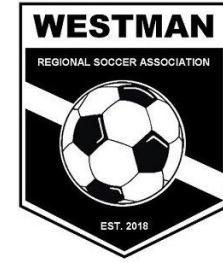


WRSA HOME TRAINING PROGRAM

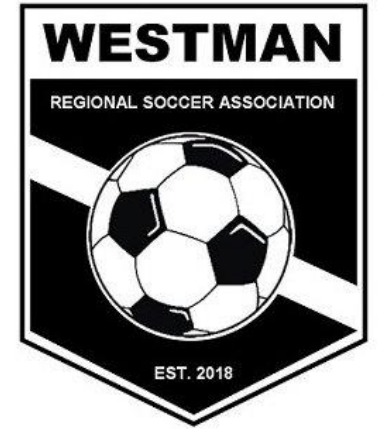
Week 2

INTRODUCTION



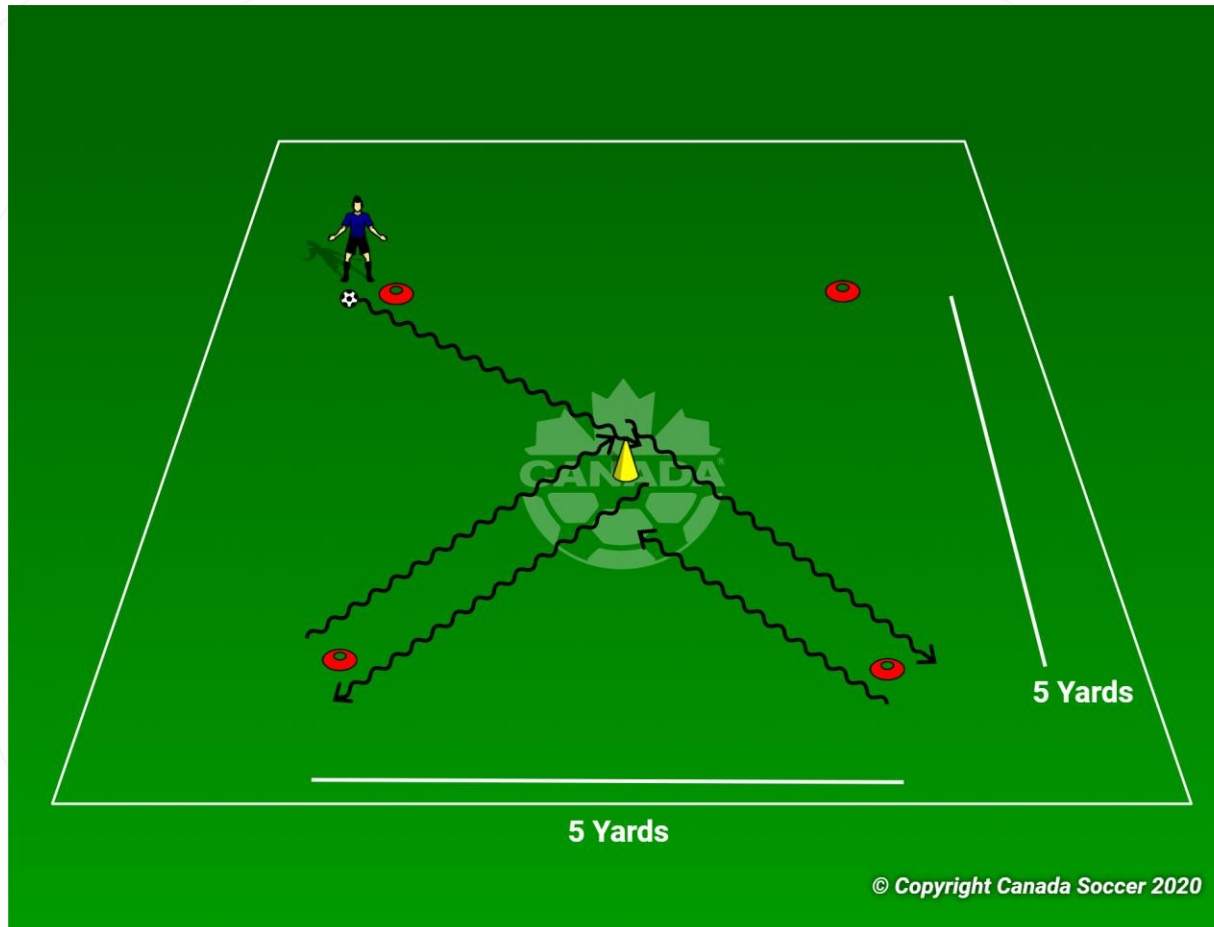
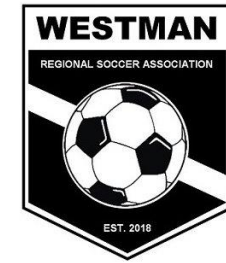
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. The 'Home Training Program' will consist of one dribbling session, one passing and receiving session, and one skill 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

Create a 5x5 yard box and place a cone/object in the middle. Dribble to the middle cone/object before going to the next cone (see diagram). Get back to the starting cone 4 times to complete '1 round'.

Duration

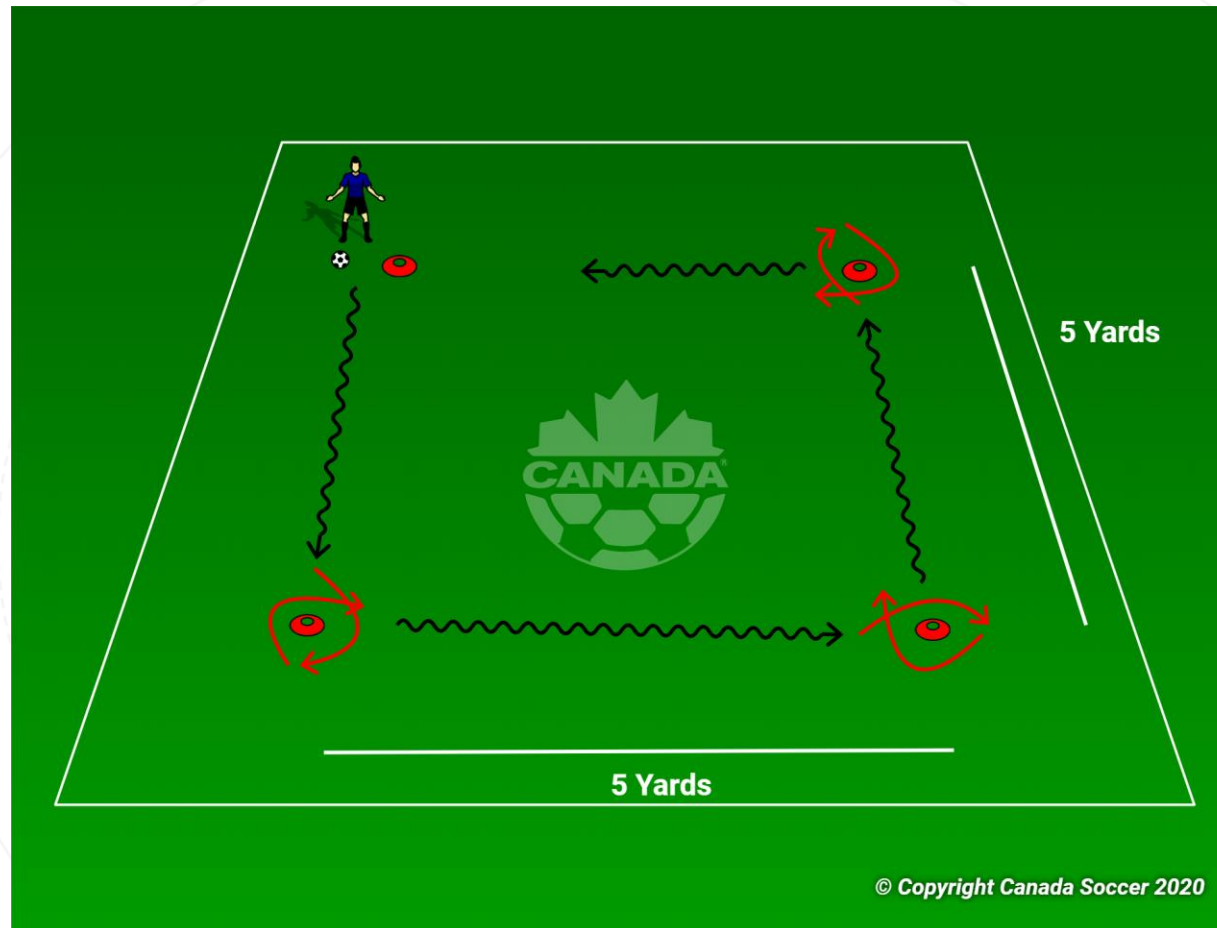
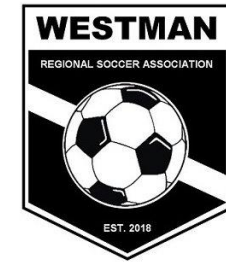
First round → only right foot

Second round → only left foot

Third round → both feet

*Do some light stretching and other dynamic movements after each round

DRIBBLING — ACTIVITY 2



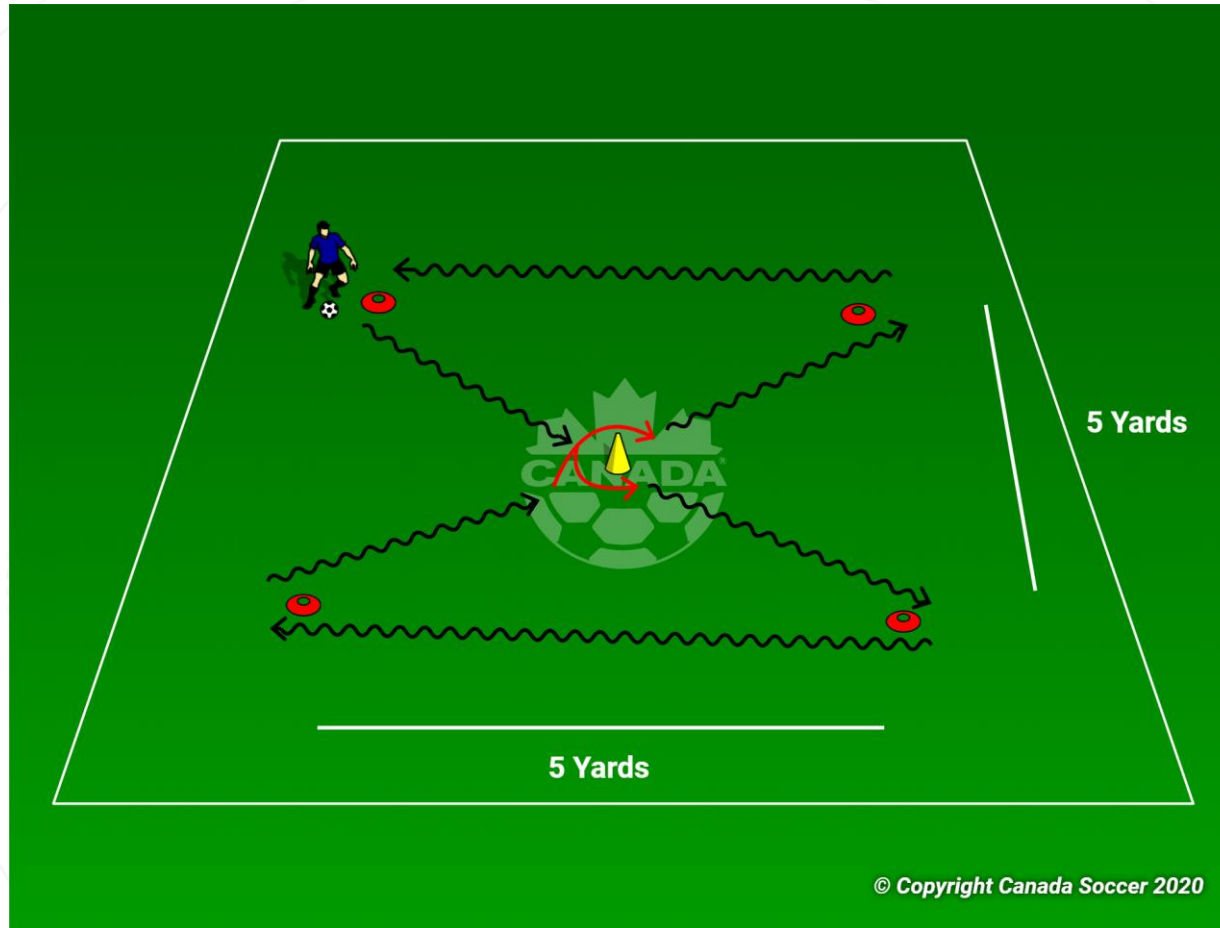
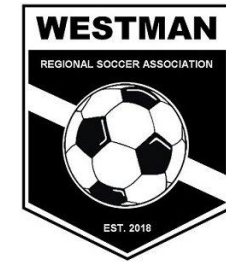
Description

Dribble around your 5x5 yard box. Do a complete turn around each cone. 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
*Complete each 'round' twice

DRIBBLING — ACTIVITY 3



Description

Create a 5x5 yard box and place a cone or object in the middle. Dribble around your 5x5 yard box in a 'figure 8', each time you dribble through the middle perform a move. Get back to the starting cone 4 times to complete '1 round'.

Duration

First round → scissor in the middle

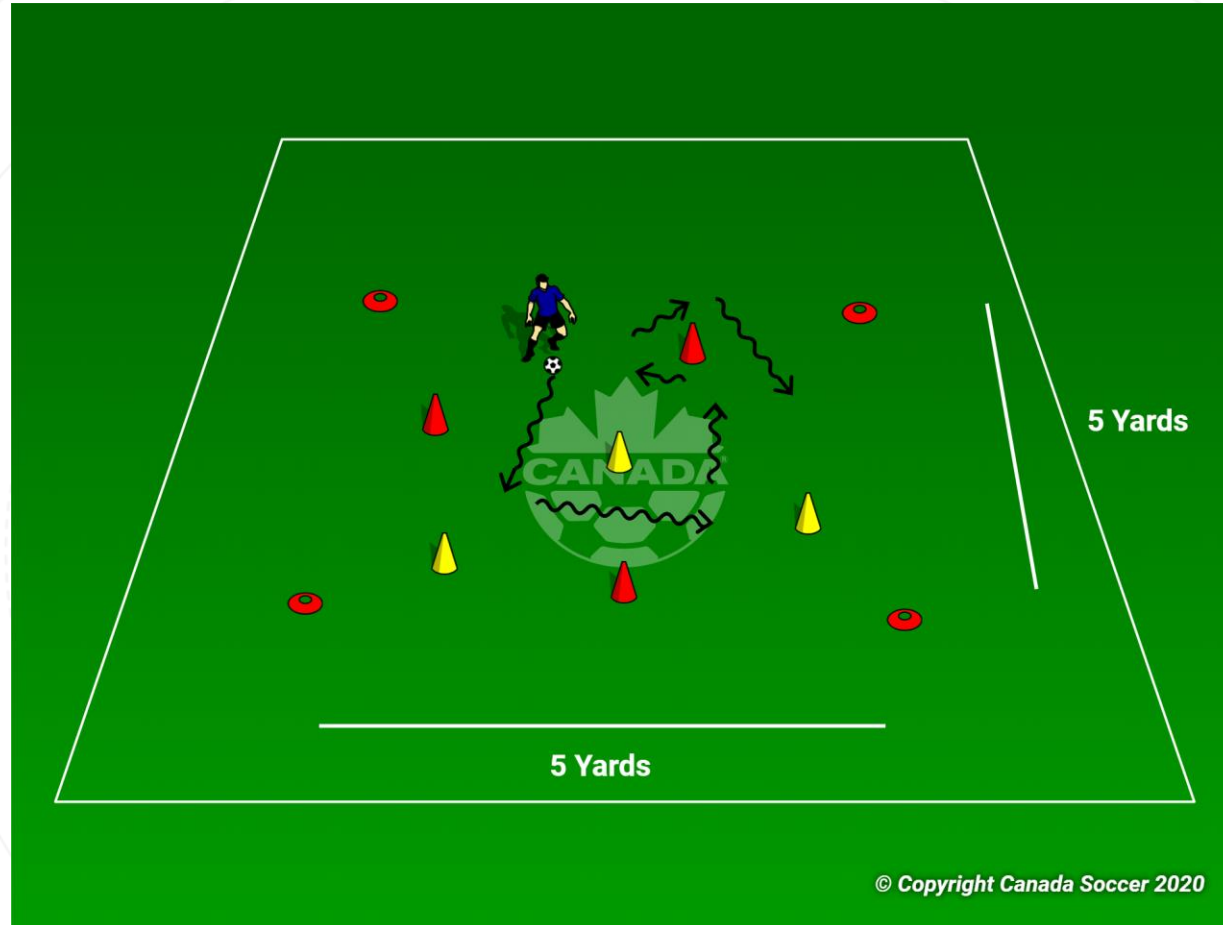
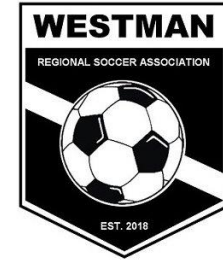
Second round → double scissor in the middle

Third round → feint one way and cut the other

Fourth round → Maradona twist

Fifth round → player's choice of move, get creative!

DRIBBLING — ACTIVITY 4



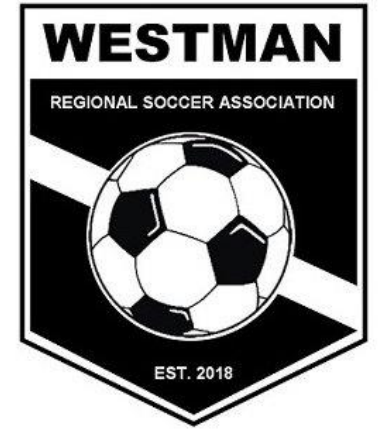
Description

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

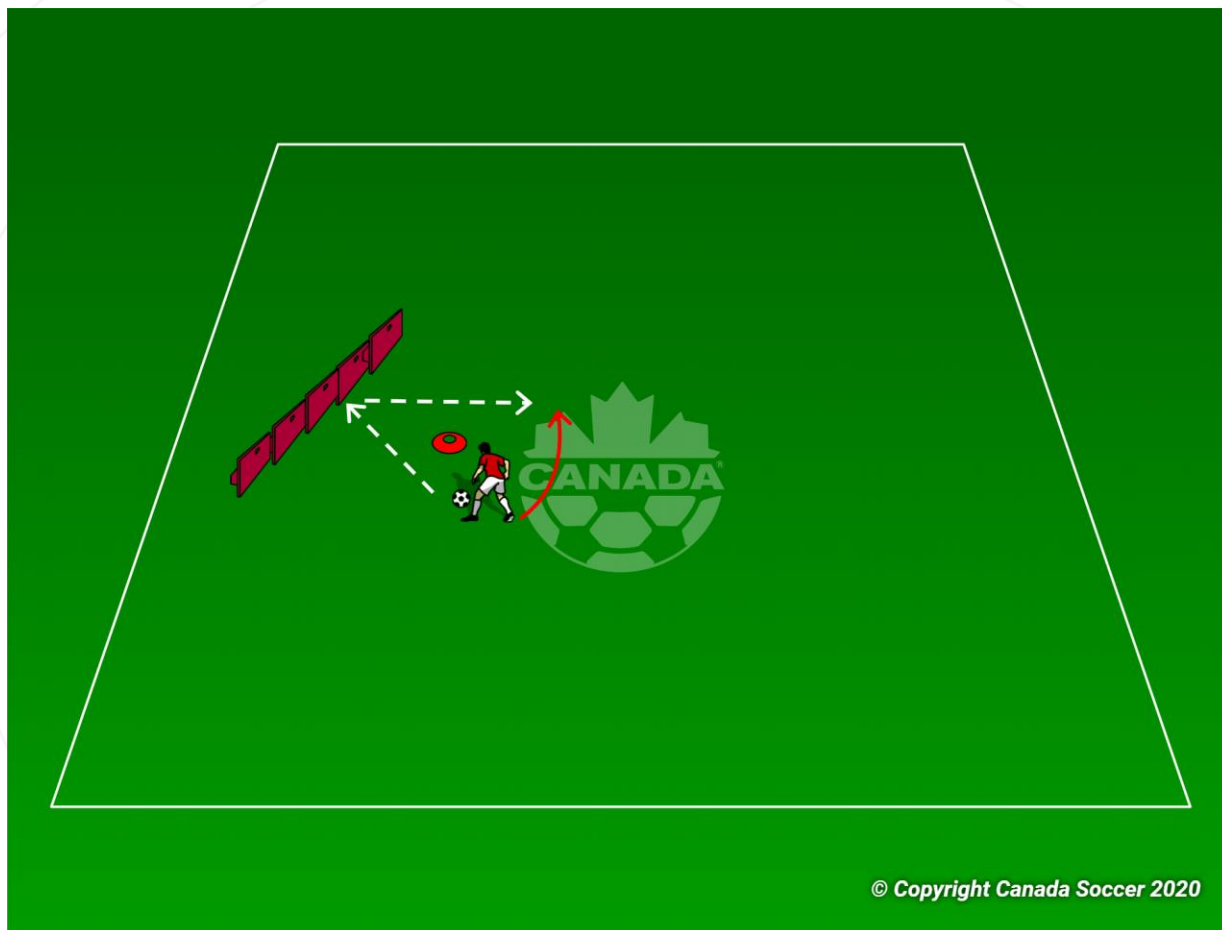
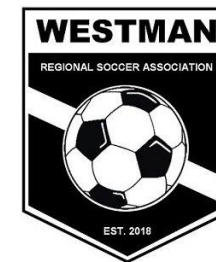
3x1.5 minutes, with a 1 minute break in between and switch location of central cones/objects to vary dribbling patterns.

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



PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



Description

Have a wall/rebounder and a cone/object. Place the cone ~3 metres from the wall. Pass the ball around the cone as shown in diagram and go back the other way. 50 passes is 1 'round'.

Duration

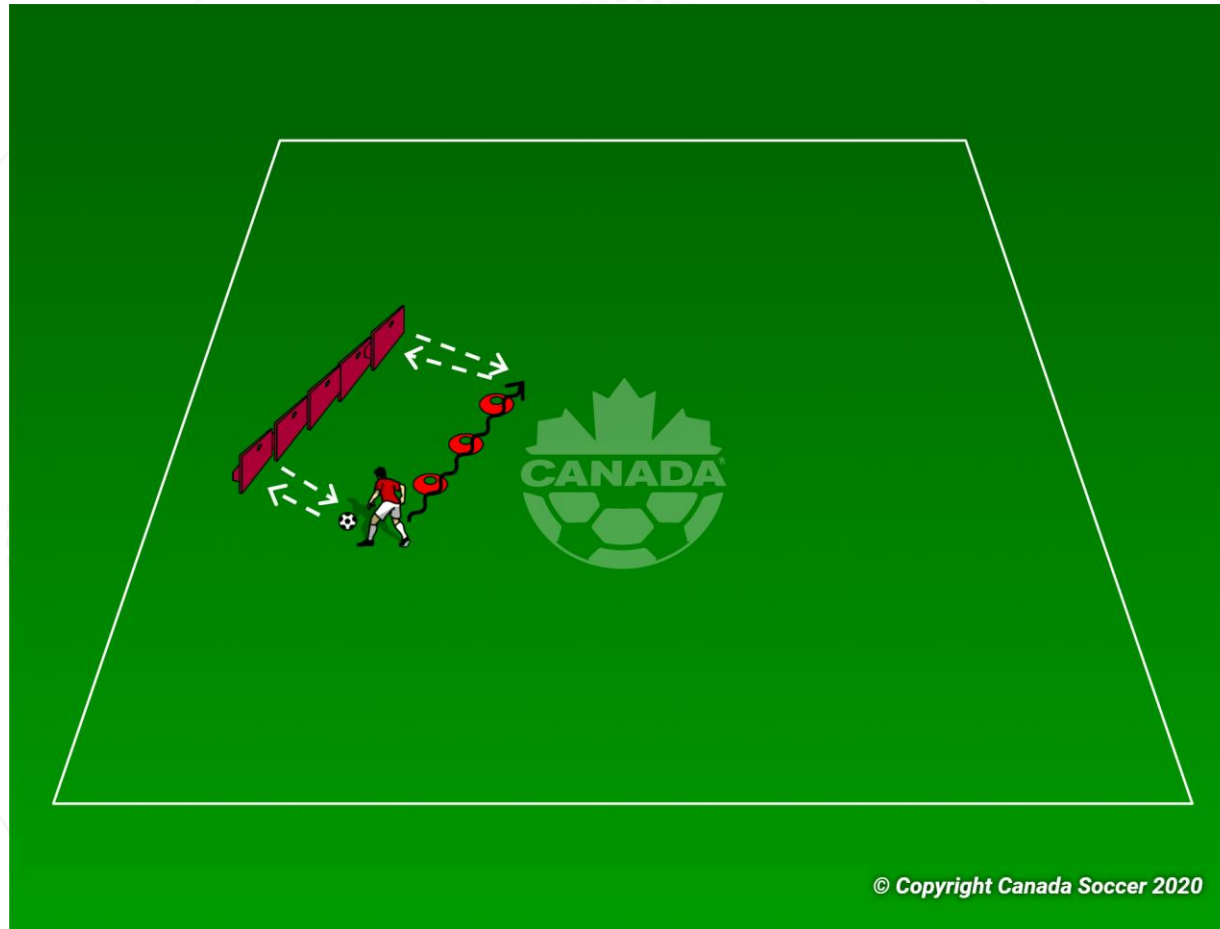
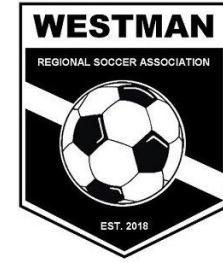
Round 1 → Both feet two touches

Round 2 → Both feet one touch.

*Complete each round twice

*Do light stretches and warm-up activities prior in between rounds

P&R — ACTIVITY 2



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Description

Create a row of 3 cones/objects and place them 2-3 metres away from the wall/rebounder. Pass the ball against the wall, dribble through the cones and then pass on the other side. Repeat. 20 passes is one 'round'.

Duration

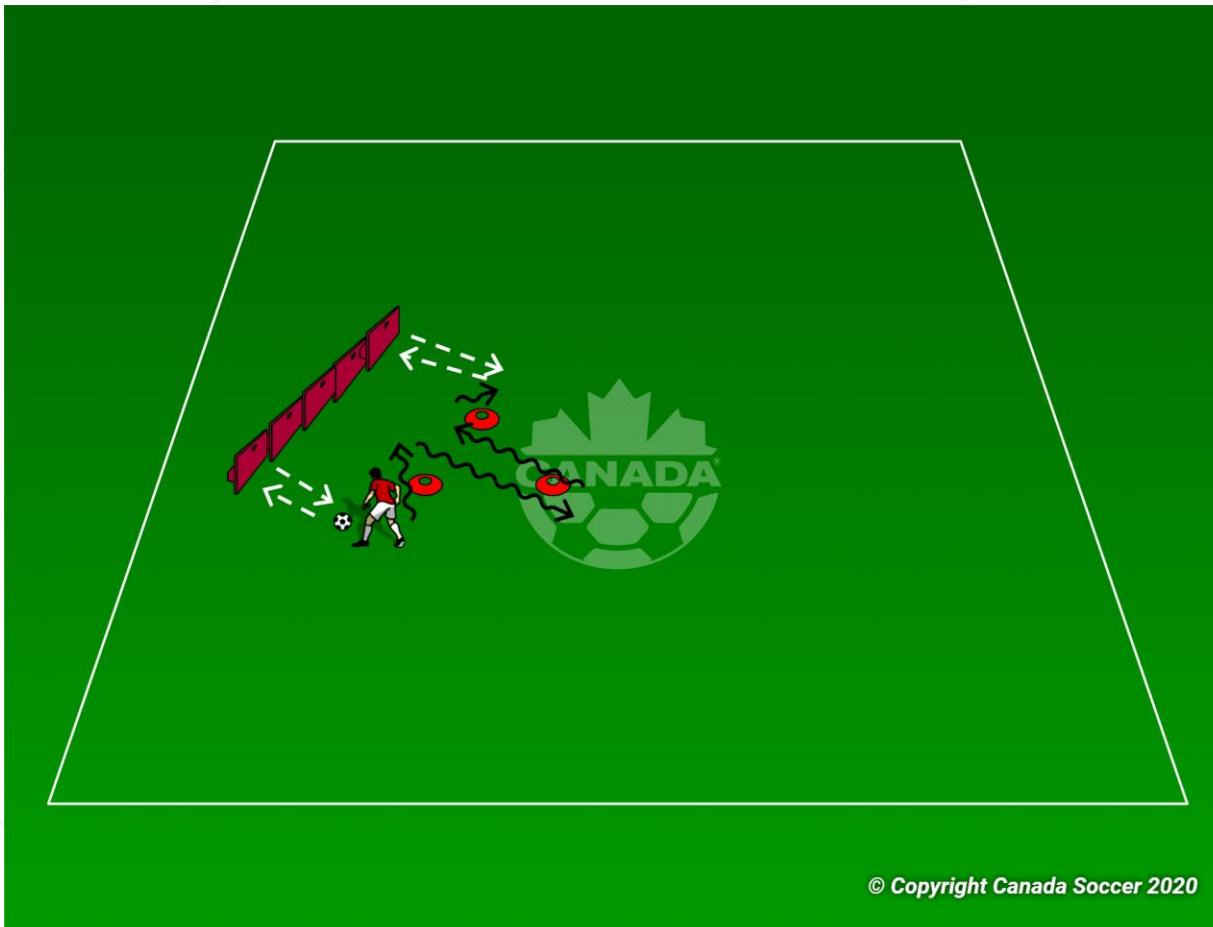
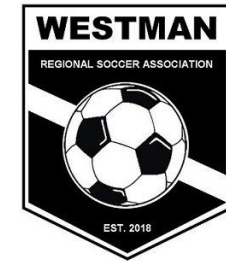
Round 1 → Right foot only (pass and dribble)

Round 2 → Left foot only (pass and dribble)

Round 3 → Both feet

*Complete each round twice

P&R — ACTIVITY 3



Description

Similar set up as last activity, but stagger the cones in a zig-zag. Pass the ball off the wall/rebounder and zig-zag through the cones. Pass on the other side and dribble back the other way. 20 passes is one 'round'.

Duration

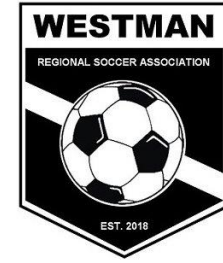
Round 1 → Right foot only (pass and dribble)

Round 2 → Left foot only (pass and dribble)

Round 3 → Both feet

*Complete each round twice

P&R — ACTIVITY 4



Description

Same set up as last activity. Pass the ball against the wall/rebounder and dribble in a 'V' shape to the other side. Pass and dribble back the other way. 20 passes is one 'round'.

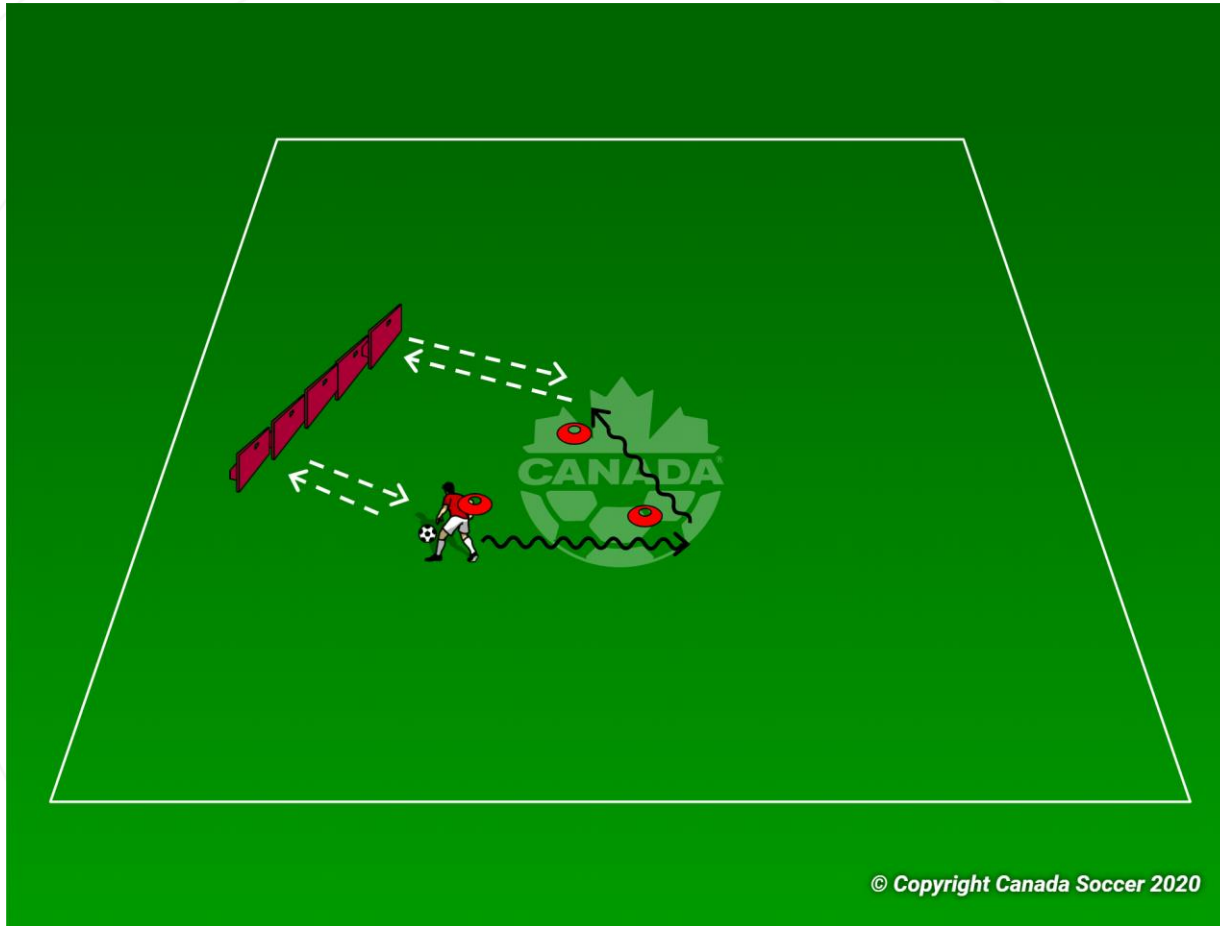
Duration

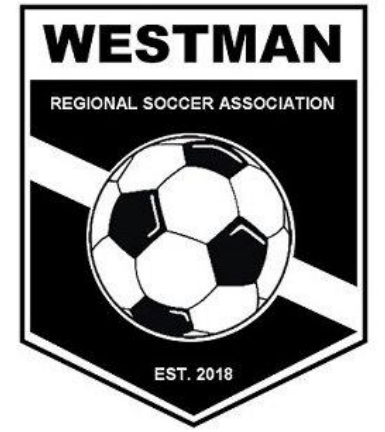
Round 1 → Right foot only (pass and dribble)

Round 2 → Left foot only (pass and dribble)

Round 3 → Both feet

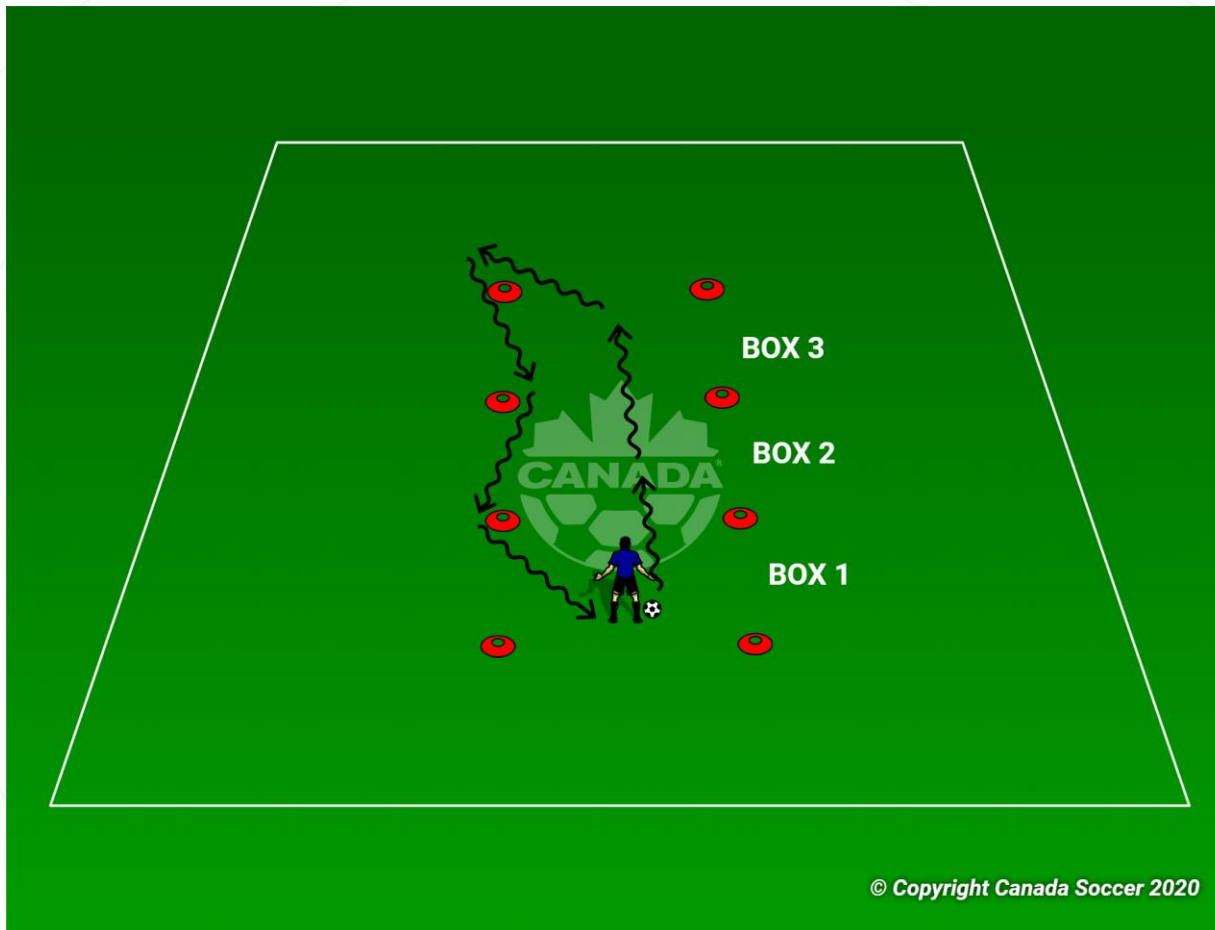
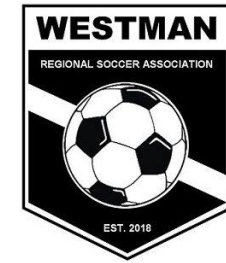
*End session with a cool down, light stretching and foam rolling





SKILL ACQUISITION

SKILL ACQUISITION — ACTIVITY 1



Description

Create a 'ladder' with cones or objects. In the first box/rung perform an activity (see below). Move onto box two, etc. Dribble back through the cones to box 1 as shown in the diagram. 5 completions of the ladder is 1 'round'.

Duration

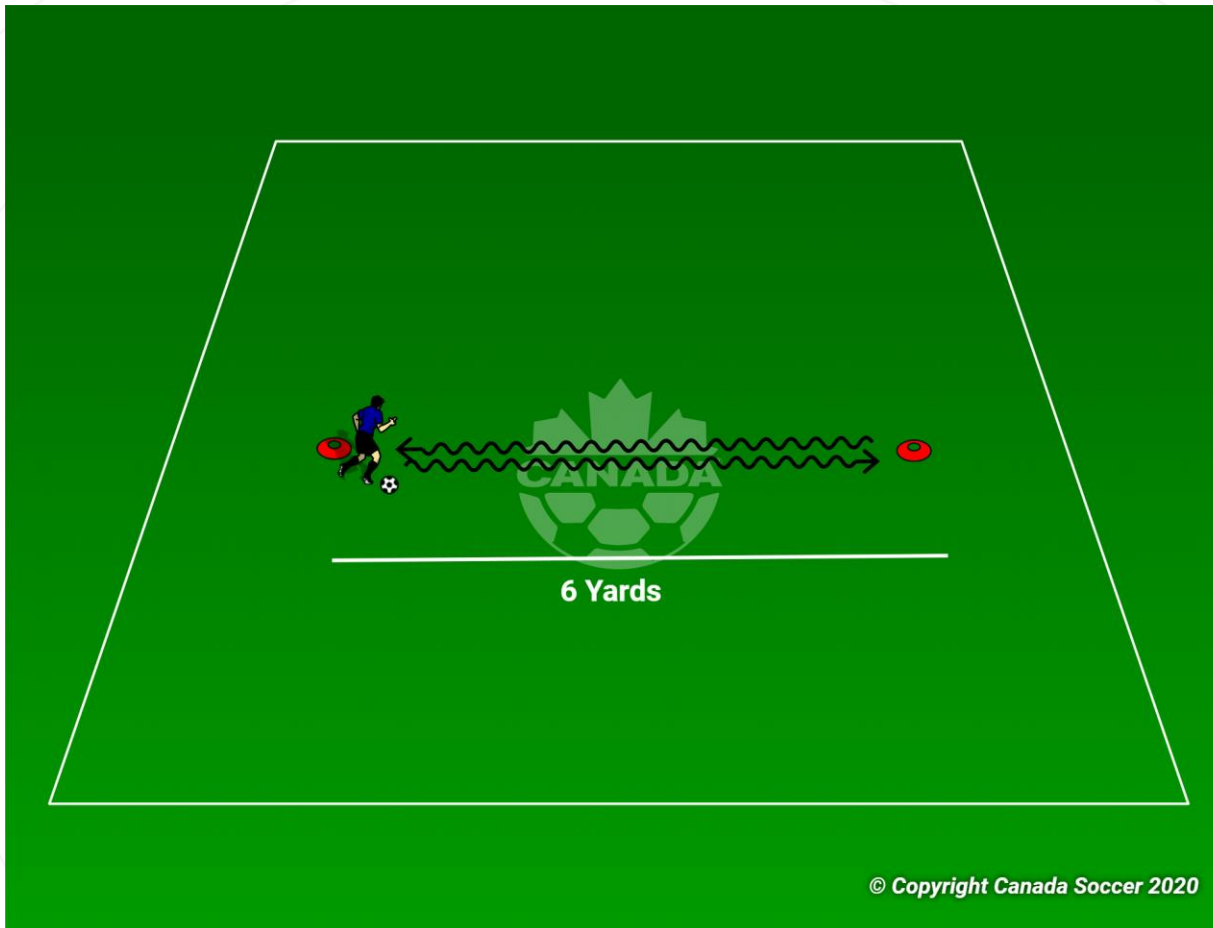
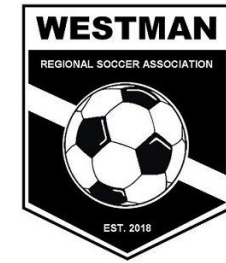
Round 1 → Box 1 = 20 foundation touches, Box 2 = 20 toe touches, Box 3 = 20 Brazilian toe touches

Round 2 → Box 1 = 20 right foot triangles, Box 2 = 20 left foot triangles, Box 3 = 20 pull stops

*Perform each round twice and go on YouTube if you are unsure of the skill

*Do some light stretching in between each round

SKILL ACQUISITION — ACTIVITY 2



Description

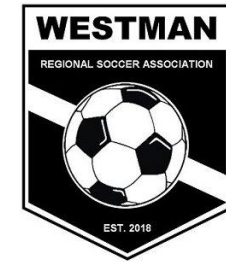
Place 2 cones/objects approximately 6-8 yards apart. Perform a 'turn/cut' at each cone to go back the other direction. 20 'turns/cuts' (10 each foot is 1 'round').

Duration

- Round 1 → Inside cut
- Round 2 → Outside cut
- Round 3 → Cruyff turn
- Round 4 → Pull back turn

*Go on YouTube if you are unsure of what the turn looks like

SKILL ACQUISITION — ACTIVITY 3



Description

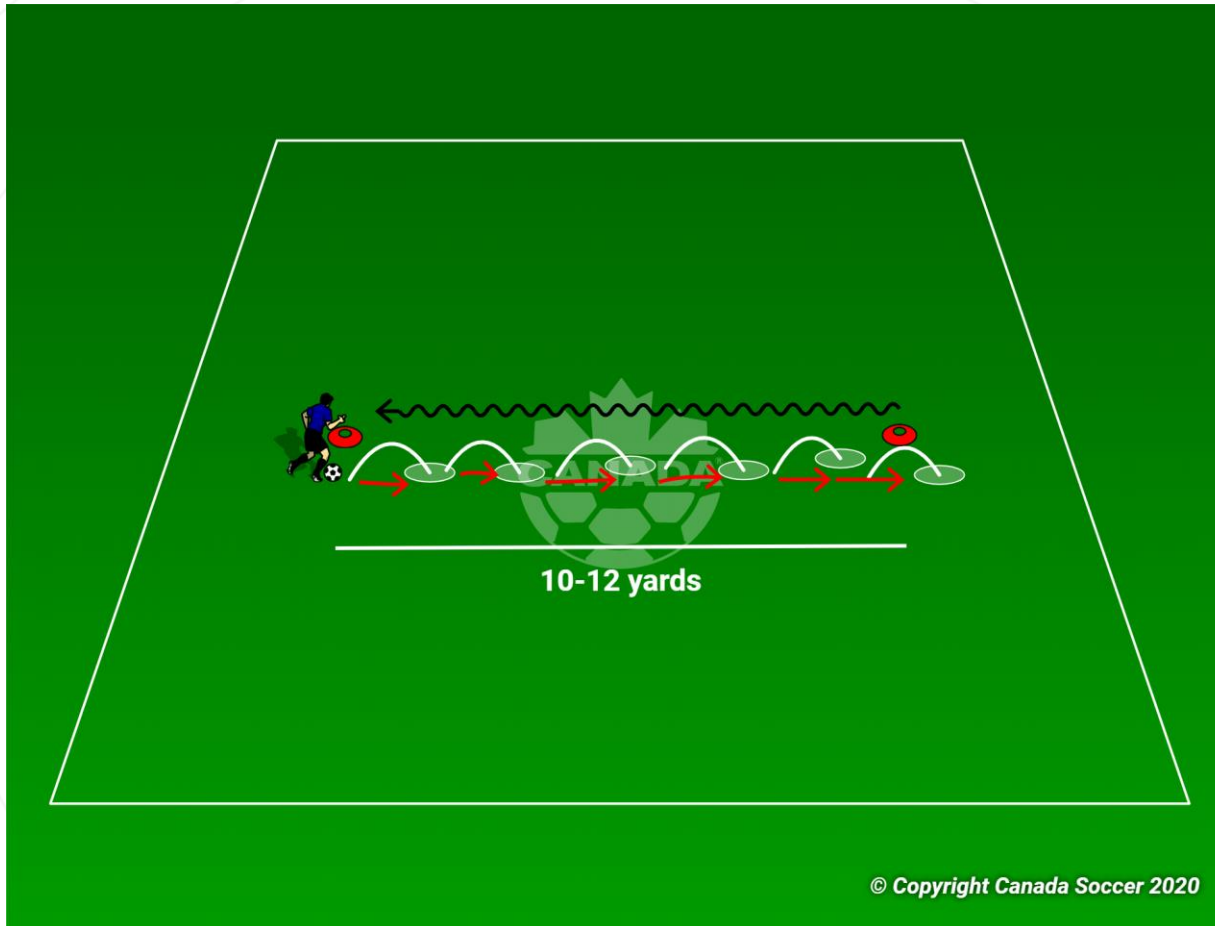
Place 2 cones/objects 10-12 yards apart. Juggle from cone to cone and dribble back to the starting cone. 10 completions is 1 'round'.

Duration

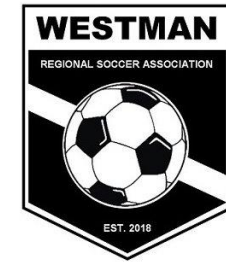
Round 1 → Juggle with right foot only

Round 2 → Juggle with left foot only

Round 3 → Alternate each juggle



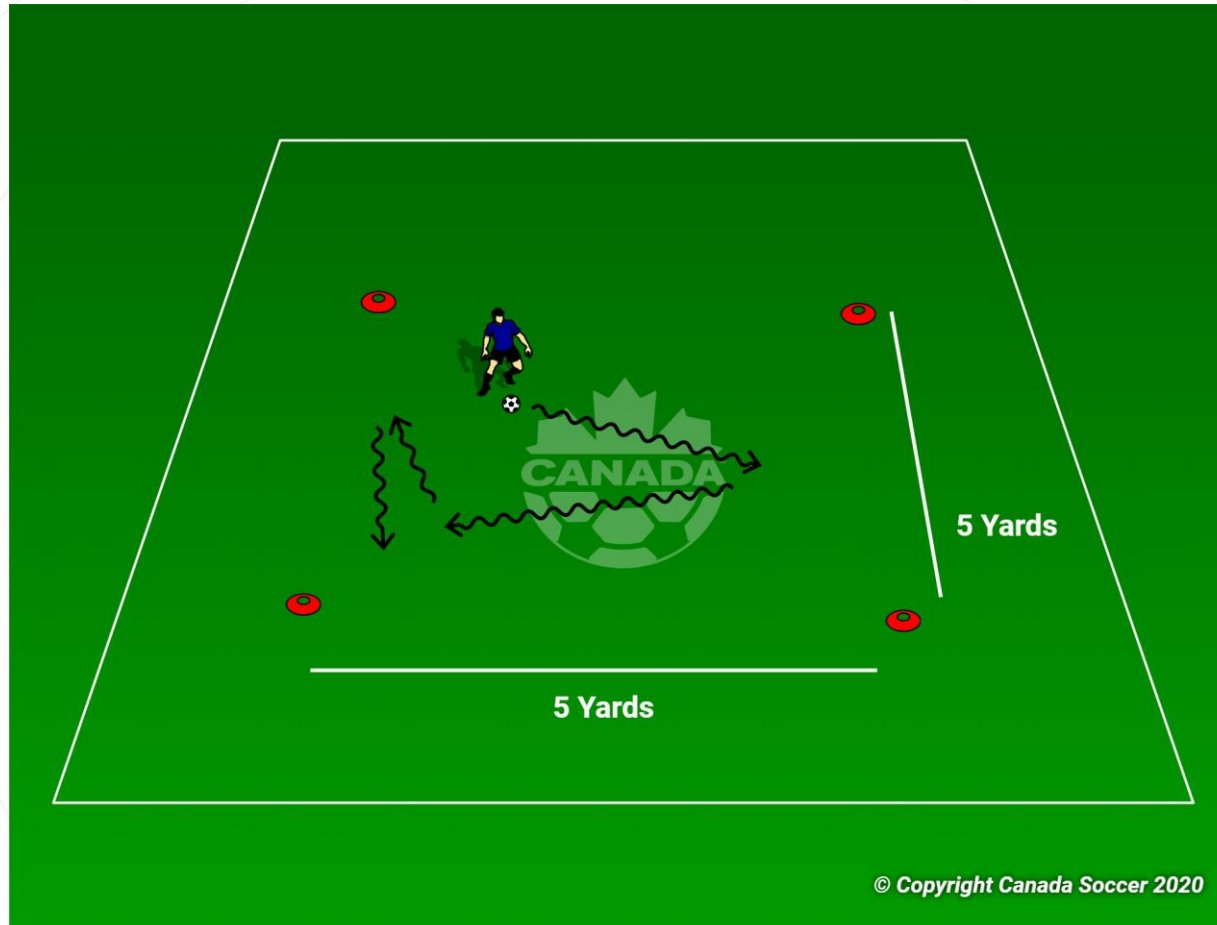
SKILL ACQUISITION — ACTIVITY 4

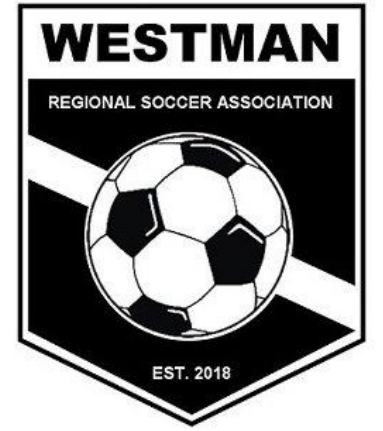


Description

Create a 5x5 yard 'skill' box with cones or objects. In the box be as creative as you wish, either dribbling or juggling. Complete 3, 2 minute rounds with a 1 minute break in between. Try different moves and tricks!

*Finish with light stretching/foam rolling





GOOD LUCK!!!
