

SOCCER NB



Individualized Home Program



PREVENT THE SPREAD OF COVID-19 IN 7 STEPS

- 1. Wash your hands frequently**
- 2. Avoid touching your eyes, nose and mouth**
- 3. Cover your cough using the bend of your elbow or tissue**
- 4. Avoid contact with anyone that has a fever or cough**
- 5. Seek medical care if you have a fever, cough and difficulty breathing early-but call 811 first**
- 6. Get information from trusted sources**

7. STAY HOME



Overview:

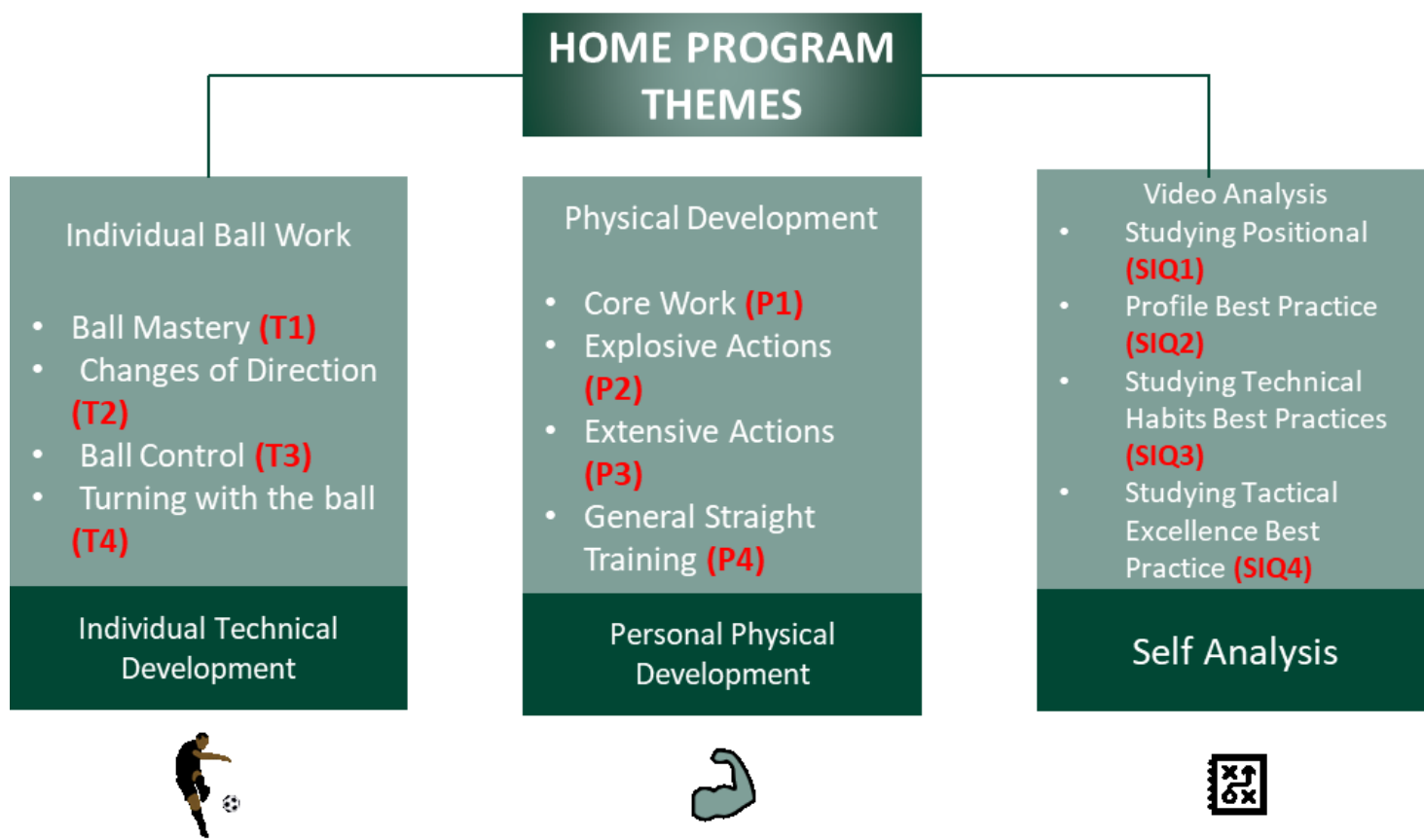
This home program is to support the development of New-Brunswick players outside of the current training program. We have structured the home program to cater towards Individual Technical Ball Mastery and Performance analysis of World's Best Practice.

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 the 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



Weekly Schedule:

Week #1 Program – March 30 to April 5, 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 – April 6 to 12, 2020

Total Time – 3 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 – April 13 to 19, 2020

Total Time – 3.25 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 – April 20 to 26, 2020

Total Time – 3.25 Hours

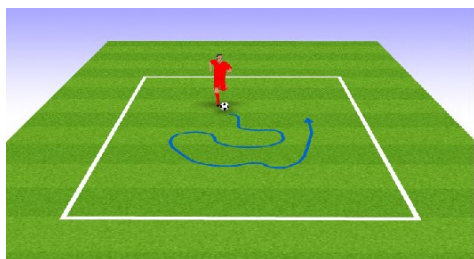
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OFF</u>	<u>T1</u>	<u>P3</u>	<u>Task#4</u>	<u>P3</u>	<u>T1</u>	<u>OFF</u>

Week #5 Program – April 27 to May 3rd, 2020

Total Time – 3.25 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>

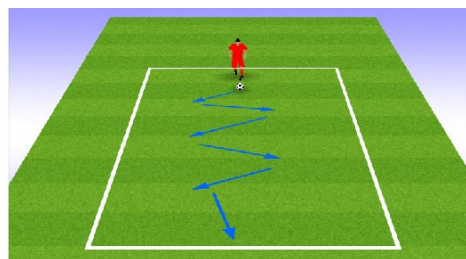
Free Dribble



Player Dribbles 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 their foot and then takes a touch with their inside foot (Same Foot) and Switches feet plus repeats action in opposite direction with the opposite foot

8 Minutes

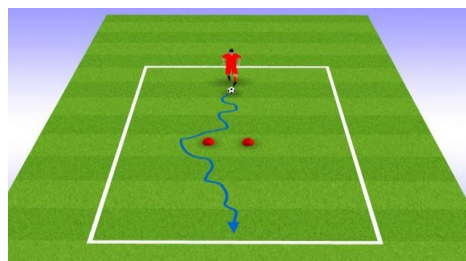
Sole Dribble



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 (15 yards apart) and then dribbles through the advanced cones at speed

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

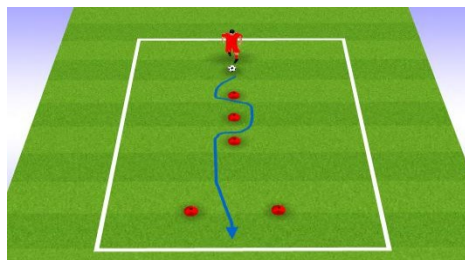
Juggling



Player Juggles the ball only with their feet – Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact

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

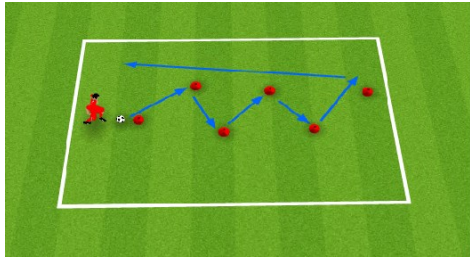
Ball Mastery Training Overview

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	2 Min Work – 30 Seconds Rest Repeat Three times	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)

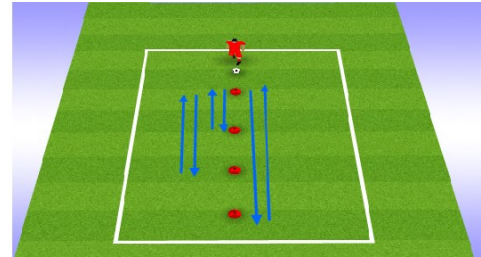
Zig Zag Dribble



Player dribbles in Zig Zag Direction – The player changes direction at each cone and switches feet – Once player has completed the zigzag, they dribble back to the front

8 Minutes

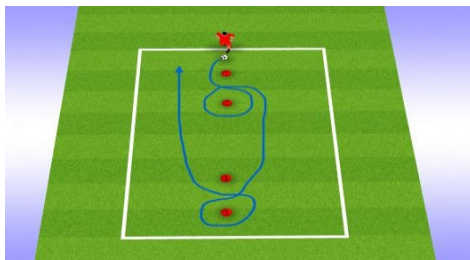
Ladder Dribble



4 Cones are set up – 5 yards apart between the cones – 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).

8 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

8 Minutes

Changes of Direction Overview

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	2 Min Work – 30 Seconds Rest Repeat Three times	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

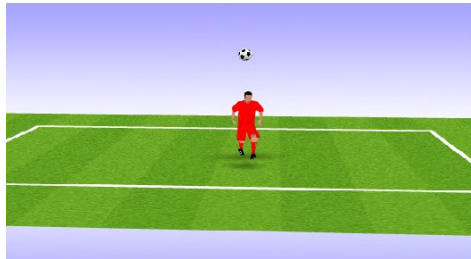
Equipment:

1 Ball

6 Cones

Open Area (Indoor or Outdoor)

Aerial Control

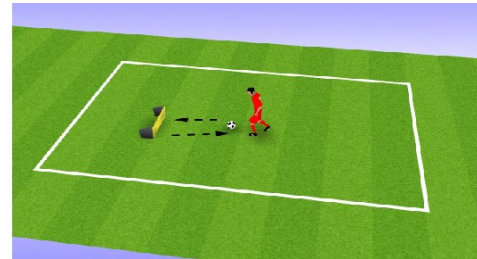


Player Kicks the ball up in the air and must control the ball with their first touch
– Try to keep the exercise it continuous

by using your feet to restart the repetitions

8 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

8 Minutes

Juggling



Player Juggles the ball only with their feet or thigh
– Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact – Then try to go Left Foot à Left Thigh à Right Foot à Right Thigh & Repeat

8 Minutes

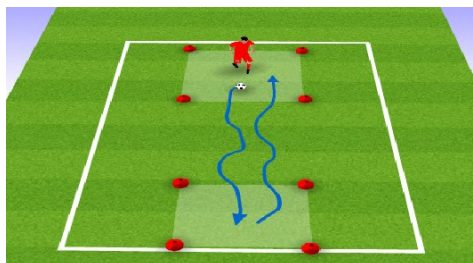
Ball Control Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Aerial Control	8 Mins	Continuous	Medium
Wall Work	8 Mins	Continuous	Medium
Juggling	8 Mins	Continuous	Low
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball
Wall or Rebounder
Open Area (Indoor or Outdoor)

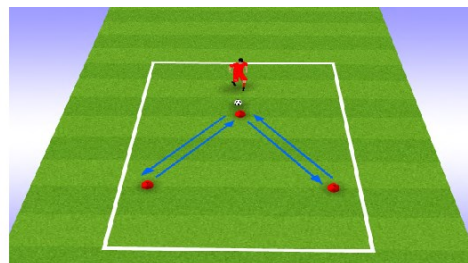
Double Box



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

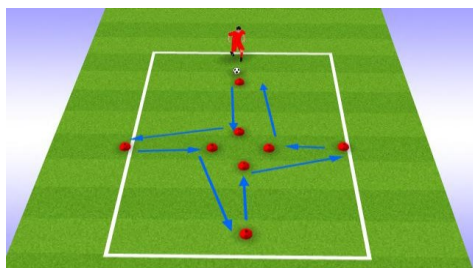
Triangle



Player dribbles to the right side triangle point, once arriving at the cone the player turns and returns to the starting point and then turns and goes to the opposite point of the triangle – 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 Overview

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	8 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Star	8 Mins	1.5 min work – 1 min rest Repeat Four Time	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball

8 Cones

Open Area (Indoor or Outdoor)

Planks



Hold for 30 seconds
Rest for 1.5 Mins
Repeat 3 Times

Core Crunches



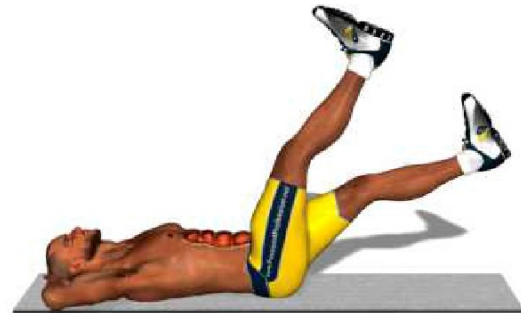
10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Foot to Foot Crunches



20 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Leg Lifts



Active for 30 seconds
Rest for 1.5 Mins
Repeat 3 Times

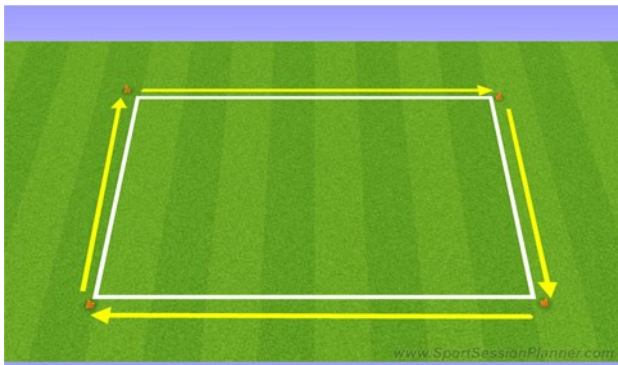
Side Plank



Hold for 30 Seconds – Switch Sides for
another 30 Seconds
Rest for 1.5 Mins
Repeat 3 Times

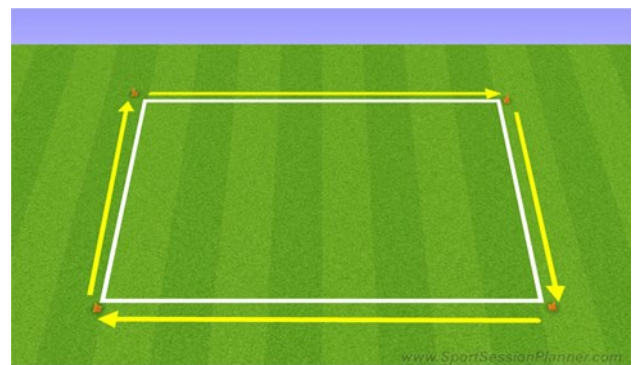
Extensive Training (P3)

Interval



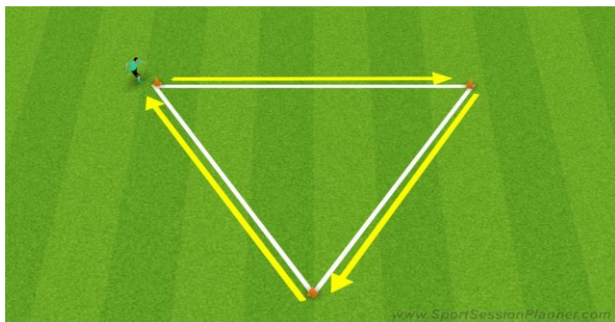
Jog around the markers
High Intensity runs across the end lines
5 Mins Continuous
3 Mins Active Recovery – Walking
Repeat Three Times

Continuous

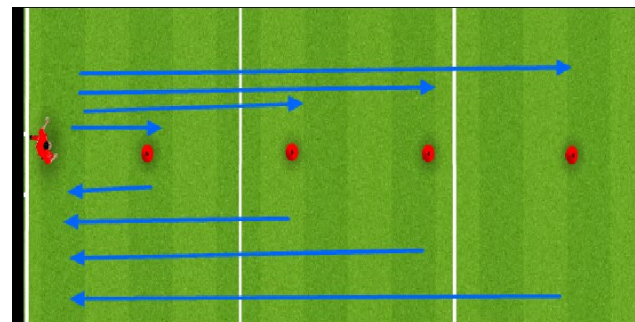


Jog around the markers
Continuous activity
10 Mins Continuous
1.5 Mins Active Recovery – Walking
Repeat Two Times

Intensive Training (P2)



3x10m Sprints
45 second rest between sprints
8 Reps with 2 min break between (1 Set)
Repeat Set Three Times



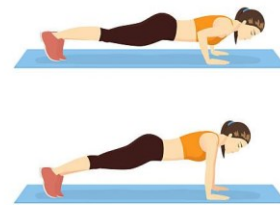
Cones set up apart in your area
2 min rest between reps)
Repeat exercise Three Times

Lunges



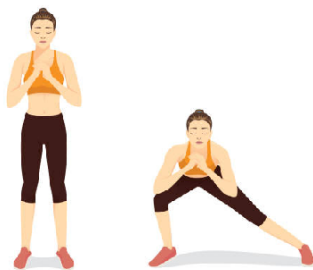
10 Lunges per leg
Rest for 1.5 Mins & Repeat
3 Sets

Push Ups



10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Side Lunges



10 Side Lunges per leg (Do both sides
before resting)
Rest for 1.5 Mins & Repeat
Repeat 3 Times

Squats



10-20 Repetitions
Rest for 2 Mins
Repeat 3 Times

Physical Program Overview

Activity	Reps / Time	Rest Time	Sets
Planks	30 Seconds	1.5 Mins	3
Core Crunches	10-30 Reps	1.5 Mins	3
Foot to Foot Crunches	20 Reps	1.5 Mins	3
Leg Lifts	30 Seconds Active	1.5 Mins	3
Side Plank	30 Seconds Each Side	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
Lunges	10 per leg	1.5 Mins	3
Push Ups	10-30 Reps	1.5 Mins	3
Side Lunges	10 per leg	1.5 Mins	3
Squats	10-20 Squats	2 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**

Task #1 – Positional Profiles

Suarez - <https://youtu.be/B7oVnIGd1Es>

Pirlo - <https://youtu.be/Je8iiInFMS8>

Iniesta – https://youtu.be/HXE-O4eeW_o

- **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?

Task #2 - Technical Habits

Kante Defending Skills – <https://youtu.be/C1Wkd3kVsmk>

Salah – Finishing Skills - <https://youtu.be/d5rf5uLo5PI>

Sane Dribbling Skills – <https://youtu.be/C958CvNnLTE>

- **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?

Task #3 – Tactical Excellence

Ajax Hunt – <https://youtu.be/jMxNrSMcn4U>

Ajax Adaptability – <https://youtu.be/99JNdxzLwic>

MCI U18's beat the high press – <https://youtu.be/SGlI5UsaZjg>

Leeds Triangle Support - https://youtu.be/T1V4Dp7_8p8

- **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 Ajax, Manchester City U18's and Leeds United?
- **Question #3** - What are the three areas that your TEAM will need to keep or start doing based on your analysis of the clips?

Task #4 – Game analysis

Atletico Madrid vs Real Madrid https://www.youtube.com/watch?v=qE-CL0X_nb8&t=667s

- **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?

Task #5 – Game analysis

Leipzig vs Bayern Munich <https://www.youtube.com/watch?v=1yHWGw8DH4A>

- **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?