



At Home Training Session Plan 3 Academy

With so much unknown of how the next few weeks will look Chiefs FC has created some individual exercises players can do at home if the complex, and schools are closed for a longer period of time. The club will be in discussions daily on the next steps with health professionals to make sure we make the best decisions for our membership, players, staff, and coaches to ensure everyones safety. The health and safety of players, fans, and staff is our top priority as an organization. Please be safe out there, and continue to follow the suggestions from CDC and stay healthy.

Thank you, Chiefs FC Directors



Warm-up Juggling 15 minutes (log your score)

Juggling	Attempt 1	Attempt 2	Attempt 3
From Hand	One touch back up into hands 10 right foot 10 left foot	Right, Left, Back Up 10x Left, Right, Back Up 10x	Aim for 5+, back up 3x
One bounce	One touch back up into hands 10 right foot 10 left foot	Right, Left, Back Up 10x Left, Right, Back Up 10x	Aim for 5+, back up 3x
Feet only No bounce			
Right Foot Only Left Foot Only			

How To Juggle a Soccer Ball | Basic Tutorial | YFutbol
<https://youtu.be/Xqwuz0N8LeE>
Watch video for instructions on different juggling techniques to guide you through the exercises



First touch

Equipment: 1 Ball, 4-8 cones/markers (shoes etc).

Grid: Size of grid can be adjusted on ability/age. 5 yards apart.

Cones on outside are 5 yards away from square

Duration: 15 minutes

Complete set 4x for each surface of foot (Inside/Outside/Laces)
(twice with strong foot, twice weak foot) Total reps=16. Rest between sets.

Action: Throw ball in air then take a touch using different surfaces of your foot (Inside/Outside/Laces) towards outside cones, accelerate after ball, dribble to outside cone and perform turn before dribbling back inside square.

Example: One set would be using the inside of my right foot for my first touch towards the yellow cone then dribble back to middle and repeat same action to green, red and blue cones. Then I could use the inside of my left foot

How To Improve First Touch | Master Your Ball Control | Touch Training For Football/ Soccer

https://youtu.be/_7UfIFjce5Q

Watch video starting at 1:35 for example. He juggles to start, it's perfectly fine to toss the ball into the air using your hands





Dribbling

Equipment: 1 Ball, 5 cones/ markers

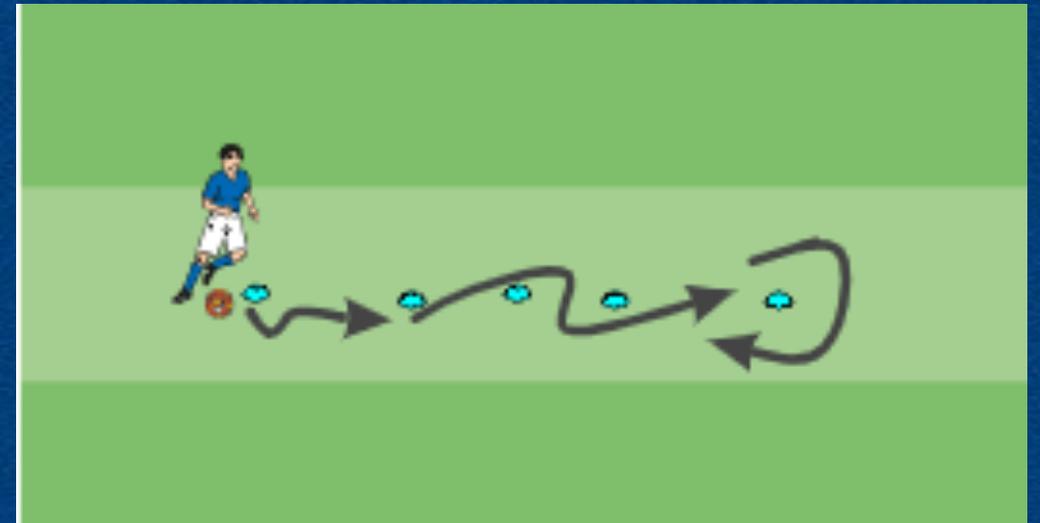
Grid: First two cones 5 yds apart, middle three cones are 1.5 yds apart, last two cones 5 yds apart

Duration: 15 mins

Action: Dribble ball as quickly as possible weaving through the cones, performing turns at the outside cones. Work for 45 secs or 6 circuits, practice and repeat.

Perform three sets each using (rest between sets):

1. Both feet any surface
2. Both feet soles only
3. Right foot only
4. Left foot only





Dribbling

Equipment: 1 Ball, 5 cones/ markers

Grid: Cones 8 yards apart from cone in center

Duration: 15 mins

Action: Dribble ball as quickly as possible around the cones. One set is going around all four cones on the outside.

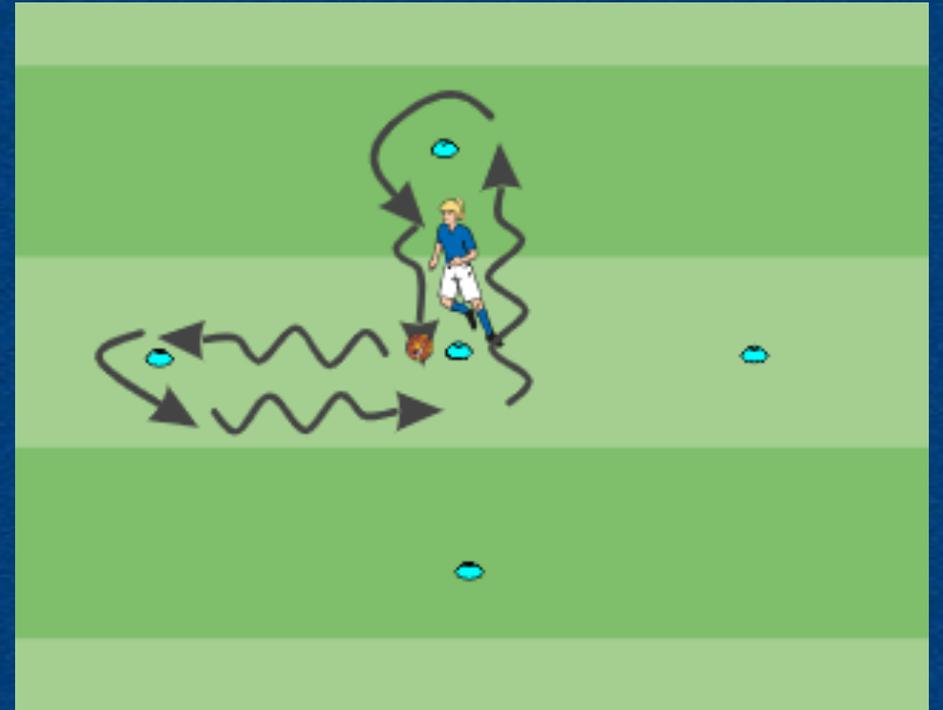
Perform one set each going clockwise and counterclockwise:

1. Either foot
2. Right foot only
3. Left foot only

Complete one set in 30 secs rest for 30 secs, practice and repeat.

Use the following moves to go around cones:

1. Inside foot cut
2. Outside foot cut
3. Step-over turn
4. Cruyff turn





Fitness & Strengthening

Exercise	Set #1	Set #2
Jumping Jacks	6	6
Cruches	10	10
Push Up	6	6
Burpees	4	4
Star Jumps	6	6

Equipment: 1 Ball, 2 cones/markers (shoes etc).

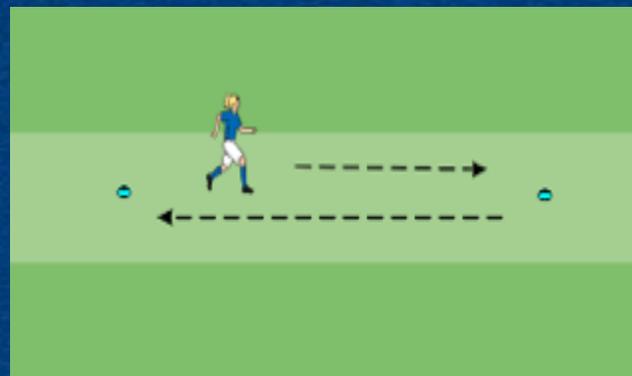
Grid: two cones are 25 yards apart.

Duration: 15 minutes total. Set work, rest between sets.

Complete 2 sets. First one with ball, second one without.

Action:

Sprint back and forth between the two cones performing one rep of the exercise at each cone in between dribbles or sprints.





Self Reflection:

How did it go?

Is there anything I'm able to improve?

What was the most challenging part of the session?

How can I improve performing the challenging part?

What did I do well and what area did you improve in the most in during the session?