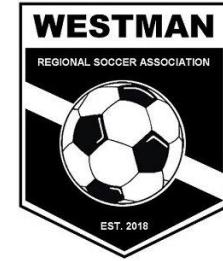


WRSA HOME TRAINING PROGRAM

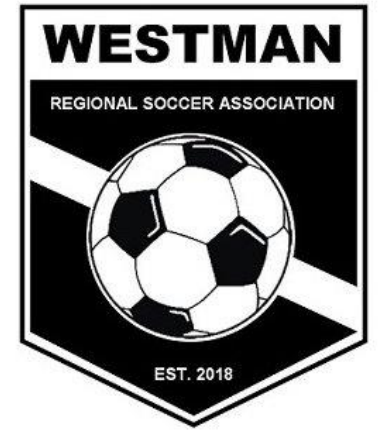
Week 1

INTRODUCTION



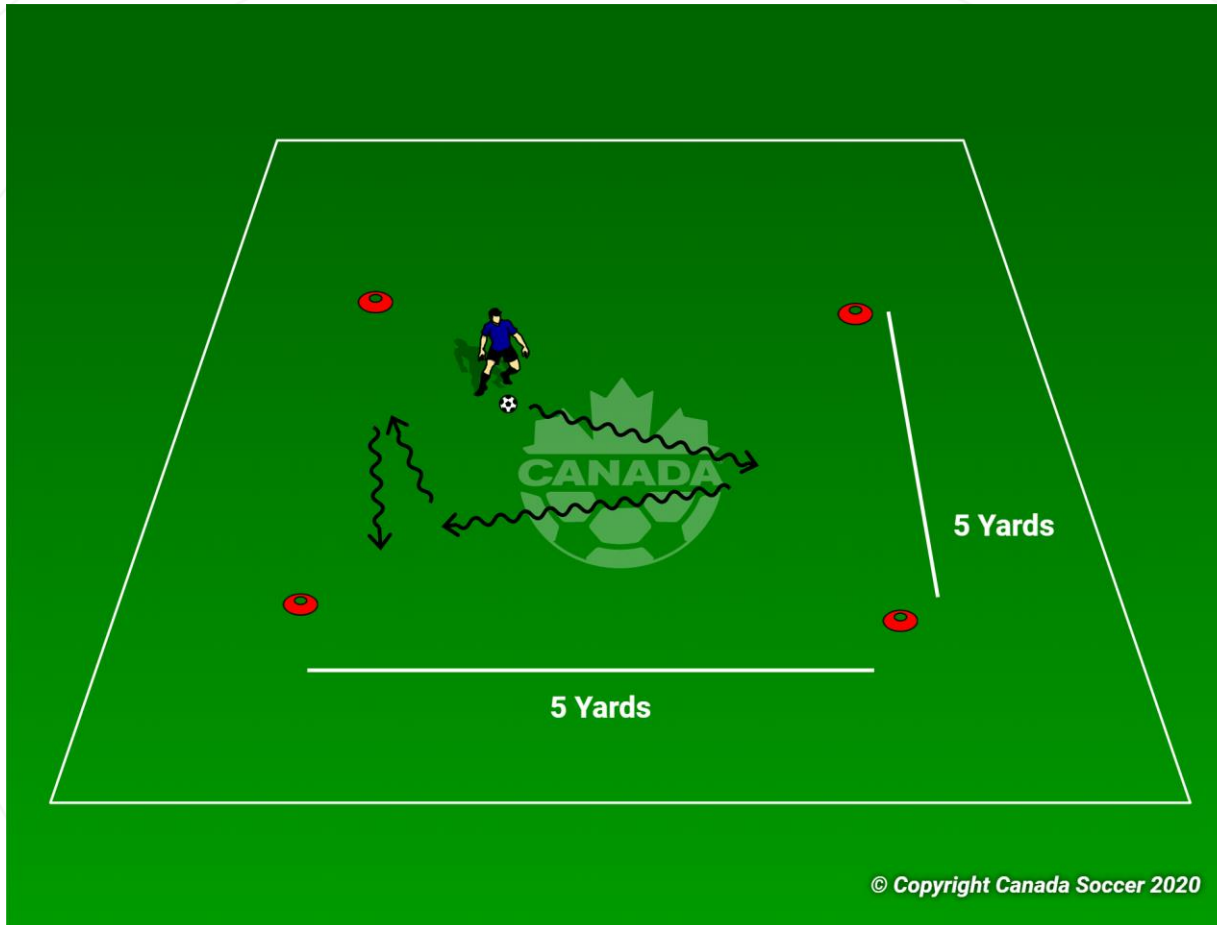
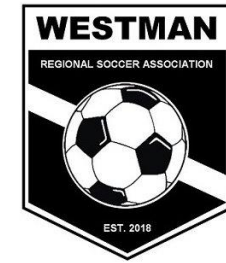
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. The 'Home Training Program' will consist of one dribbling session, one passing and receiving session, and one skill acquisition session. This program is meant to keep kids in the Westman Region active and loving the game. Feel free to 'tag' WRSA and MSA in videos of you completing the sessions!

*Note – this is not mandatory, rather supplementary in nature.



DRIBBLING SESSION

DRIBBLING — ACTIVITY 1



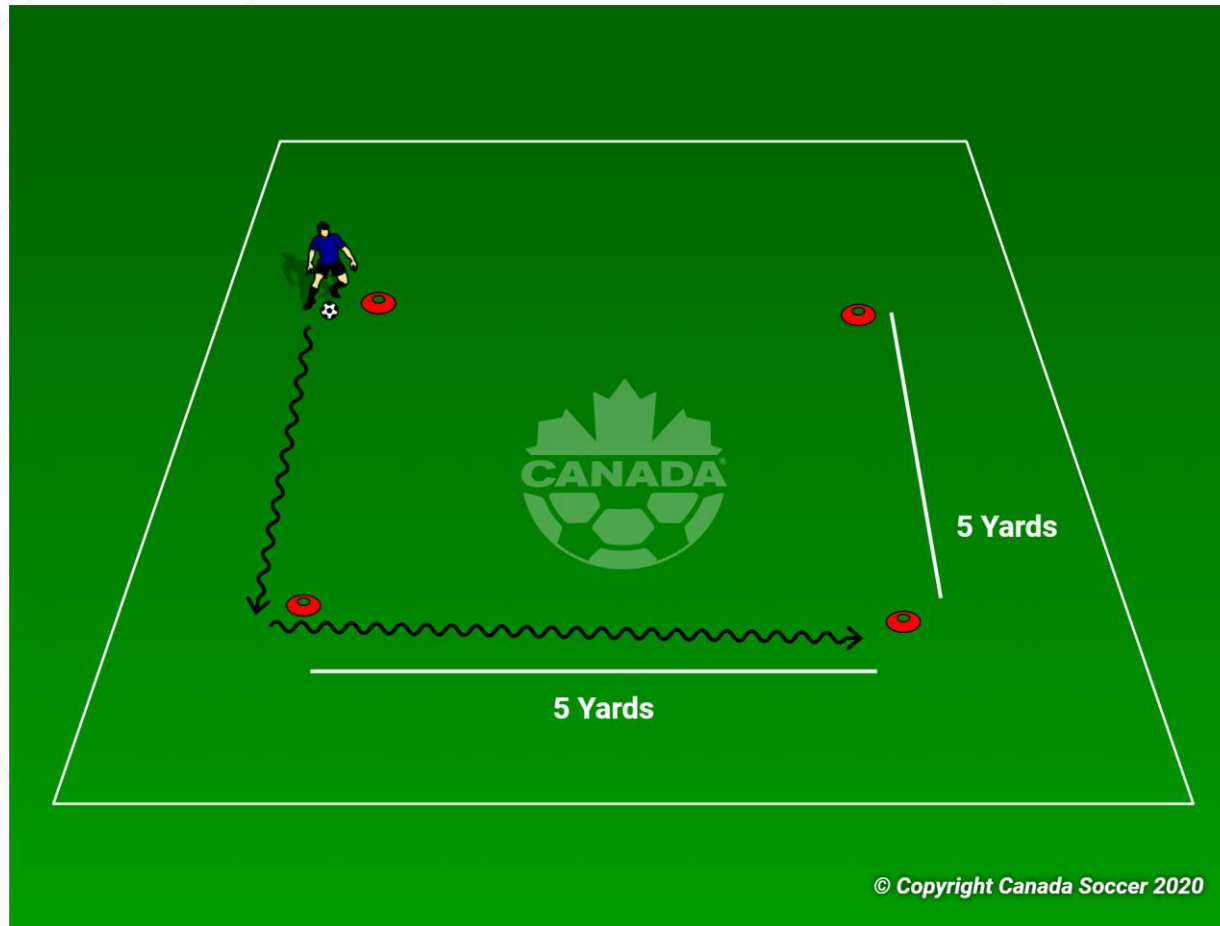
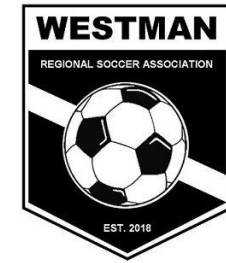
Description

In a 5x5 yard box, dribble around in a 'free' fashion. Change your pace, direction and try out different moves.

Duration

3x1.5 minutes, with a 1 minute break in between and light stretching in between

DRIBBLING – ACTIVITY 2



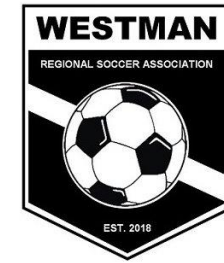
Description

Dribble around your 5x5 yard box. Dribble around the box 4 times to complete '1 round'. Use different surfaces of your foot.

Duration

First round → only right foot
Second round → only left foot
Third round → both feet
Fourth round → only right foot (opposite direction)
Fifth round → only left foot (opposite direction)
Sixth round → both feet (opposite direction)

DRIBBLING — ACTIVITY 3



Description

Dribble around your 5x5 yard box in a 'figure 8'. Get back to the starting cone 4 times to complete '1 round'.

Duration

First round → only right foot

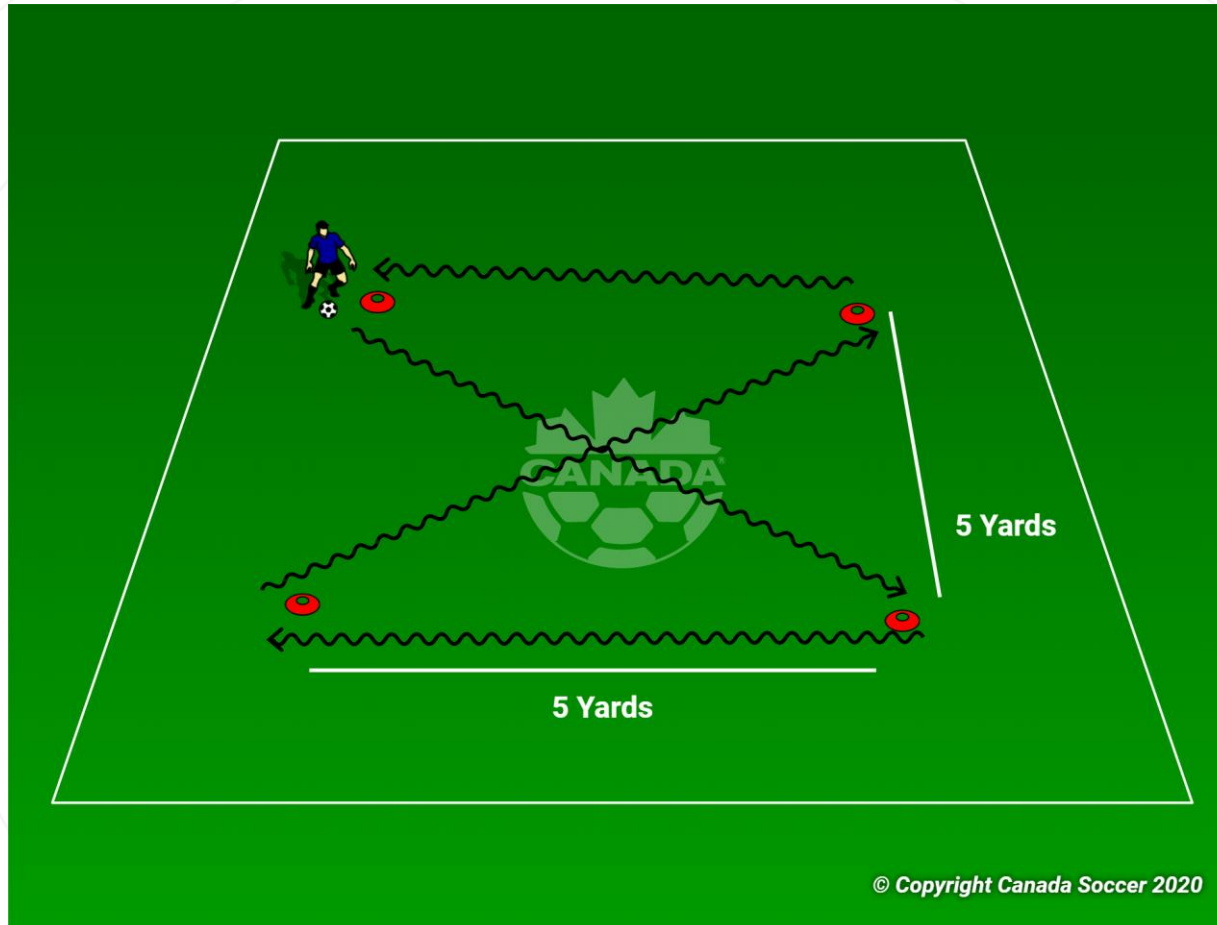
Second round → only left foot

Third round → both feet

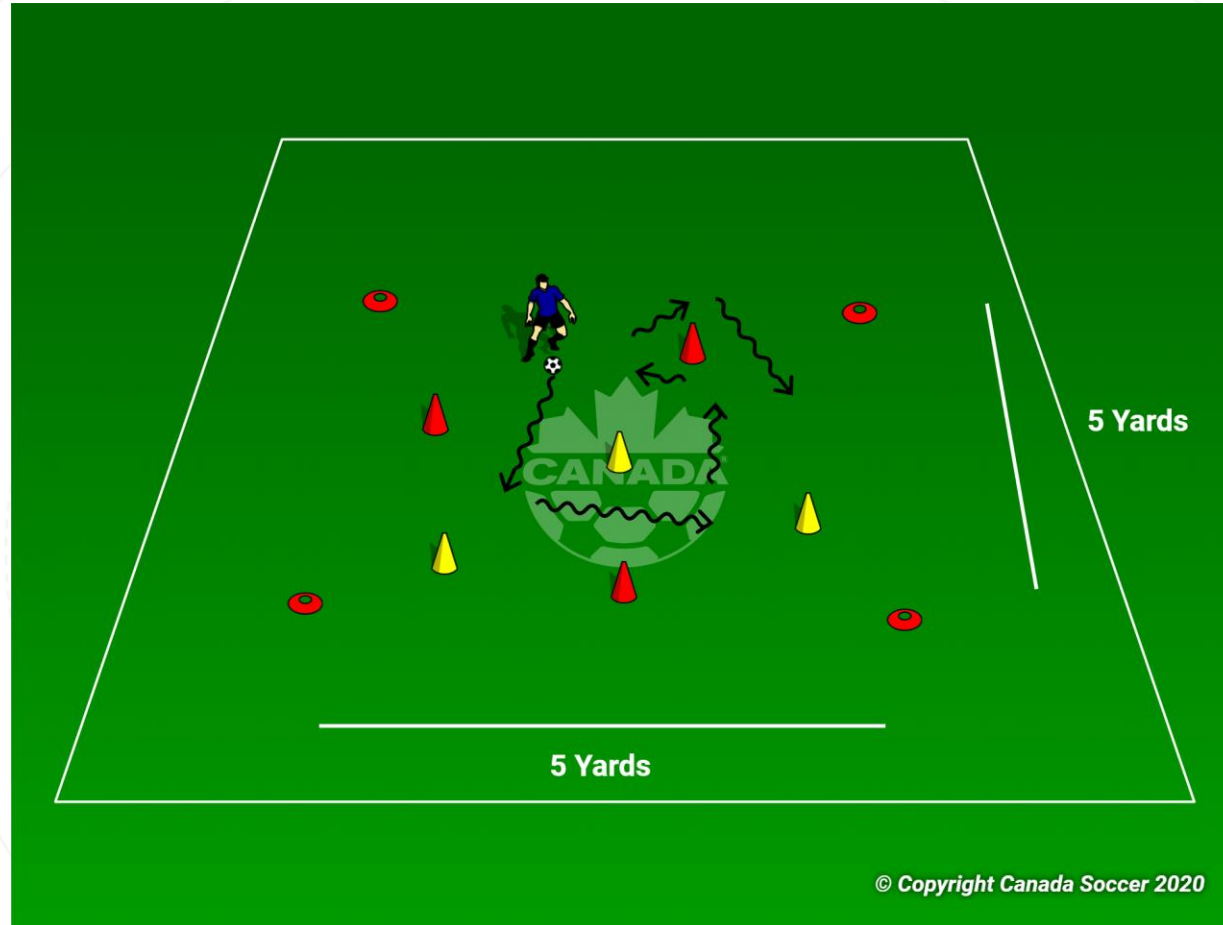
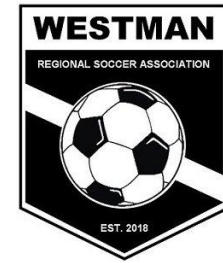
Fourth round → only use outside of feet

Fifth round → only use inside of feet

Sixth round → player's choice



DRIBBLING — ACTIVITY 4



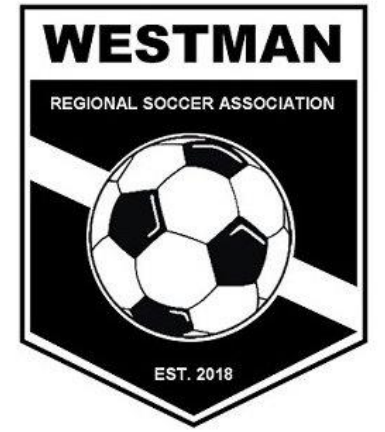
Description

Place different cones/objects in your 5x5 yard box. Dribble around the box without touching the objects, focus on change of direction, change of pace and different moves.

Duration

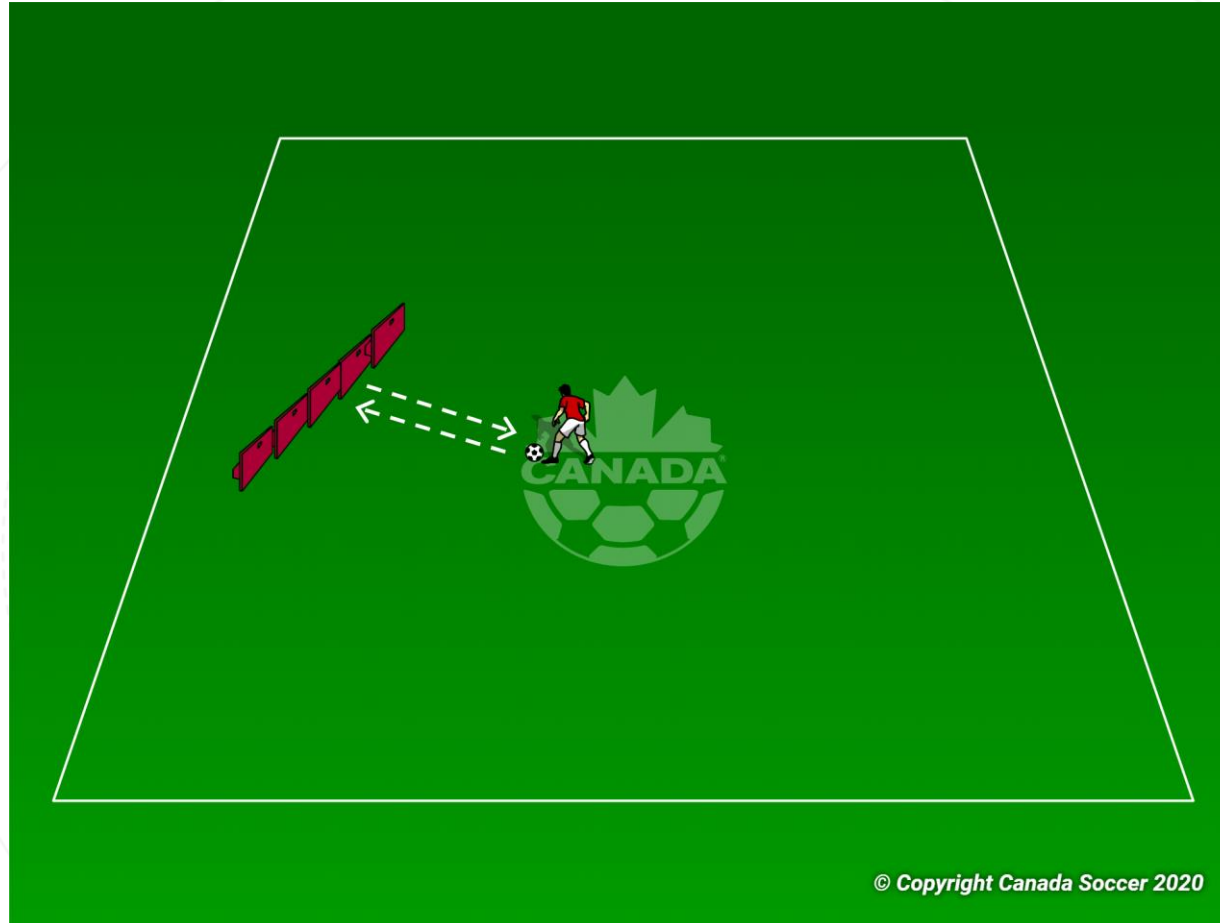
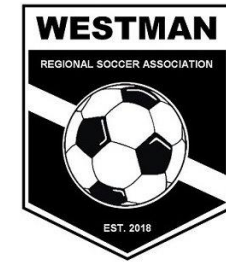
3x1.5 minutes, with a 1 minute break in between and switch location of central cones/objects to vary dribbling patterns.

*End session with a cool down, light stretching and foam rolling



PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



Description

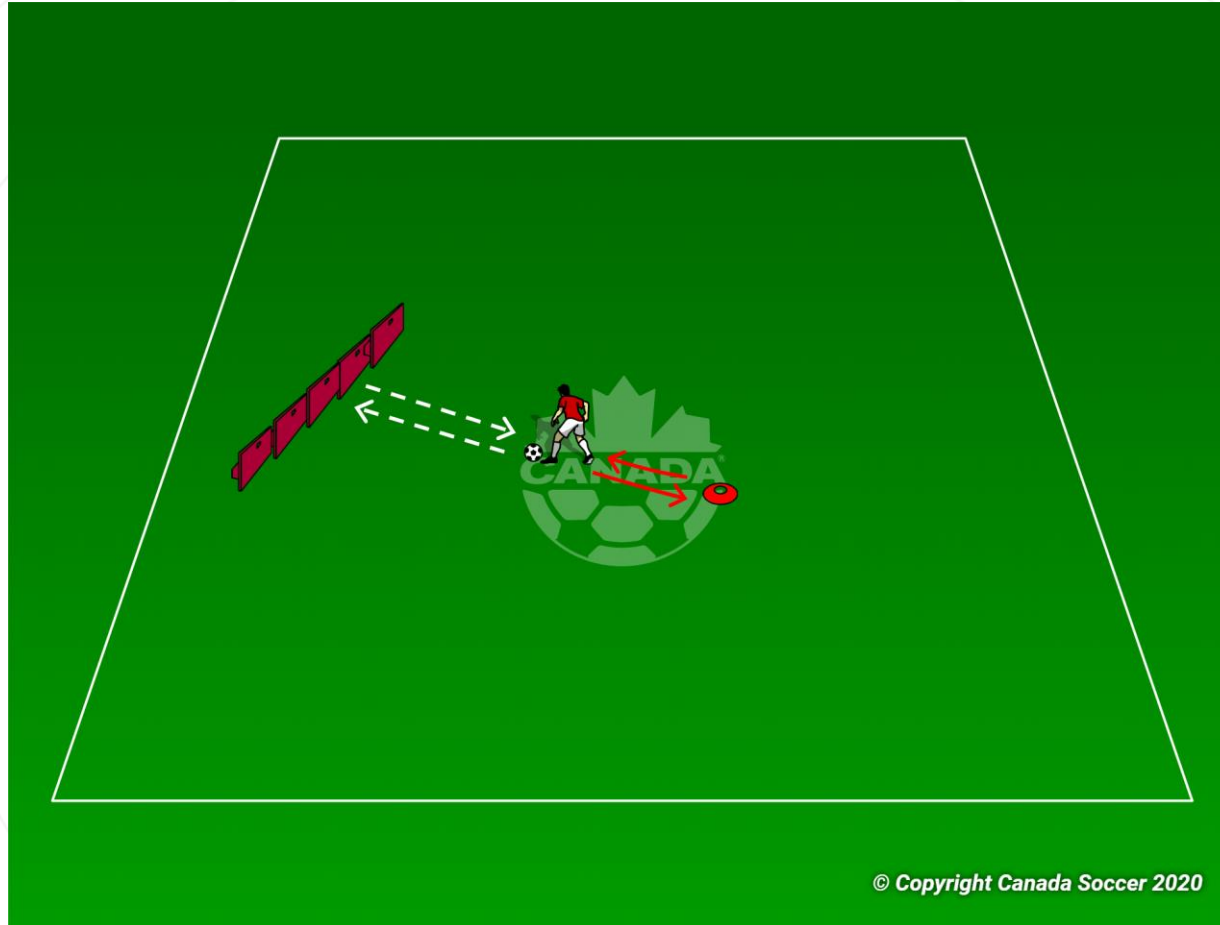
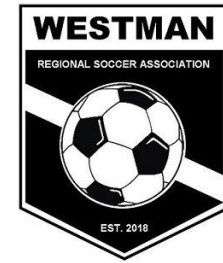
Find a wall, board or rebounder. Stand 3-4 metres away and pass the ball back and fourth against the wall. 30 passes completes 1 'round'.

Duration

- Round 1 → Two touch, right foot
- Round 2 → Two touch, left foot
- Round 3 → Two touch, both feet
- Round 4 → One touch, both feet

*Stretch lightly and do some dynamic exercises between rounds

P&R — ACTIVITY 2



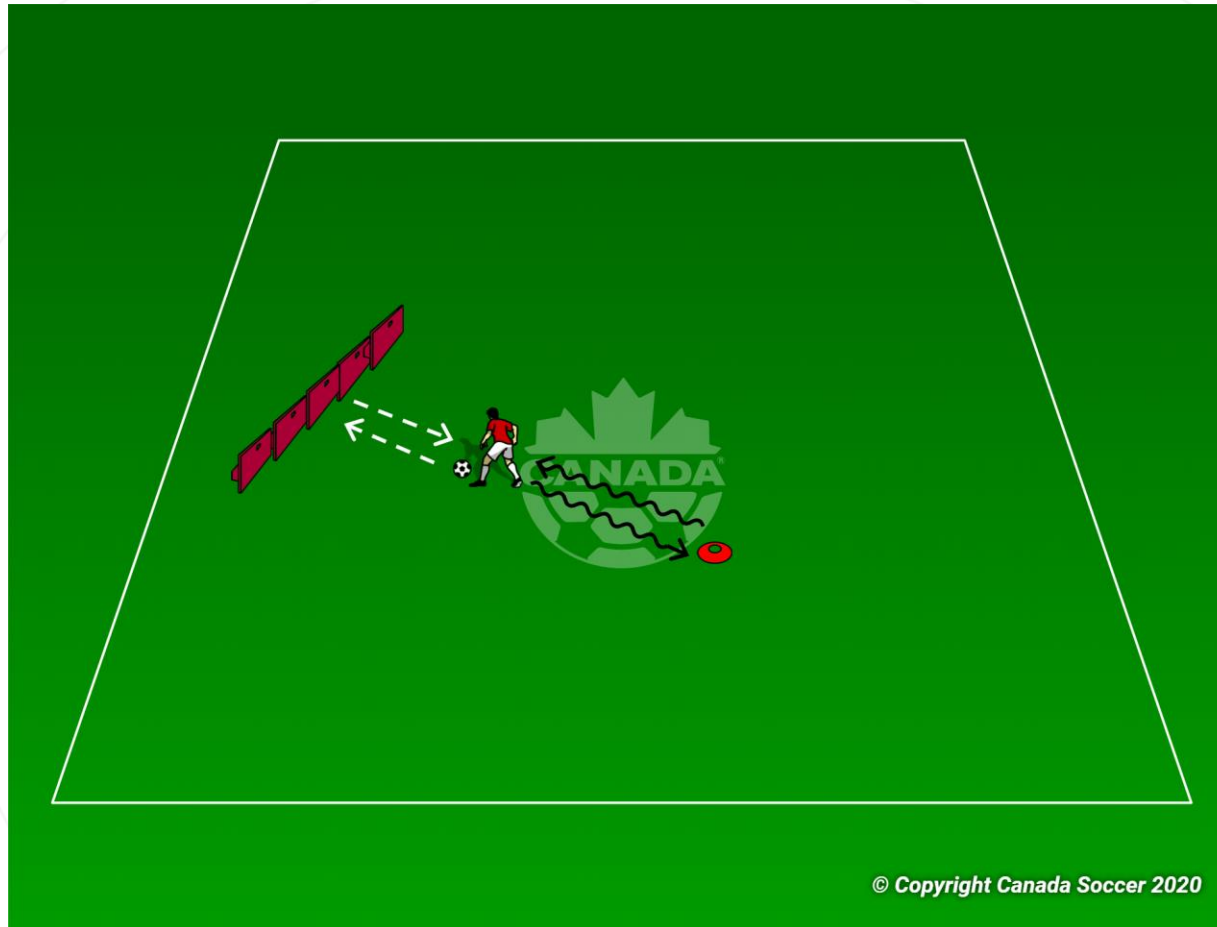
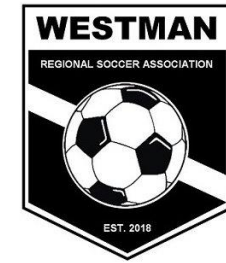
Description

Find a board, wall, or rebounder. Stand 3-4 metres away and pass the ball against the wall. When you pass 'check out' to a cone/object behind you (replicating creating space before receiving). 50 passes completes '1 round'.

Duration

- Round 1 → Two touch, left foot
- Round 2 → Two touch, right foot
- Round 3 → Two touch alternating feet

P&R — ACTIVITY 3



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Description

Find a wall, rebounder or board. Pass against the wall. When you receive the ball, turn and dribble to the cone behind you, dribble back and pass again. 30 passes completes 1 'round'.

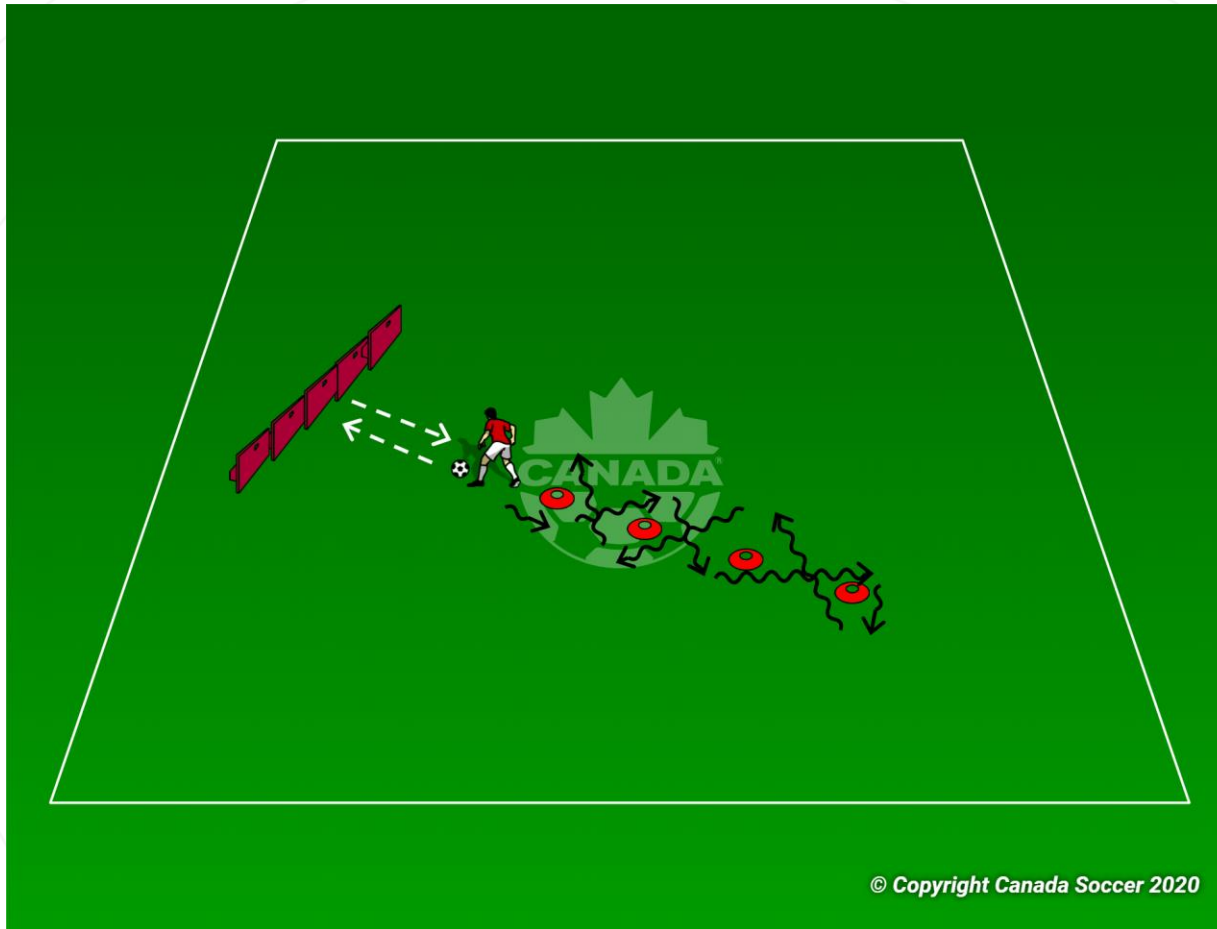
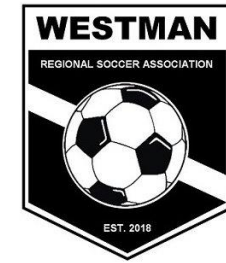
Duration

Round 1 → Right foot only (pass and dribble)

Round 2 → Left foot only (pass and dribble)

Round 3 → Both feet (pass and dribble)

P&R — ACTIVITY 4



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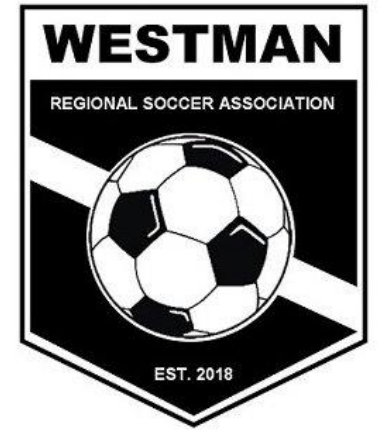
Description

Find a board, wall or rebounder. Place a line of cones in behind as shown in diagram. Pass the ball against the wall, and then dribble through the cones/objects and repeat. 15 passes completes '1 round'.

Duration

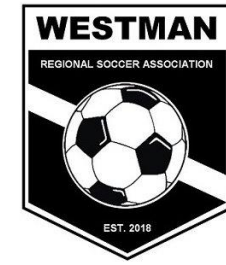
- Round 1 → Right foot only (pass and dribble)
- Round 2 → Left foot only (pass and dribble)
- Round 3 → Both feet (pass and dribble)
- Round 4 → Only outside of feet to dribble
- Round 5 → Only inside of feet to dribble

*End session with a cool down, light stretching and foam rolling



SKILL ACQUISITION

SKILL ACQUISITION — ACTIVITY 1



Description

In an open space, participants should perform 'kick-bounce' (kick the ball up in the air, let it bounce, and repeat). 50 kick bounce passes is 1 'round'.

Duration

Round 1 → Right foot

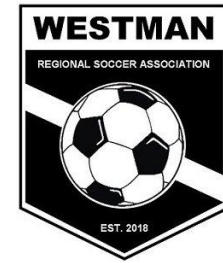
Round 2 → Left foot

Round 3 → Alternating feet

Round 4 → Kick, bounce, thigh, bounce

*Do some light stretching in between each round

SKILL ACQUISITION — ACTIVITY 2



Description

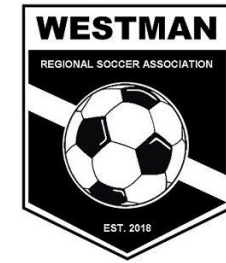
Regular juggling (doing kick bounce if juggling is too difficult). 50 juggles is 1 'round'.

Duration

- Round 1 → Alternating feet
- Round 2 → Alternating thighs
- Round 3 → Alternating feet and thighs
- Round 4 → Random juggling pattern



SKILL ACQUISITION – ACTIVITY 3



Description

Juggle on one side of the cones/objects, volley the ball to the other side, let it bounce and continue to juggle. 30 volleys is 1 'round'.

Duration

Round 1 → 3 juggles, volley to other side

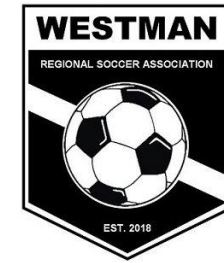
Round 2 → 2 juggles, volley to other side

Round 3 → Continuous volleys

Round 4 → Player's decision for number of juggles before volley



SKILL ACQUISITION – ACTIVITY 4



Description

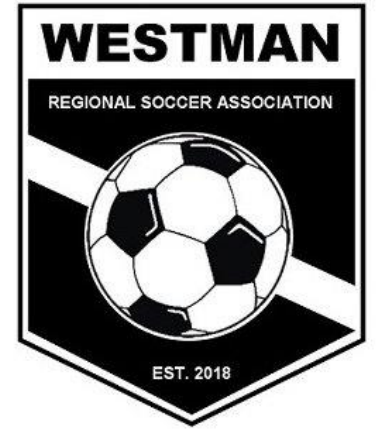
Find a wall or rebounder. Juggle the ball and volley it against the wall, let ball bounce, continue to juggle and then volley again. 25 volleys against the wall is 1 'round'.

Duration

Round 1 → 3 juggles to volley
Round 2 → 2 juggles to volley
Round 3 → continuous volleys
Round 4 → player's decision as to how many juggles before passing against the wall
Challenge round → volley against the wall with no bounces!

*Finish with light stretching





GOOD LUCK!!!
