.com/watch?v=6Xfi4Pkzg1I</a>

- **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?

Answer here: <https://forms.gle/en83Mpv5STxFDvtJ9>

## Task #2 - Technical Habits

Maria Leon	Defending Skills: <a href="https://www.youtube.com/watch?v=k6MCTnKcuPg">https://www.youtube.com/watch?v=k6MCTnKcuPg</a>
Heung Min Son	Finishing Skills: <a href="https://www.youtube.com/watch?v=BKInZGOqcZ4">https://www.youtube.com/watch?v=BKInZGOqcZ4</a>
Hakim Ziyech	Dribbling: <a href="https://www.youtube.com/watch?v=lxJmJruuzY4">https://www.youtube.com/watch?v=lxJmJruuzY4</a>

- **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)?

Answer here: <https://forms.gle/TV61uYQuLuaas1q29>

## Task #3 – Game analysis

Men's UCL	Women's UCL
FC Bayern vs Paris SG <a href="https://www.youtube.com/watch?v=JVqBkdIwNDA">https://www.youtube.com/watch?v=JVqBkdIwNDA</a>	Olympique Lyonnais vs Juventus <a href="https://www.youtube.com/watch?v=FGAYGjce6wY">https://www.youtube.com/watch?v=FGAYGjce6wY</a>

- **Question #1** – List 5 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/vUm47nztGBjovhVm9>

## Task #4 – Game analysis

Men's EPL	Women's EPL
Leeds United vs Hull City <a href="https://www.youtube.com/watch?v=SGF1CvC4Aw&amp;t=8s">https://www.youtube.com/watch?v=SGF1CvC4Aw&amp;t=8s</a>	Tottenham vs Manchester United <a href="https://www.youtube.com/watch?v=XWjn_xqlZAE">https://www.youtube.com/watch?v=XWjn_xqlZAE</a>

- **Question #2** – Describe in 3 words the identity for both teams?

Answer here: <https://forms.gle/XMmx87QG33vRsPdV7>