

SOCCER NB



Individualized Home Program Phase 2

SOCCER NB



Let's keep training at home

SOCCER NEW-BRUNSWICK HOME PROGRAM

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.

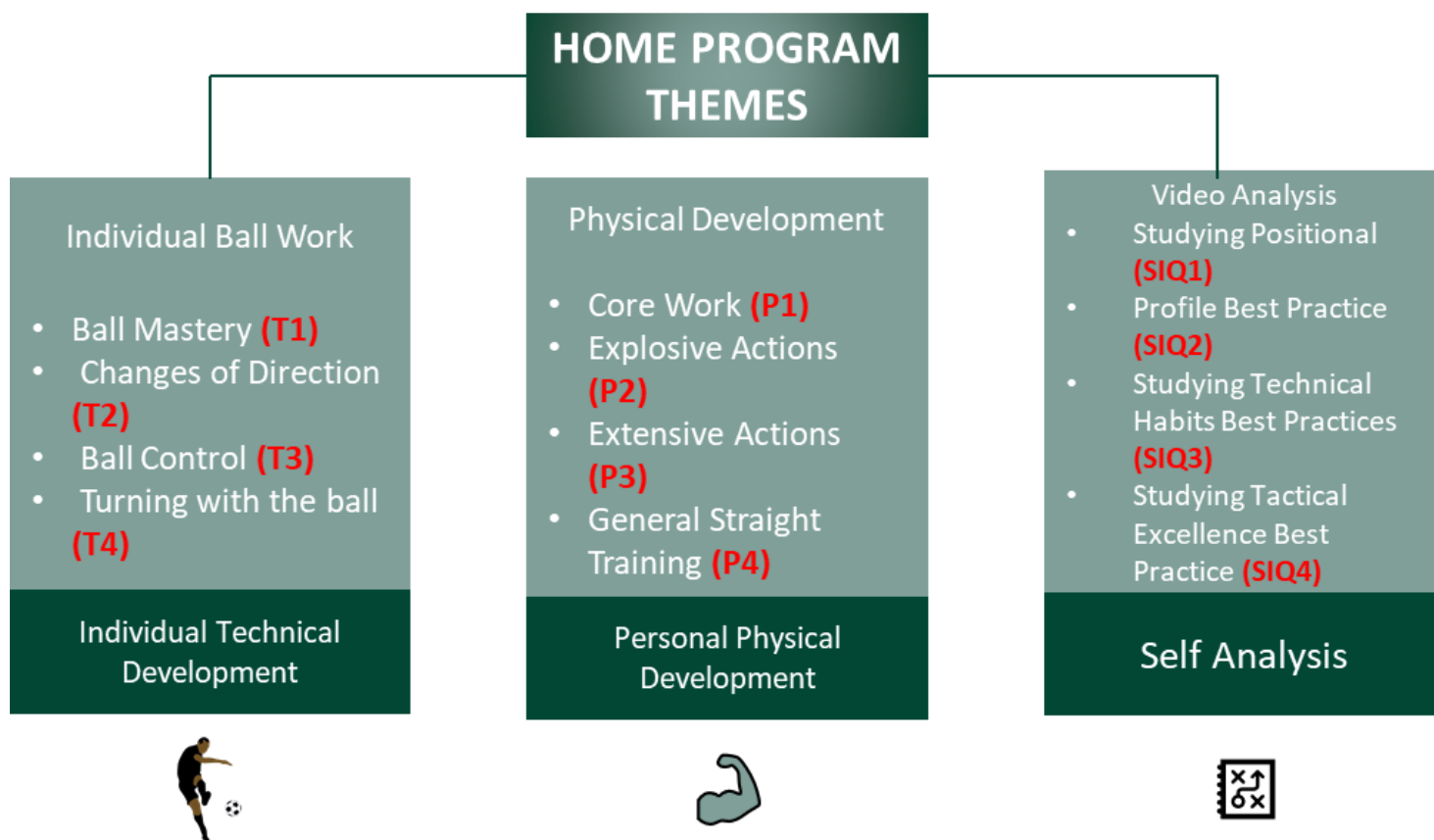
We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World's Best Practice.

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 11th to May 17th , 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 18th to May 24th , 2020

Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T2</u> <u>T4</u>	<u>P3</u>	<u>Task#2</u>	<u>P1</u>	<u>T4</u> <u>T3</u>	<u>OFF</u>

Week #3 Program – May 25th to May 31st , 2020

Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P2</u>	<u>Task#3</u>	<u>P1</u>	<u>T2</u> <u>T3</u>	<u>OFF</u>

Week #4 Program June 1st to June 7th , 2020

Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#4</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

Week #5 Program – June 8th to June 14th , 2020

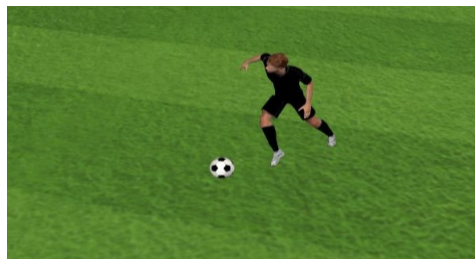
Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T2</u> <u>T4</u>	<u>P3</u>	<u>Task#5</u>	<u>P1</u>	<u>T4</u> <u>T3</u>	<u>OFF</u>

Ball Mastery Program-45min (T1)



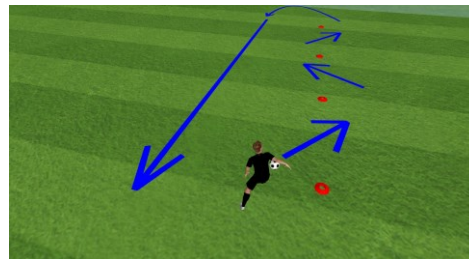
Free Dribble



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

5 Minutes

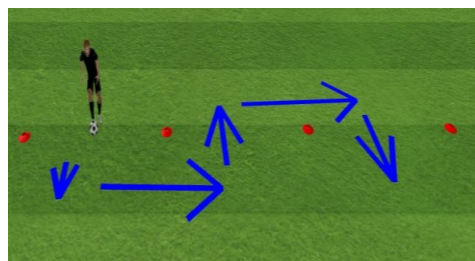
Inside-Outside



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

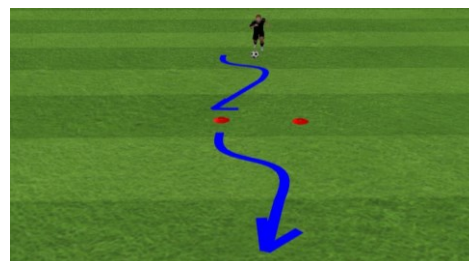
Sole Dribble



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 Program-45min (T1)



Ball Mastery Training Overview

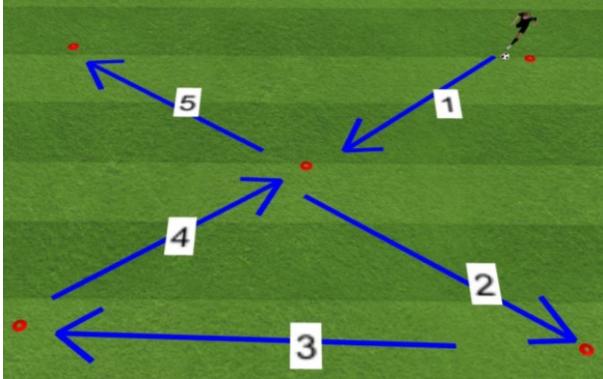
Activity	Total Time	Rest Time	Tempo
Free Dribble	5 Mins	1 Min Rest	Start Slow & Progress Speed
Inside – Outside	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
Sole Dribble	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
1v1 Moves	8 Mins	Rest	High
Juggling	8 Mins	8 Mins Continuous	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)

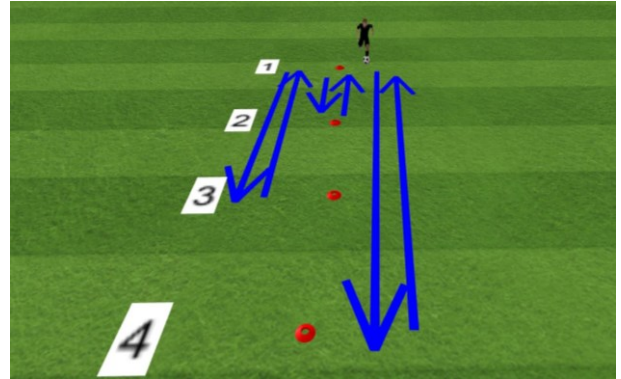
ZigZag Dribble



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

10 Minutes

Ladder Dribble

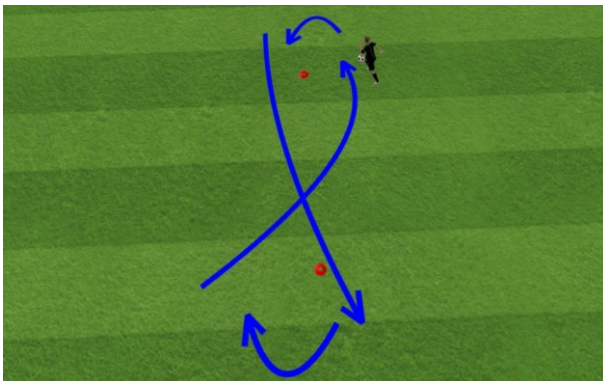


4 Cones are set up – Once a player dribbles to a cone they change direction and return back to the 1st Cone – After each time they return back to the 1st Cone, the player dribbles to the next cone (1-2, 1-3, 1-4).

– 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

10 Minutes

Ball Control 30 Mins (T3)



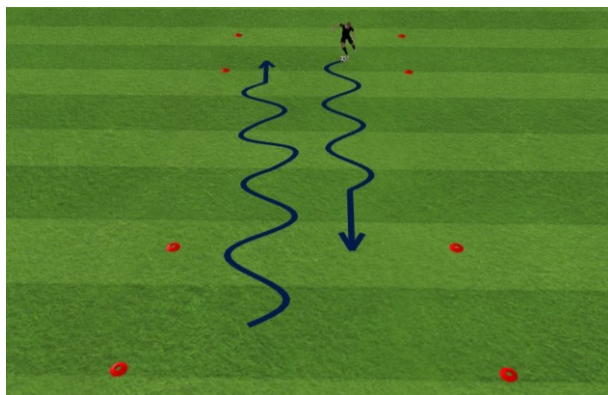
Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Aerial Control	10 Mins	Continuous	Medium
Wall Work	10 Mins	Continuous	Medium
Juggling	10 Mins	Continuous	Low
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	30 Mins Activity + 10 Mins Warm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

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



Turning with the Ball 30 Mins (T4)

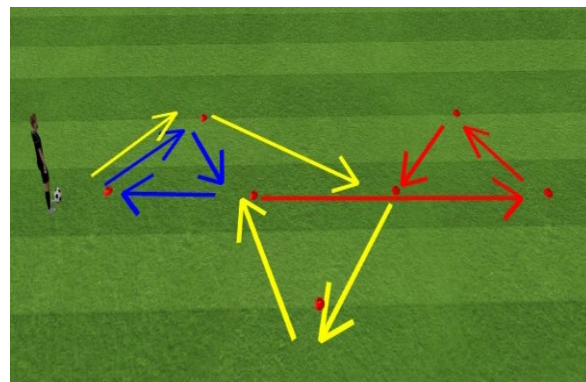
Double Box



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

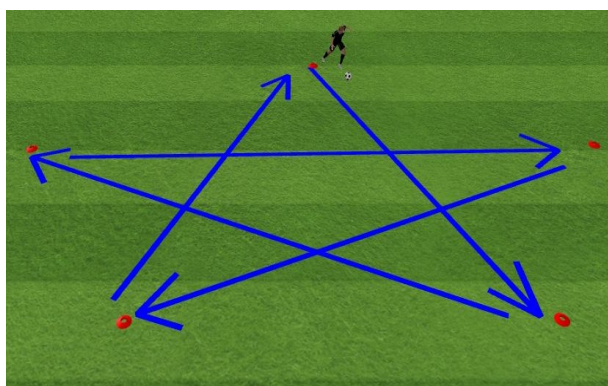
Triangles



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)

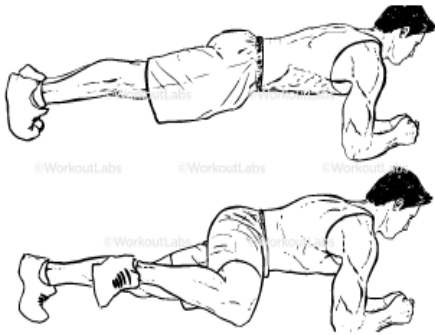


Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Double Box	10 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Triangle	10 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Star	10 Mins	1.5 min work – 1 min rest Repeat 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



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



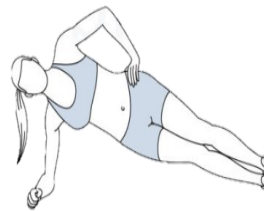
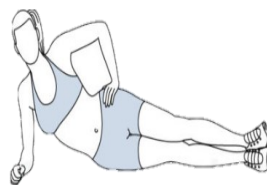
Jackknife Sit-up / Crunch / Toe Touches

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



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

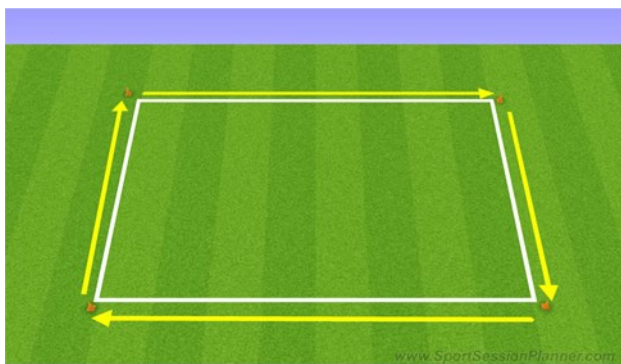
10-30 Repetition
Rest for 1,5min
Repeat 3 times



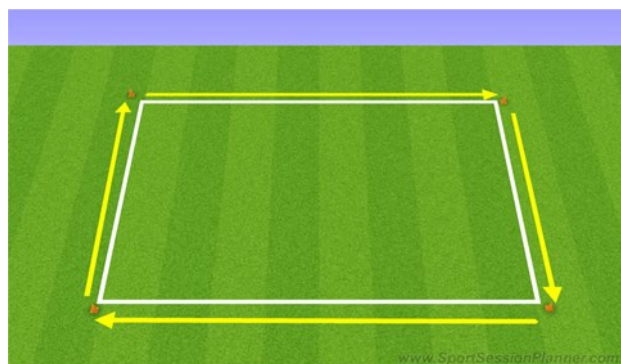
Side Plank

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

Extensive Training (P3)

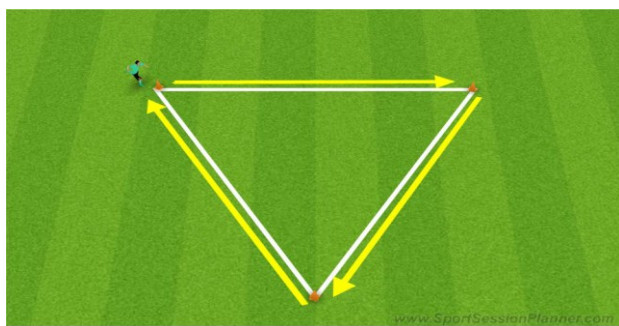


Jog around the area
High Intensity runs across the end lines
5 Mins Continuous
3 Mins Active Recovery-Walking
Repeat Set Three Times

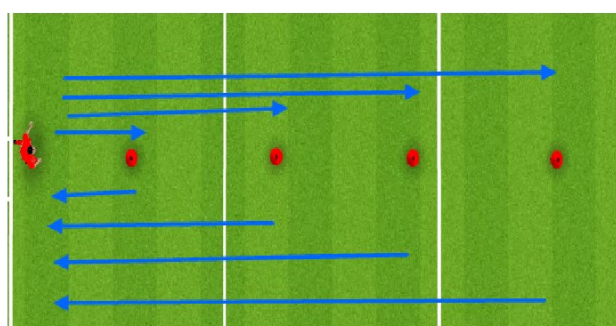


Jog around the area
Continuous activity
10 Mins Continuous
1.5 Mins Active Recovery-Walking
Repeat Two Times

Intensive Training (P2)



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



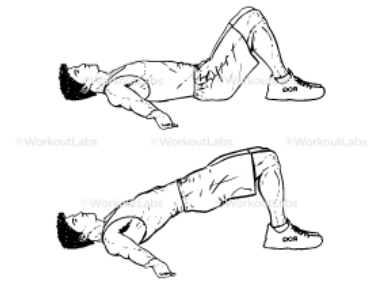
Cônes set up apart in your area
2 min rest between reps
Repeat exercise Three Times

General Strength Training – Physical (P4)



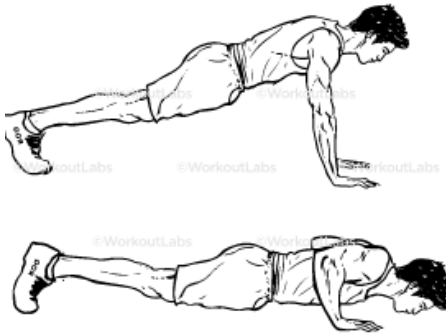
Squats to Side Leg Raises/Lifts

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



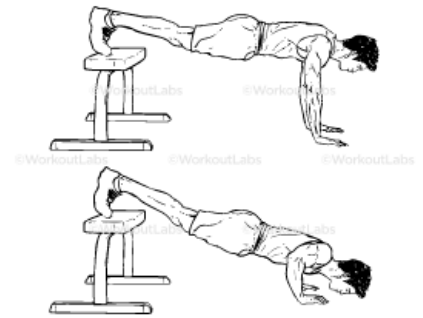
Hip Raises / Butt Lift / Bridges

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



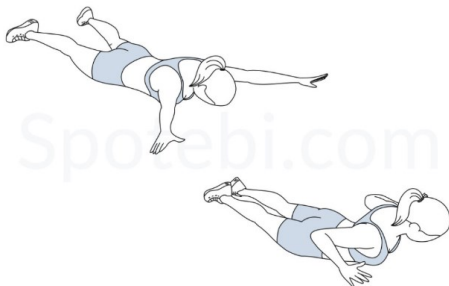
Push-ups / Pushups

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
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 Walking	3
Extensive – Continuous	10 Mins Continuous	1.5 Mins Rest – Active Walking	2
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

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=FjPqXN0_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>