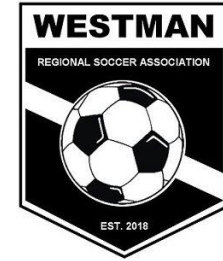


WRSA HOME TRAINING PROGRAM

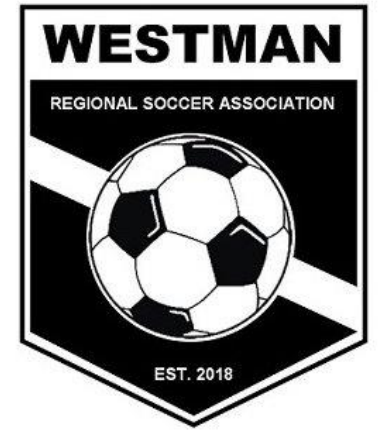
Week 3

INTRODUCTION



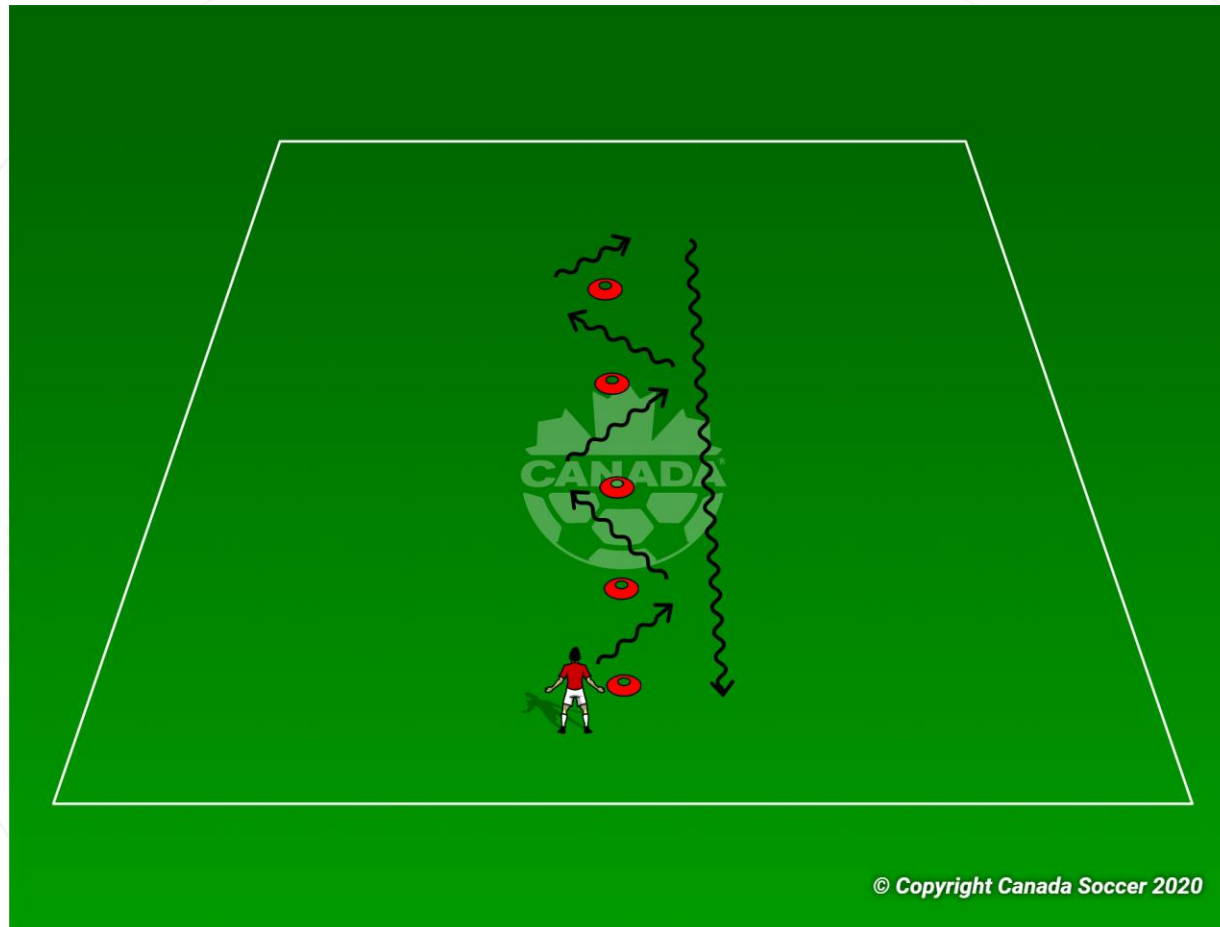
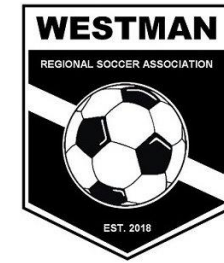
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. The 'Home Training Program' will consist of one dribbling session, one passing and receiving session, and one skill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

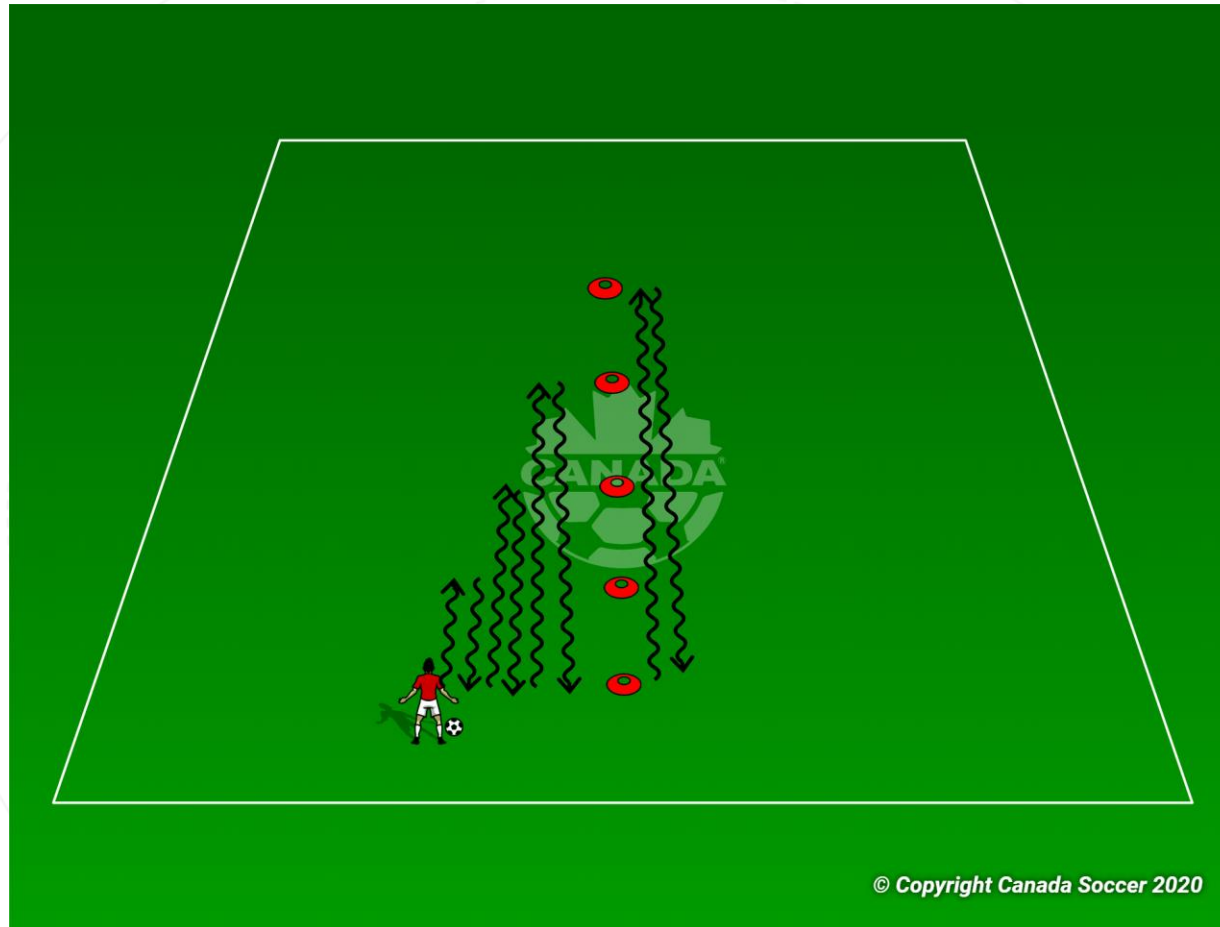
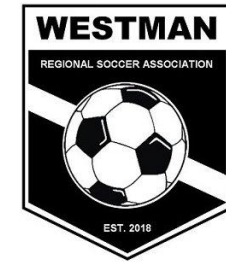
Place 5 cones in a row, each cone being 2-3 feet apart. Dribble through the cones and return back to the start. Get back to the start 5 times to complete the round.

Duration

- Round 1 → right foot only
- Round 2 → left foot only
- Round 3 → both feet
- Round 4 → only inside of feet
- Round 5 → only outside of feet

*Between each round do some light stretching

DRIBBLING — ACTIVITY 2



Description

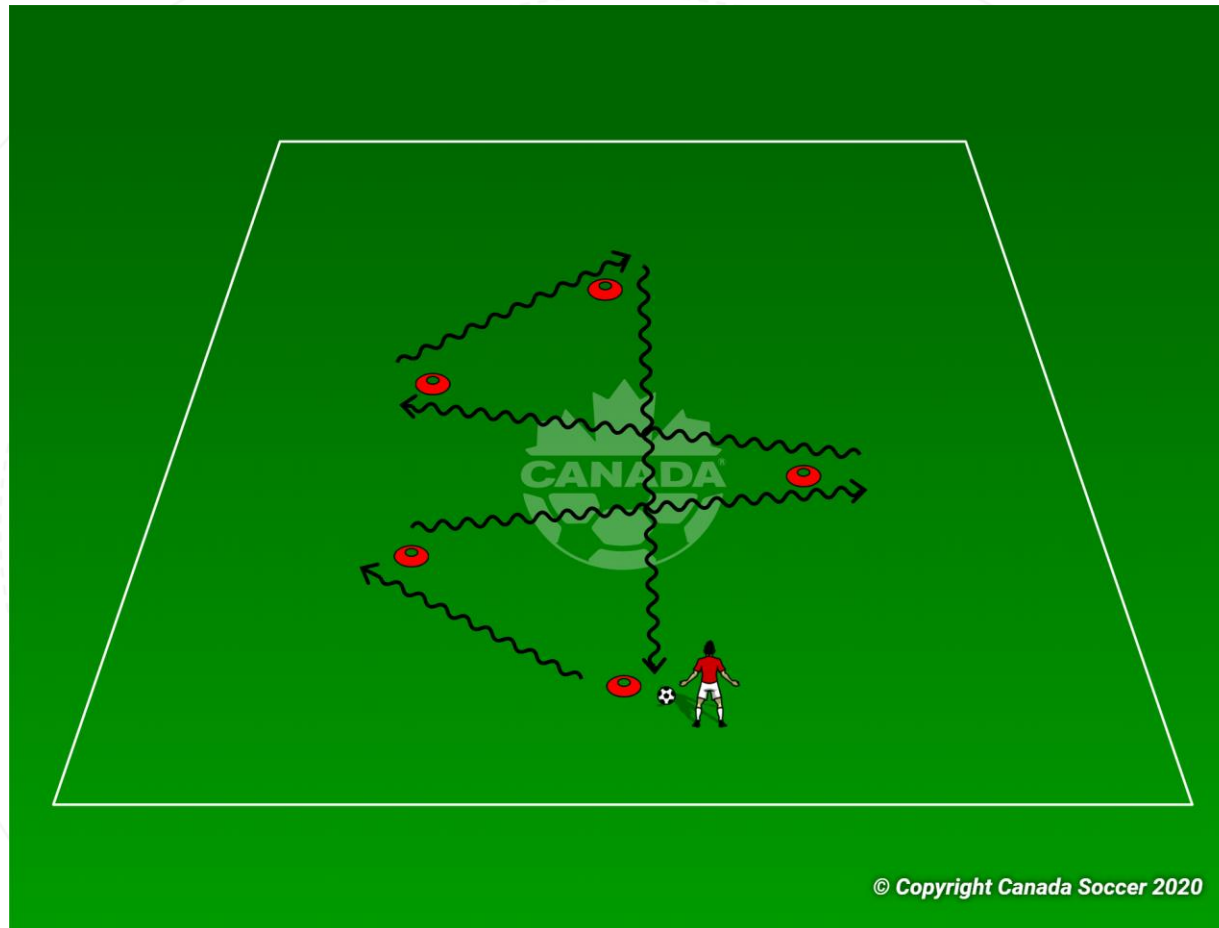
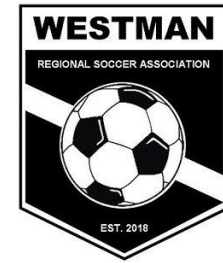
Place 5 cones in a row, each cone being 2-3 feet apart. Dribble up to the line of the first cone and turn back, then go to second, turn back, etc. Completing the sequence to the last cone is '1 round'.

Duration

- Round 1 → inside cuts (both feet)
- Round 2 → outside cuts (both feet)
- Round 3 → pull backs (both feet)

*Complete each round twice.

DRIBBLING — ACTIVITY 3



Description

Place 5 cones in a zig-zag (as in picture), each cone being a few meters apart. Dribble around the cones as shown in the pattern. Complete the sequence 5 times to complete '1 round'.

Duration

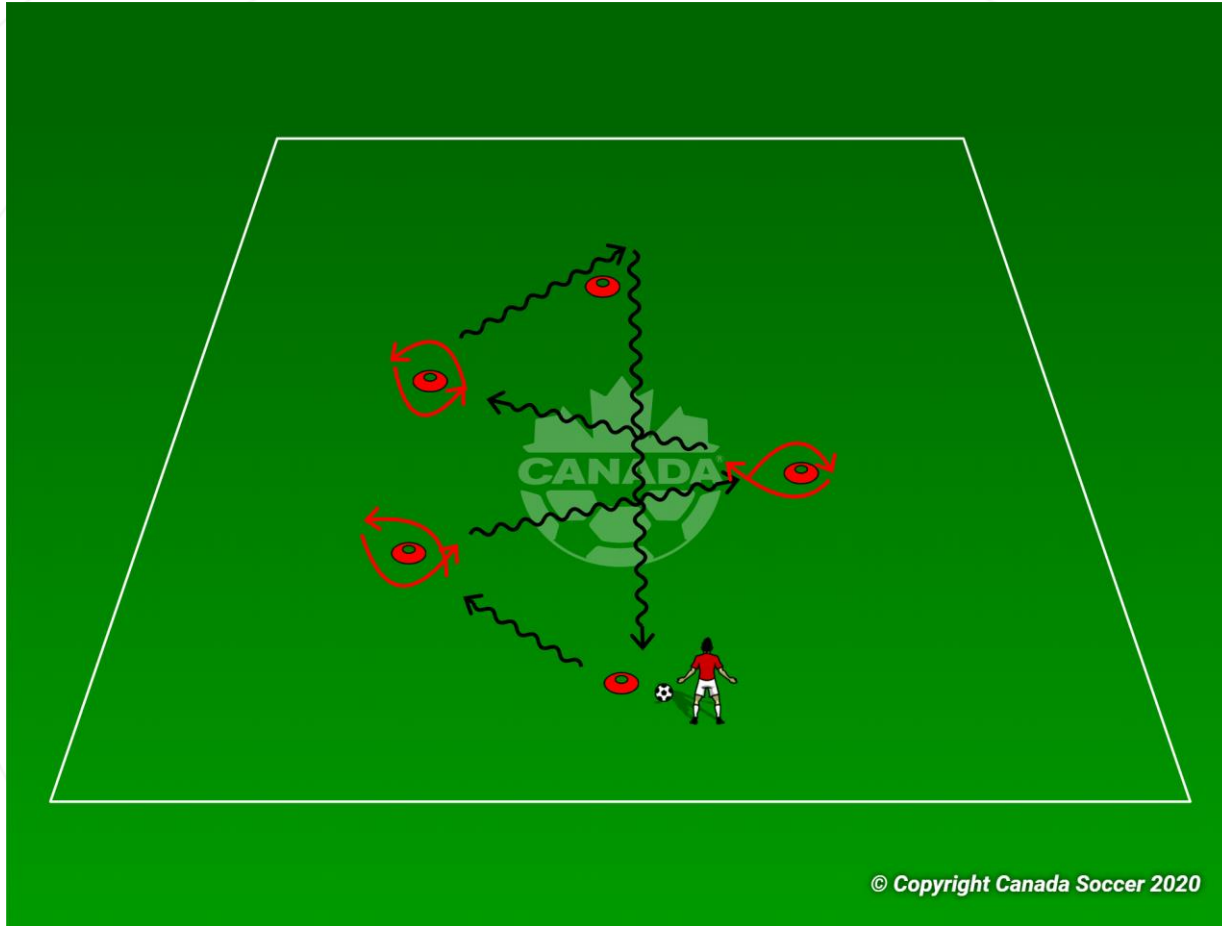
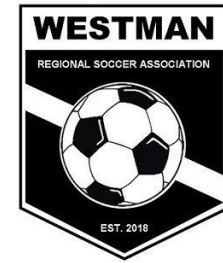
Round 1 → only right foot

Round 2 → only left foot

Round 3 → both feet

*Complete each round twice.

DRIBBLING — ACTIVITY 4



Description

Place 5 cones in a zig-zag (as in picture), each cone being a few meters apart. Dribble around the cones as shown in the pattern. Do a full turn around each 'middle' cone. Complete the sequence 5 times to complete '1 round'.

Duration

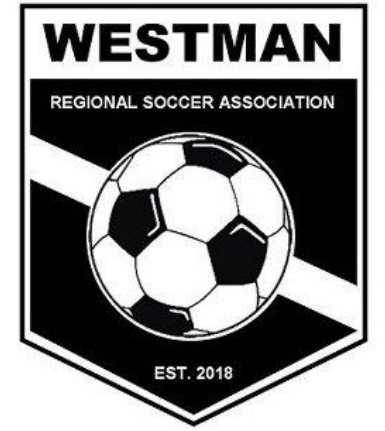
Round 1 → only right foot

Round 2 → only left foot

Round 3 → both feet

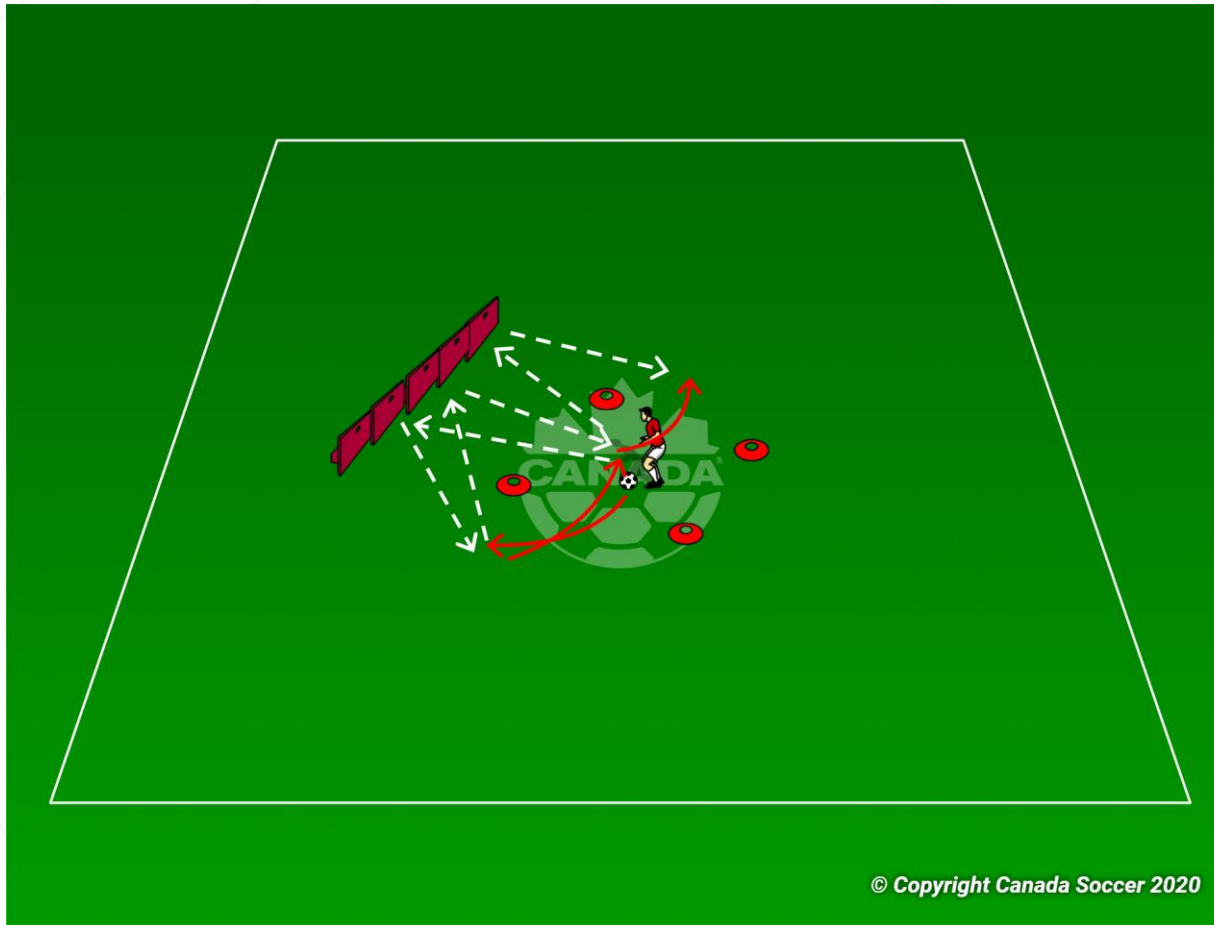
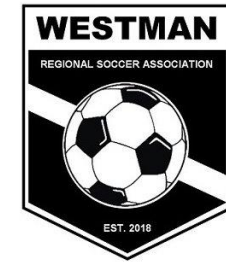
*Complete each round twice.

*Finish the session with light stretching and cool down activities.



PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



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Description

Create a ~3x3 yard box. Start inside the box and make an angled pass so the ball goes to the outside of the box, then make another angled pass to get back to the middle of the box, and then go to the other side of the box (see the diagram). 30 passes is 1 'round'.

Duration

Round 1 → Two touches, both feet

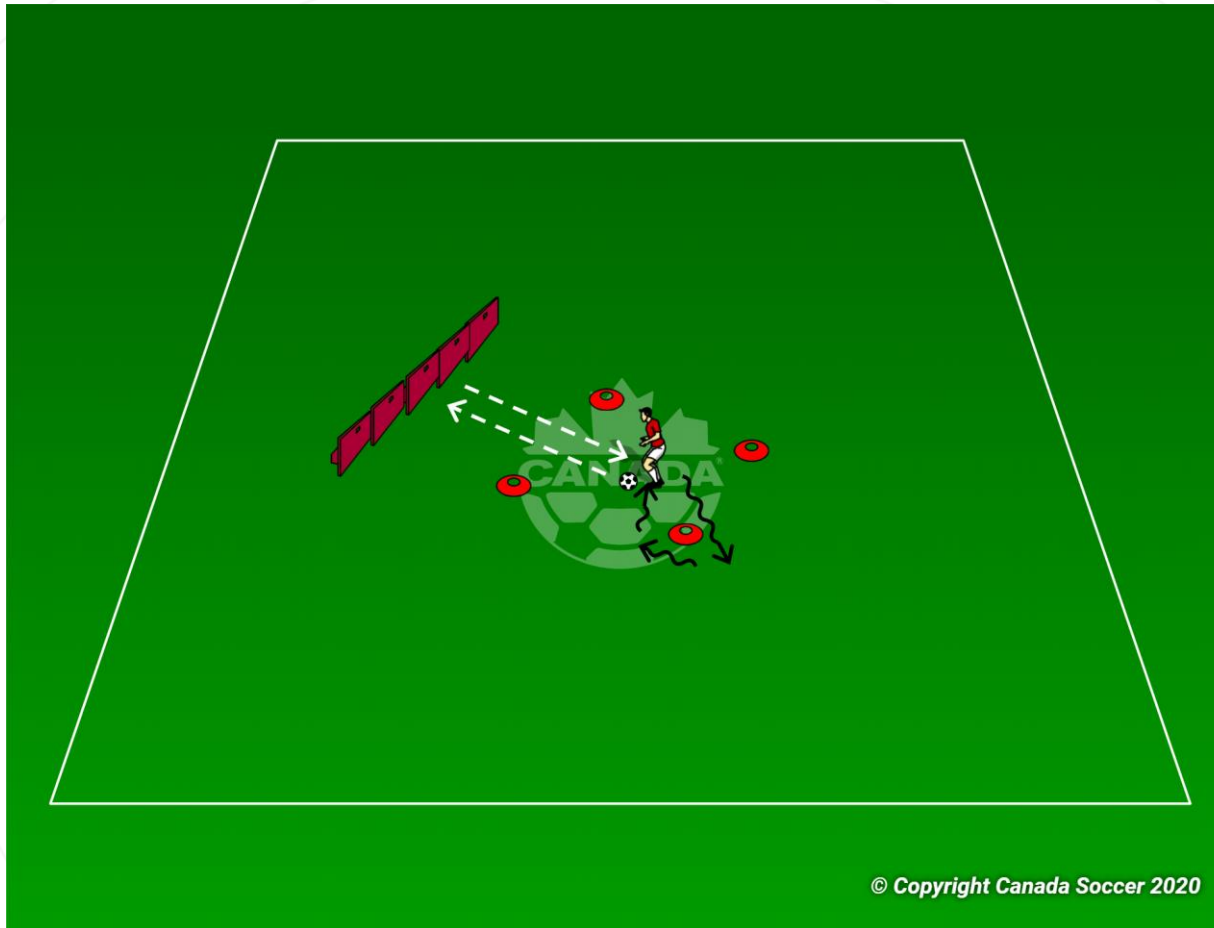
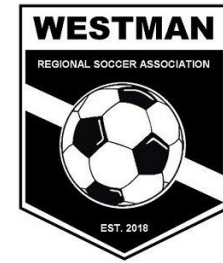
Round 2 → Two touches, right foot only (use different surfaces of your foot)

Round 3 → Two touches, left foot only (use different surfaces of your foot)

Round 4 → One touch, both feet

*Between each round do some light stretching

P&R — ACTIVITY 2



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Description

Create a ~3x3 metre box with cones/objects. Start inside the box, pass against the wall/rebounder, upon receiving the ball, turn and dribble around the back cone. Dribble around the other back cone after the second pass and continue. 30 passes is 1 'round'.

Duration

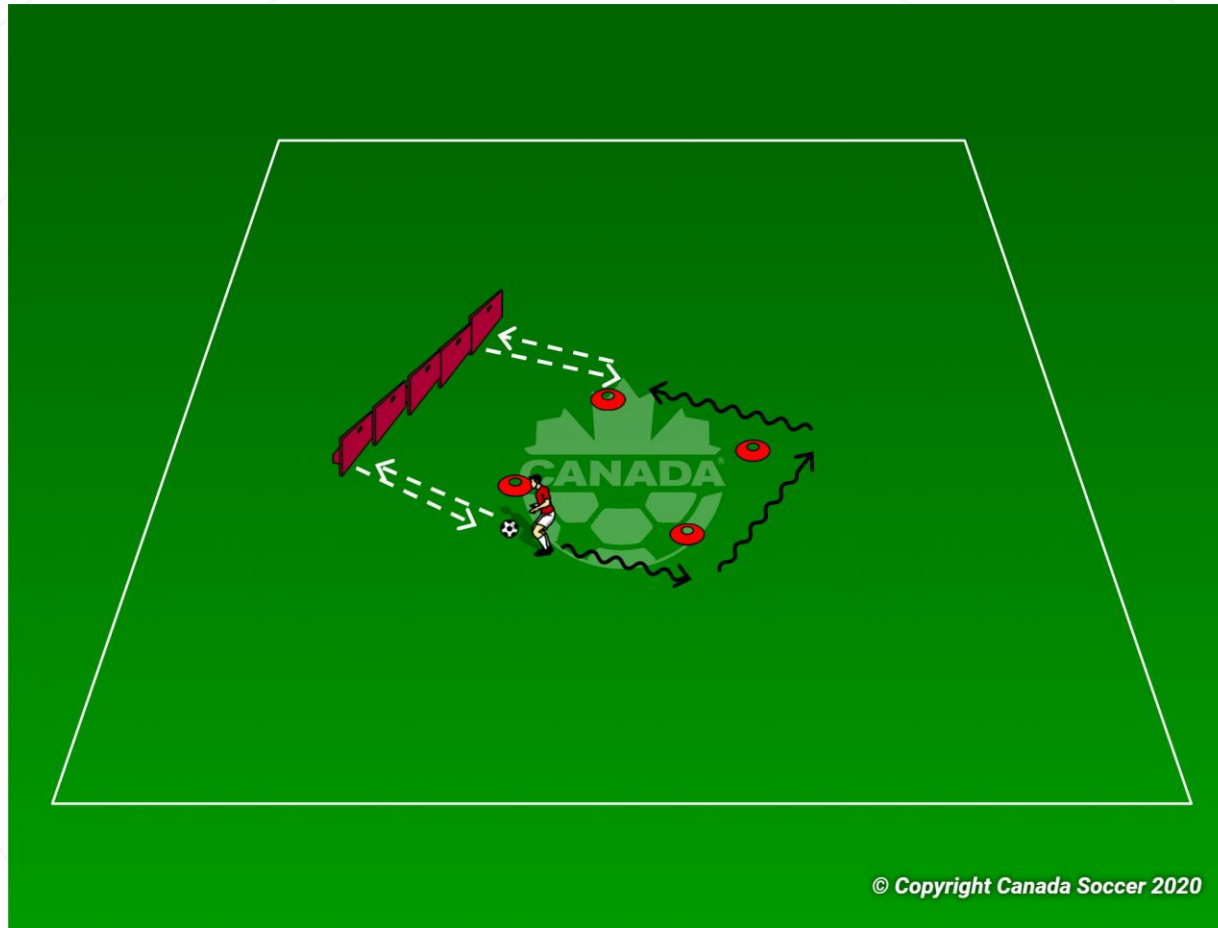
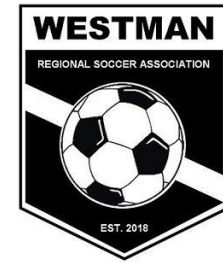
Round 1 → Only right foot

Round 2 → Only left foot

Round 3 → Both feet

*Complete each round twice.

P&R — ACTIVITY 3



Description

Create a ~3x3 metre box and have a wall/rebounder. Pass against the wall on one side of the box, then turn and dribble around the box and pass on the other side. 30 passes is 1 'round'.

Duration

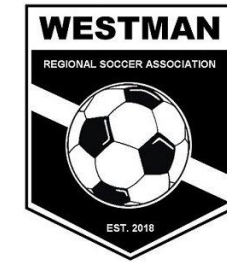
Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Both feet

*Complete each round twice.

P&R — ACTIVITY 4



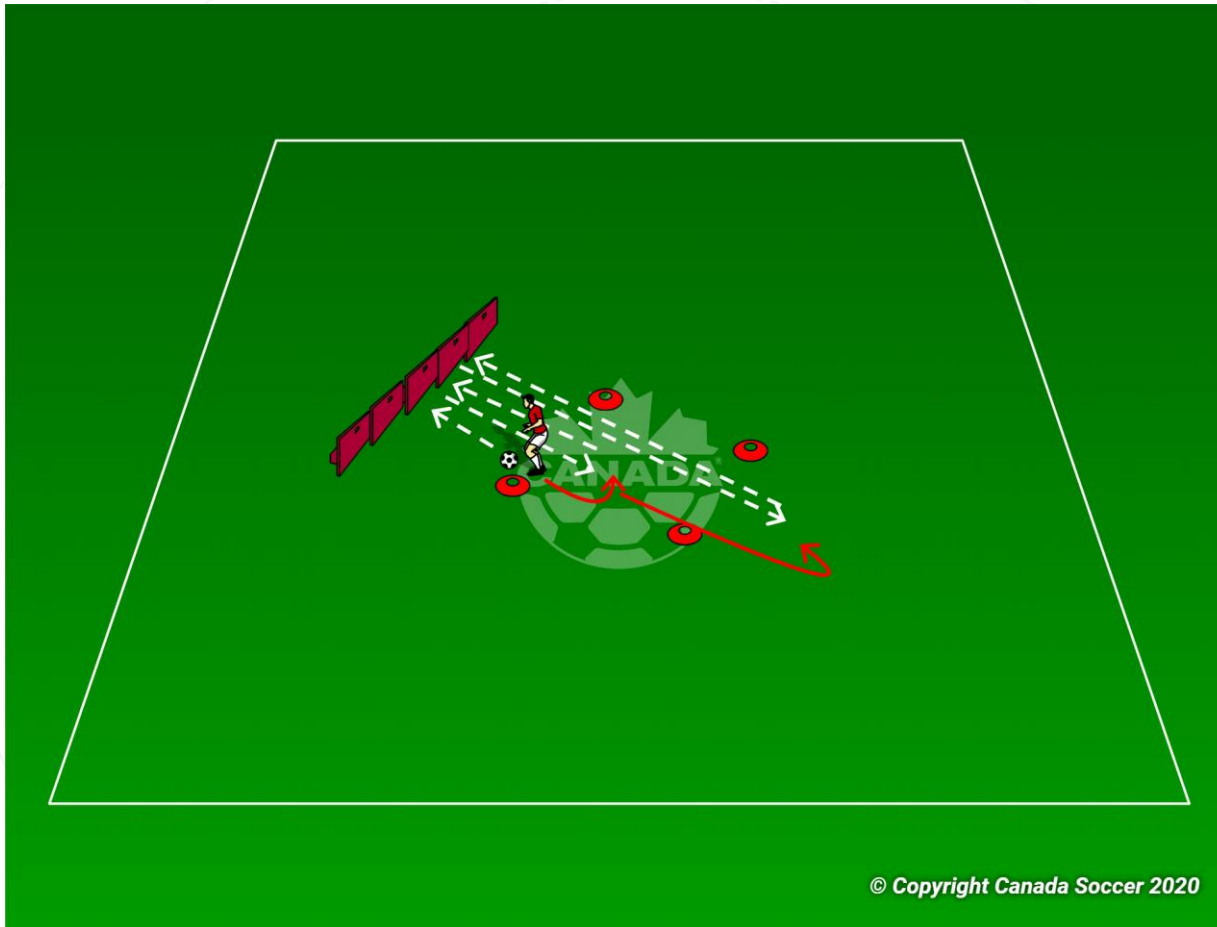
Description

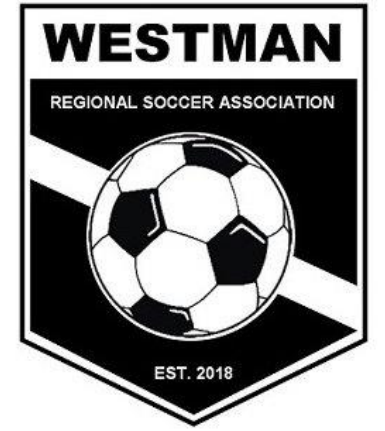
Create a ~3x3 metre box and have a wall/rebounder. Start in front of the box, pass against the wall and back up to receive the ball inside the box. Then pass the ball against the wall and back up to the back of the box to receive the ball. Then pass the ball and receive the ball at the front of the box again (weight of pass will be key!). 30 passes is one 'round'.

Duration

- Round 1 → Right foot only (two touch)
- Round 2 → Left foot only (two touch)
- Round 3 → Both feet (two touch)
- Round 4 → Both feet (one touch)

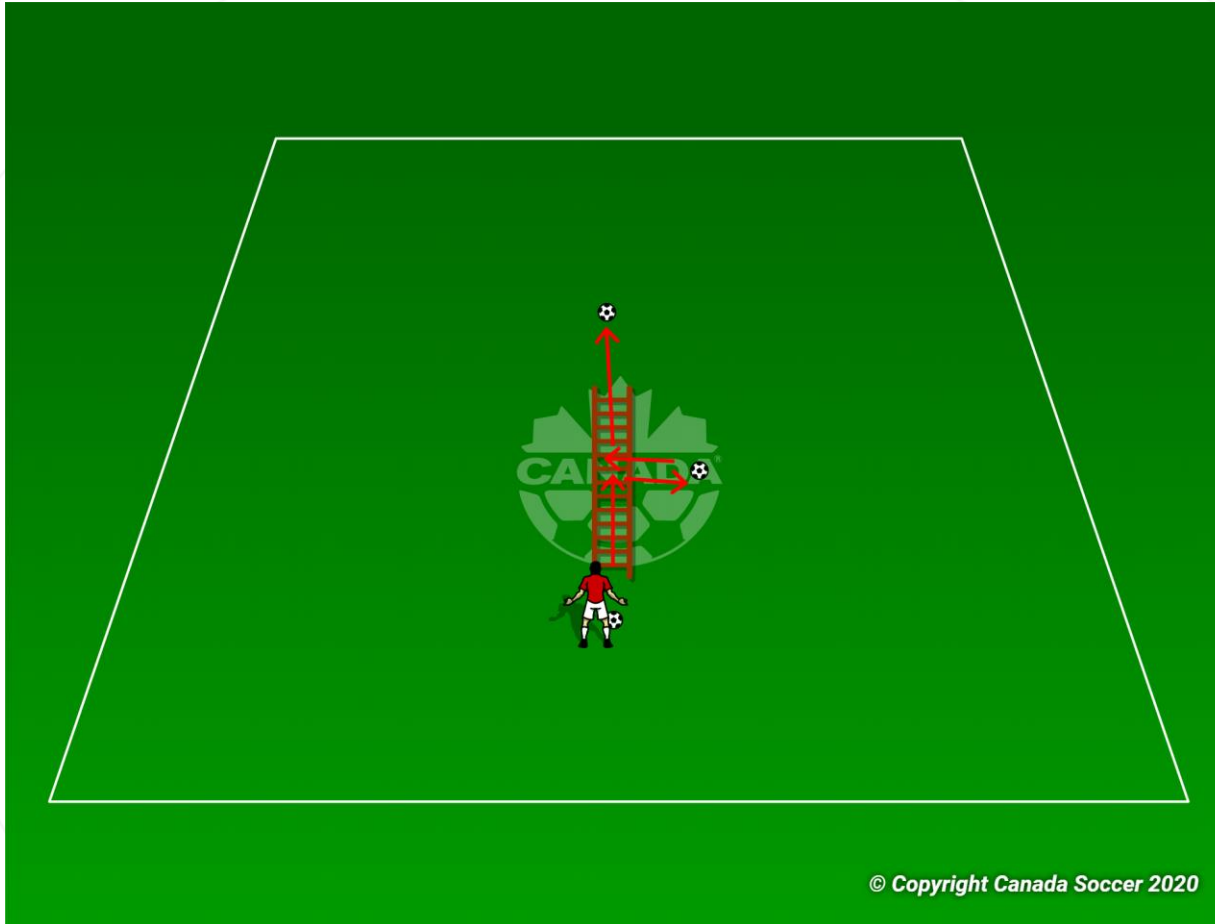
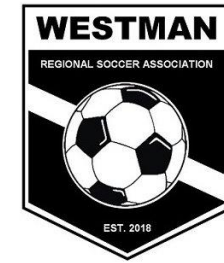
*Finish the session with light stretching and cool down activities.





SKILL ACQUISITION

SKILL ACQUISITION — ACTIVITY 1



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Description

Have 3 soccer balls and place one at the start of the ladder (or cones/objects), one half way through and one at the end (as shown in diagram). Start with a skill, go halfway through the ladder, step out to do the skill again, and then go through the rest of the ladder and do the skill at the end. Light jog back. 5 times through ladder is '1 round'.

Duration

Round 1 → 10 toe touches on each ball, one foot in each 'rung'

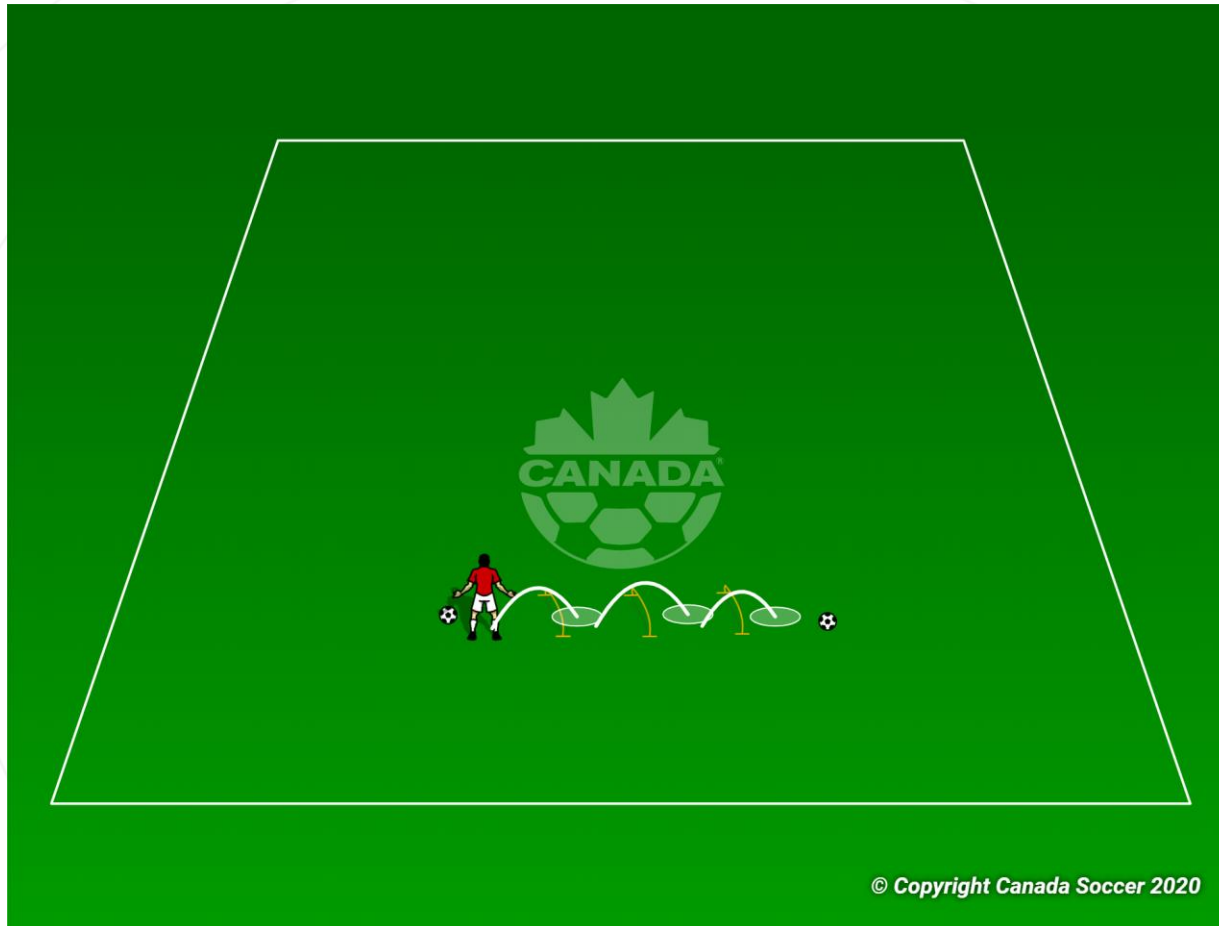
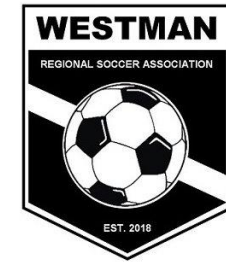
Round 2 → 10 foundation touches on each ball, 2 feet in each 'rung'

Round 3 → 10 Brazilian toe touches on each ball, bunny hops through each 'rung'

Round 4 → 10 stationary scissors at each ball, two feet in, two feet out through each 'rung'

*Between each round do some light stretching

SKILL ACQUISITION — ACTIVITY 2



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Description

Have 3 hurdles or objects and two soccer balls. Perform a skill at the soccer ball, go over the hurdles, and then perform the skill at the next ball. 6 times through hurdles is 1 'round'.

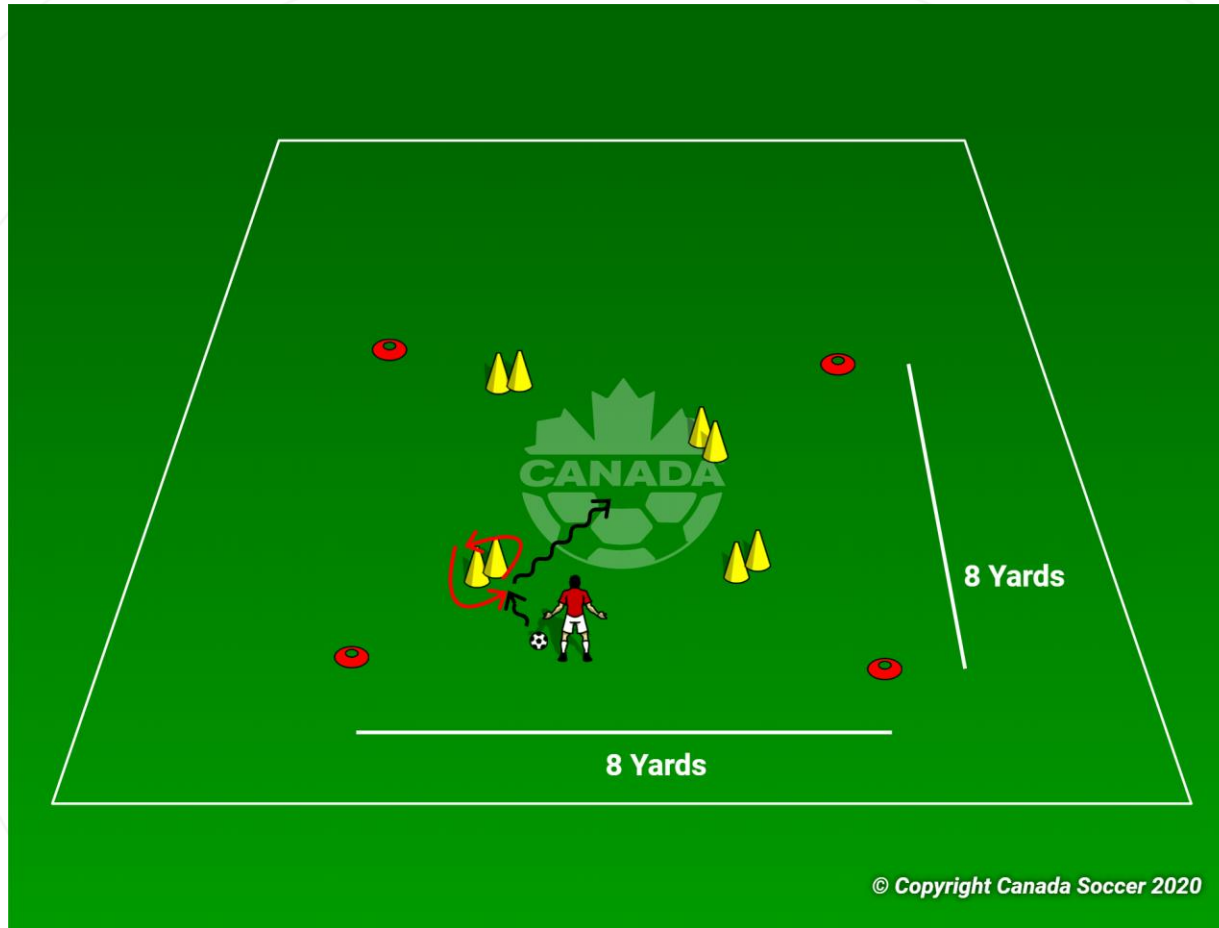
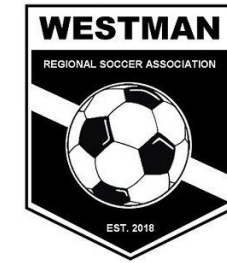
Duration

Round 1 → 10 juggles on each ball, double foot bunny hops over hurdles

Round 2 → 10 stationary step overs on each ball, right foot hops over each hurdle

Round 3 → 10 foundation touches on each ball, left foot bops over each hurdle

SKILL ACQUISITION – ACTIVITY 3



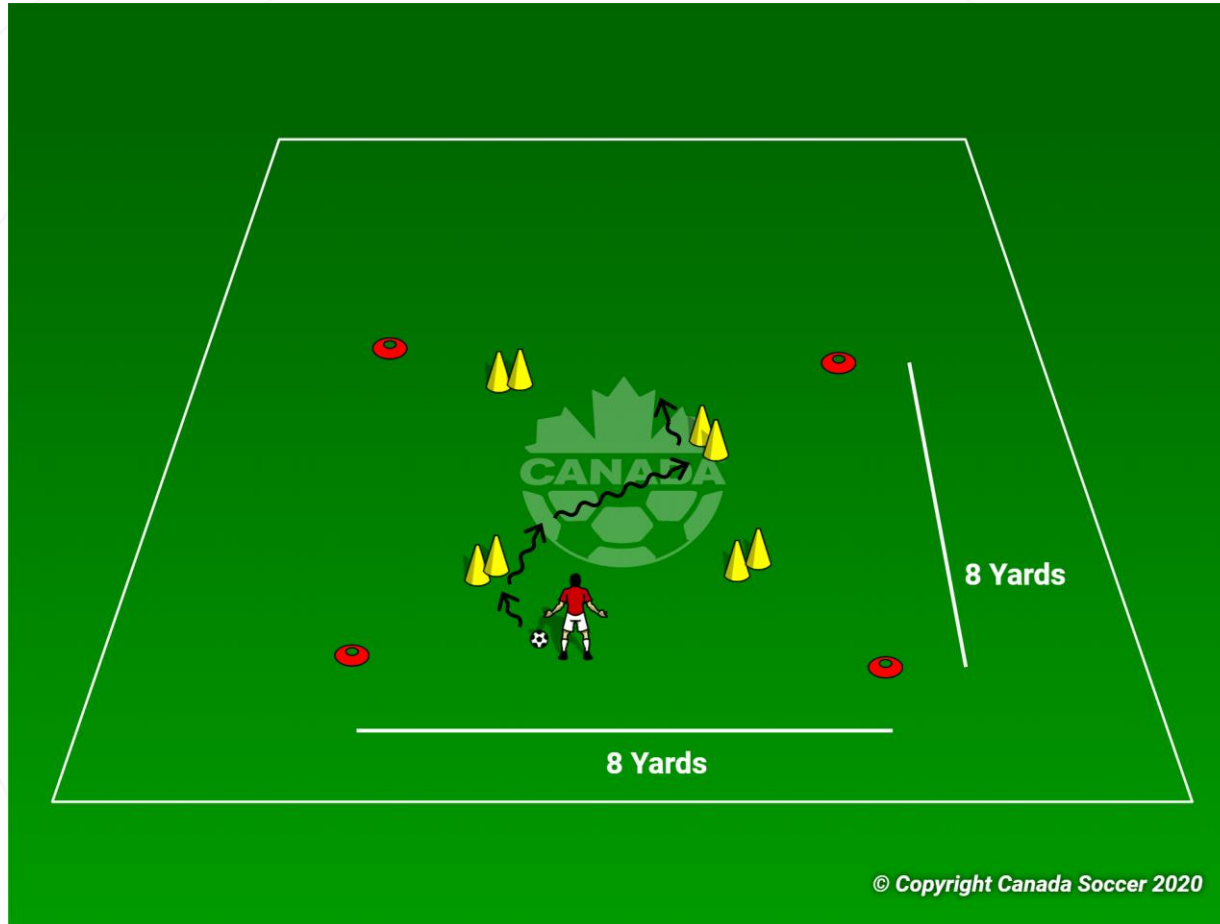
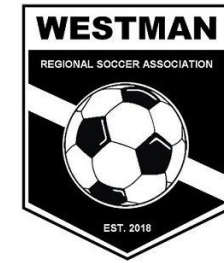
Description

Create an 8x8 yard box with cones/objects. Place 3-4 separate objects in the box. When you dribble up to a cone/object do a 360 turn with the ball around the cone/object. Perform 3, 2 minute 'rounds' with a 1 minute break in between. Really focus on the quality of the turn that you are performing.

Duration

- Round 1 → Inside of feet turns
- Round 2 → Outside of the feet turns
- Round 3 → Mix of type of turns (inside and outside)

SKILL ACQUISITION – ACTIVITY 4



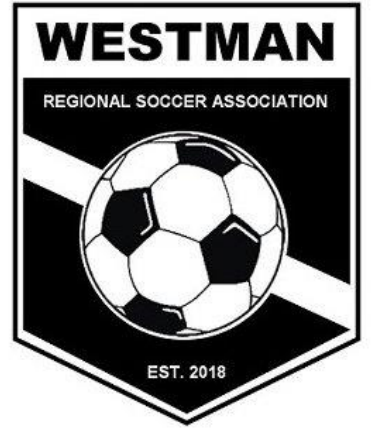
Description

Create an 8x8 yard box with cones/objects. Place 3-4 separate objects in the box. When you come to a cone in the box, perform a move around the cone/object. Work for 2 minutes, take a 1 minute rest. Really focus on the quality of the skill you are performing.

Duration

Round 1 → perform scissors as your skill
Round 2 → perform feints as your skill
Round 3 → perform whatever move you want to!

*Finish the session with light stretching and cool down activities.



GOOD LUCK!!!
