

#keepitkicking



At Home Training Session Plan 2 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			

Cone work - ball mastery

Equipment: 1 Ball, 1 cone/marker.

Grid: 1 cone

Duration: 20 minutes

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

Session Moves Video Examples:

6. Croquetas
7. Outside Cuts
8. Single foot Inside outsides
9. Inside outsides
10. SL V Cuts
11. Inside V Cuts
12. Outside V Cuts

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.





Mixed Dribbling-moves

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

Grid: Size of grid can be adjusted on ability/age. 10 -15 yards between cones.

Duration: 20 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 accelerate to get away from the cone. Some of below moves can be used as turns, experiment to master the ball, master the game!

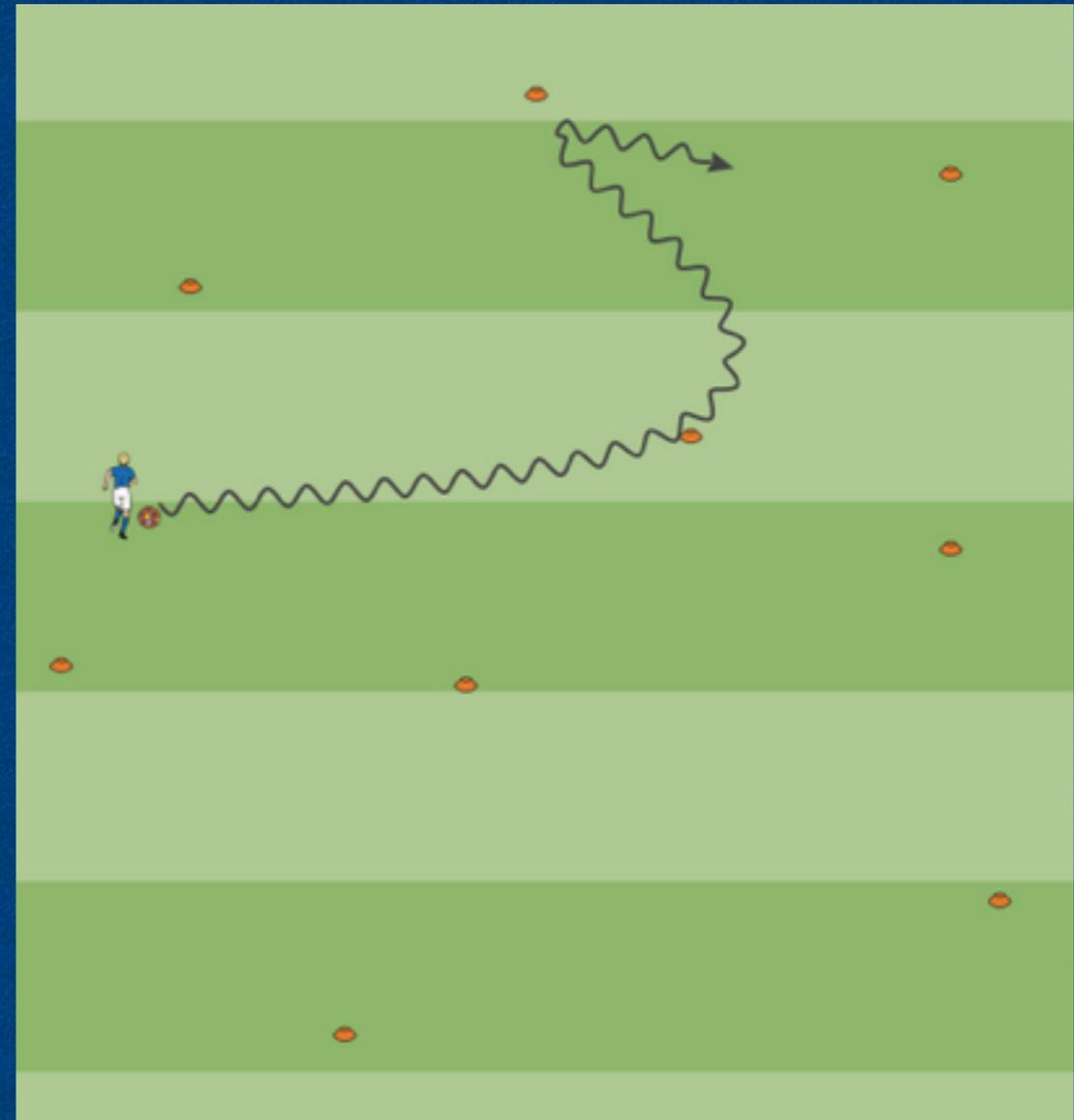
Session 2 Moves (5 Video Examples):

5. The Roulette (Maradona)
6. The Fake Shot
7. Double Step over
9. Fake Pass
10. The Chop (Ronaldo)

Video Link:

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

Adjustments: Free style. Pick different moves per round. Add different parts and be creative. Idea: Have a parent shout out a different move before performing at the cone.



Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, every time touch the ball head up to scan field, execute move, take big touch out of move/turn, change speed/accelerate away out of move/turn, dedication and challenge yourself to practice at a high tempo.

Give & Go - passing, receiving, dribbling, moves

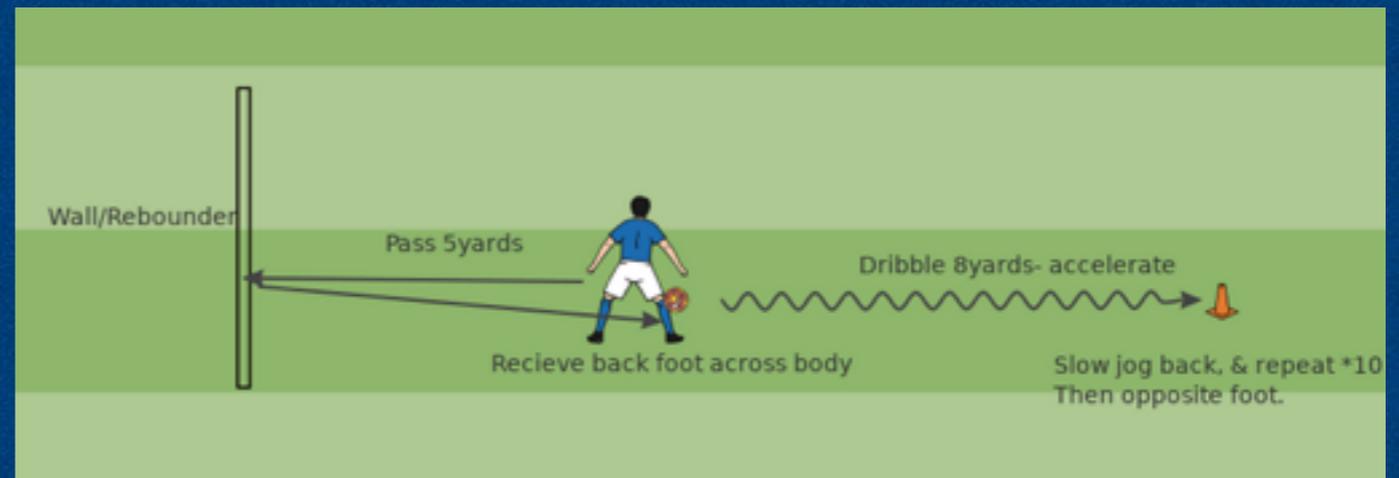
Equipment: 1Ball, wall/rebounder/parent, 1 cone/marker.

Grid: 5 yard pass/receive. Dribble 8-10 yards.

Duration: 20 minutes

Action: Complete 10 on each side. Pass at the wall/rebounder, on the return of the ball always receive on the back foot. Change speed to get to the cone with good control perform any of the 1v1 skill moves from 'mixed dribbling-moves exercise". Rest between sets.

Adjustments: Can vary the distance. Start with a bigger pass, and go and meet the ball closer. Add turns when receiving the ball to change direction.



Key Points:

Close control of the ball, practice with both feet, increase the speed as you master the technique, pass: heel down toe up, locked ankle, punch through the ball, body action: scan field check shoulder, open body shape to receive on back foot to play forward, alert alive on toes, accelerate on dribble, execute 1v1 skill move change of direction, dedication and challenge yourself to practice at a high tempo.





Injury Prevention - Strengthening

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

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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?