

#keepitkicking



# At Home Training Session Plan 1 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 8 minutes (log your score)

| Juggling        | Attempt 1 | Attempt 2 | Attempt 3 |
|-----------------|-----------|-----------|-----------|
| Feet Only       |           |           |           |
| Right Foot Only |           |           |           |
| Left Foot Only  |           |           |           |
| All Surfaces    |           |           |           |



# Figure 8's

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

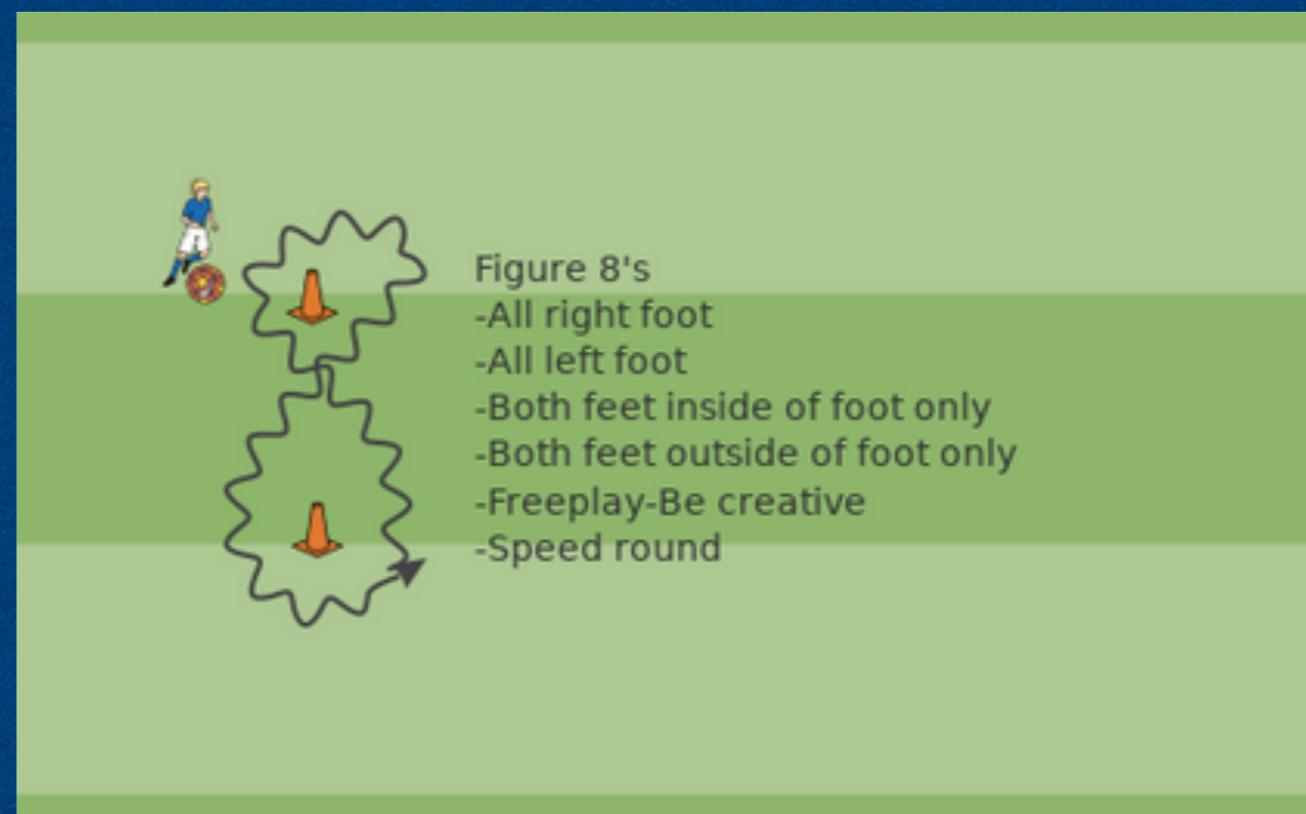
Grid: Size of grid can be adjusted on ability/age. 2 yards apart.

Duration: 10 minutes

Action: Either go for time (45 seconds, or complete circuit=10). Reverse each direction per move. Rest between sets.

Options:

- All right foot
- All left foot
- Both feet inside of foot only
- Both feet outside of foot only
- Freestyle (anything/be creative)
- Speed round- Any part of foot



Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, dedication and challenge yourself to practice at a high tempo.

# Cone work - ball mastery

Equipment: 1 Ball, 1 cone/marker.

Grid: 1 cone

Duration: 15 minutes

Action: Complete each action for 45 seconds. Repeat and repeat again.

Session 1 Moves Video Examples:

1. Toe taps
2. Rocking sole (both feet)
3. Sole rolls
4. Inside push pulls (both feet)
5. Laces push pull (both feet)

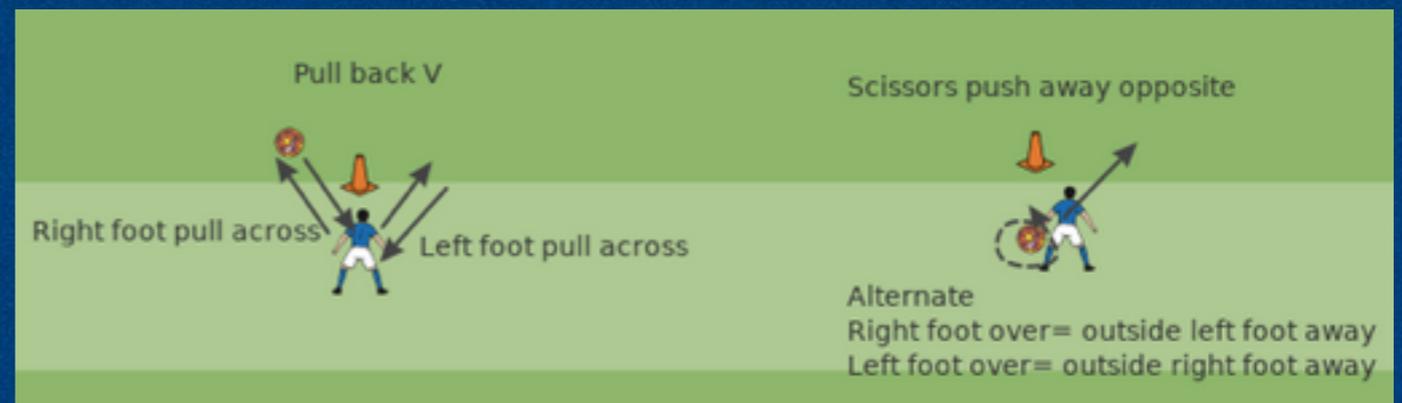
Video Link:

<https://www.youtube.com/watch?v=ObncYq18IMw&t=24s>

Challenge: Perform link all the moves together. Practice!

Example Moves (in diagram):

1. Pull back
2. Scissors



Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, dedication and challenge yourself to practice at a high tempo.





# Box training - moves

Equipment: 1Ball, 6 cones/markers (shoes etc).

Grid: Size of grid can be adjusted on ability/age. 10yards between cones.

Duration: 15 minutes

Action: Either go for time (90 seconds, or complete circuit=5). Reverse each direction per move. Slower on approach. Be detailed and take pride in the move/turn. Change speed to get away from the cone.

End lines= Either juggle as a recovery or slow walk with the ball.

Session 1 Moves Video Examples :

1. The Matthews
2. Touch Step over
3. Outside Inside
4. The Elastico

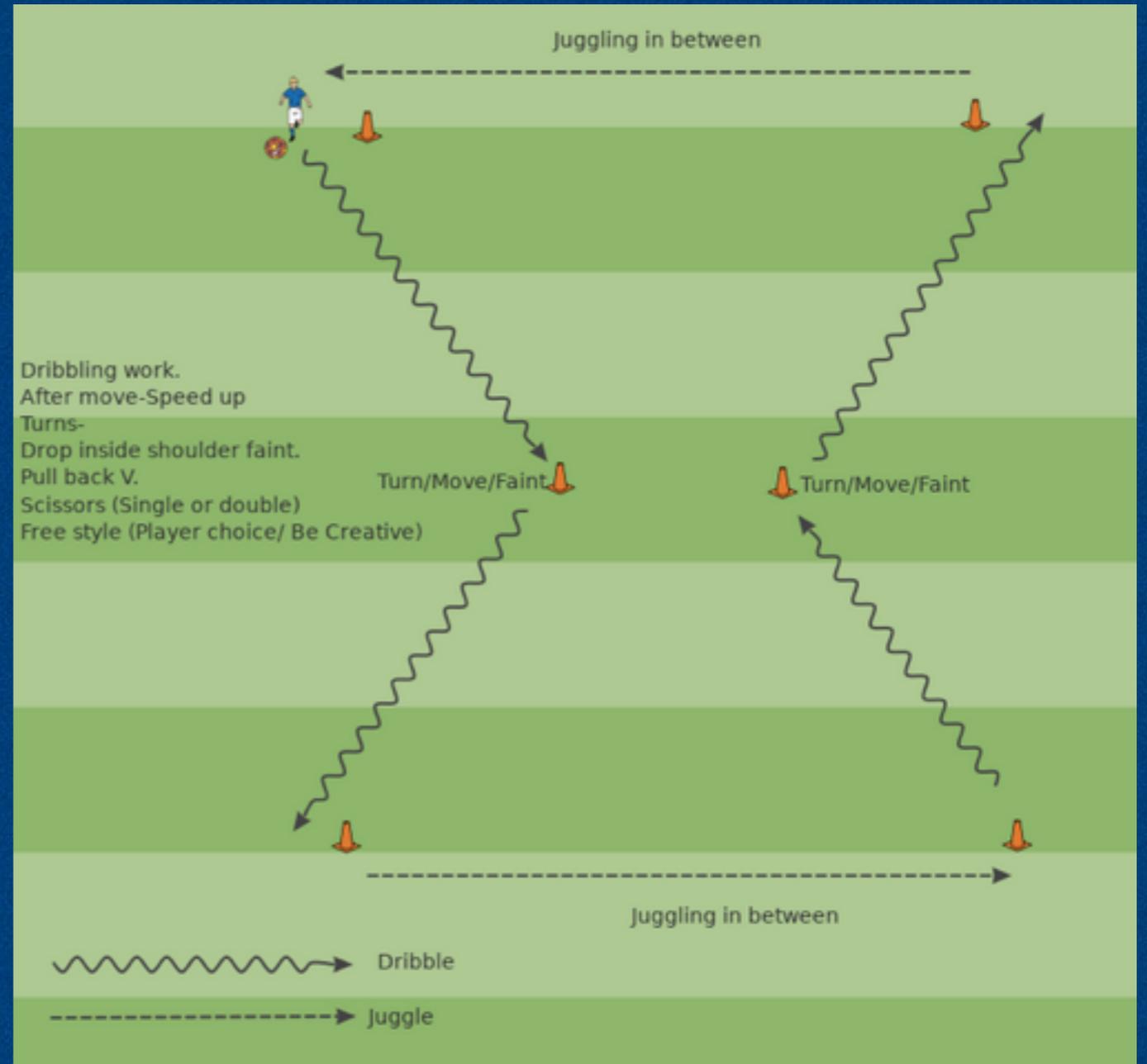
Video Link:

<https://www.youtube.com/watch?v=1sr8zc8nP9Y>

Adjustments: Free style. Pick different moves per round. Add different parts and be creative.

Example Moves (in diagram):

1. Drop inside should faint
2. Pull back v Scissors (single or double)



Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, dedication and challenge yourself to practice at a high tempo.

# Passing, receiving, releasing

Equipment: 1Ball, wall/rebounder/parent.

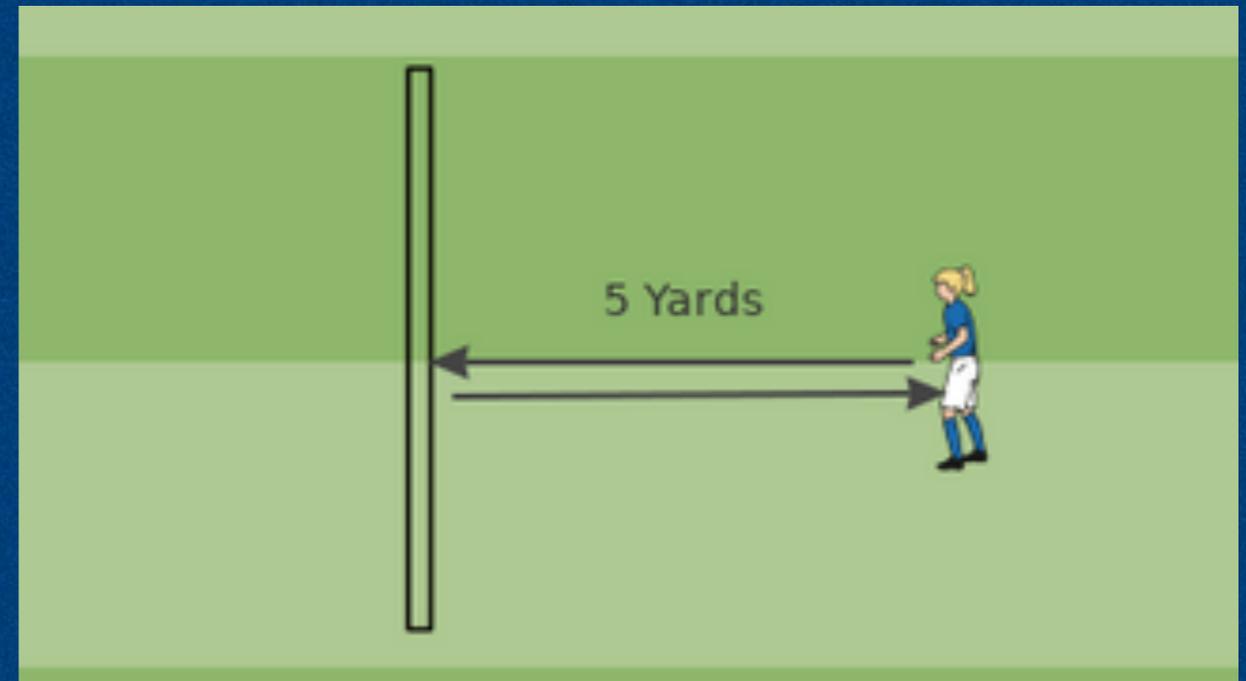
Grid: 5 yard pass/receive.

Duration: 10 minutes

Action: Complete each passing action for 45-60seconds. Pass at the wall/rebounder, on the return of the ball always receive and play back. Rest 45-60 seconds between sets.

- 1 touch passing (same foot, alternate)
- 2 touch passing (same foot, alternate)
- 2 touch opposite- receive left-pass right, and receive right-pass left.
- 2 touch- receive outside of foot- pass back with inside same foot.

-Become creative - Add some moves and turns when receiving. Go to 3 touch (Stop-push-pass).



## Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, heel down toe up, locked ankle, punch through the ball, alert alive on toes, dedicated and challenge yourself to practice at a high tempo.





# Injury Prevention - Strengthening

| Exercise           | Set #1  | Set #2  |   |
|--------------------|---------|---------|---|
| Jumping Jacks      | 6       | 6       | <a href="https://youtu.be/6zi50lw5BYQ">https://youtu.be/6zi50lw5BYQ</a> |
| Slalom Jumping     | 6       | 6       | <a href="https://youtu.be/FUbKkxF77gY">https://youtu.be/FUbKkxF77gY</a> |
| Alternating Lunges | 6       | 6       | <a href="https://youtu.be/CaoMBh_2fFw">https://youtu.be/CaoMBh_2fFw</a> |
| Burpees            | 6       | 6       | <a href="https://youtu.be/JZQA08SlJnM">https://youtu.be/JZQA08SlJnM</a> |
| Star Jumps         | 6       | 6       | <a href="https://youtu.be/h6wu4_LOhyU">https://youtu.be/h6wu4_LOhyU</a> |
| Plank              | 20 secs | 20 secs | <a href="https://youtu.be/pvljsG5Svck">https://youtu.be/pvljsG5Svck</a> |
| Push Up            | 10      | 10      | <a href="https://youtu.be/rjc0070XS3g">https://youtu.be/rjc0070XS3g</a> |
| Shuttle Run        | 6       | 6       | <a href="https://youtu.be/Mzp9VIX4hqk">https://youtu.be/Mzp9VIX4hqk</a> |

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**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?**