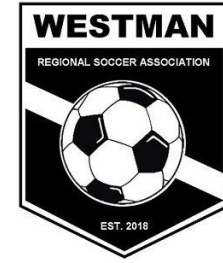


WRSA HOME TRAINING PROGRAM

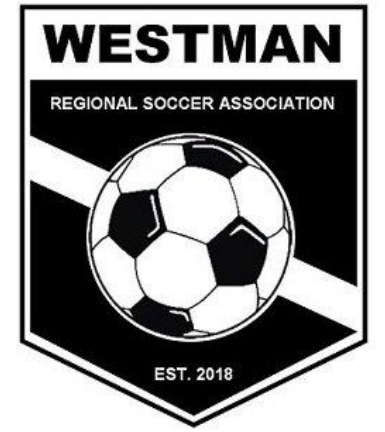
Week 4

INTRODUCTION



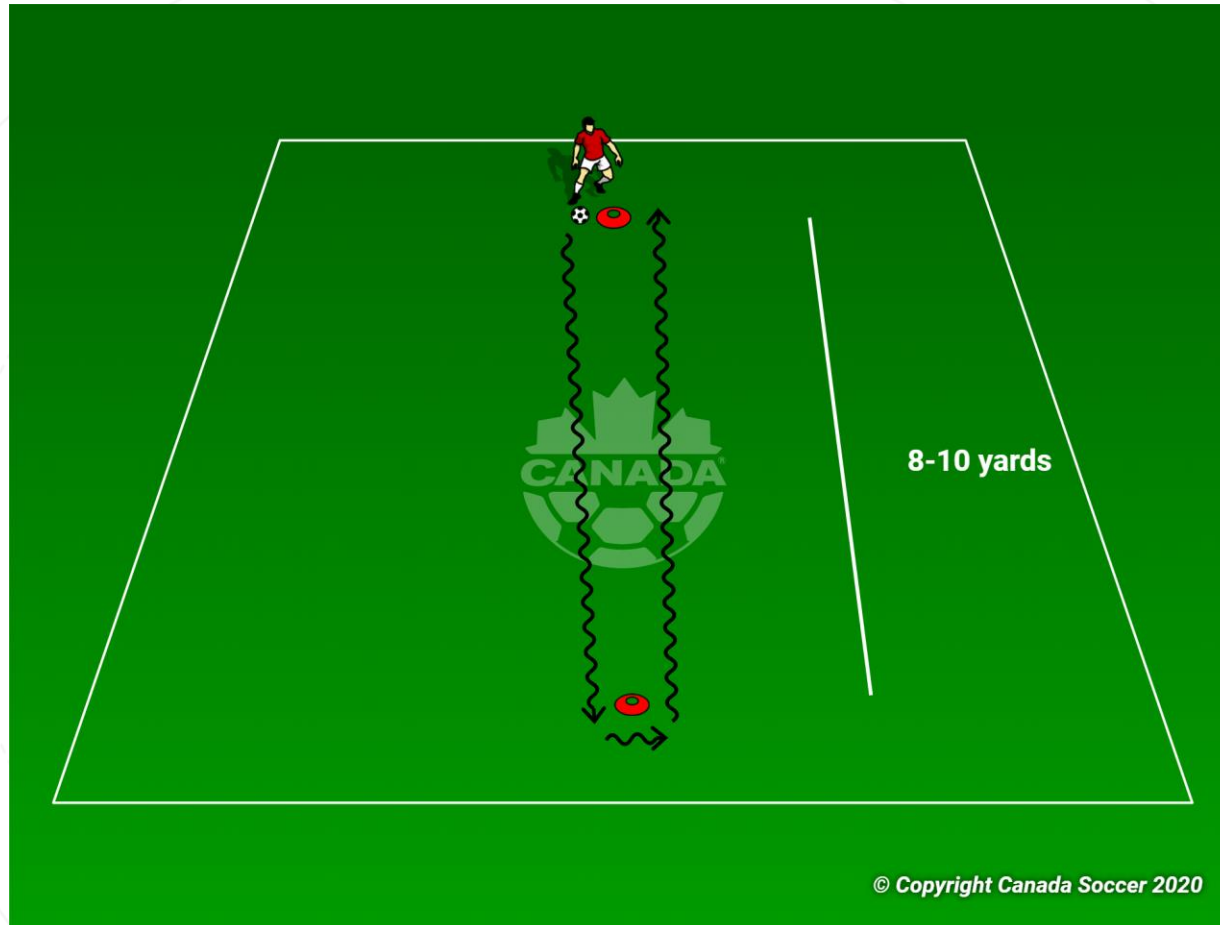
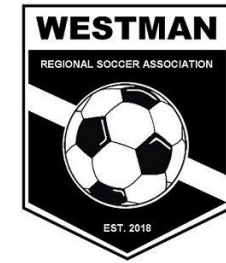
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. This edition of the 'Home Training Program' will consist of one dribbling session, one passing and receiving session, and one ball striking 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 2 cones/objects 8-10 yards apart. Dribble around the cones. 10 times around the cones is 1 'round'.

Duration

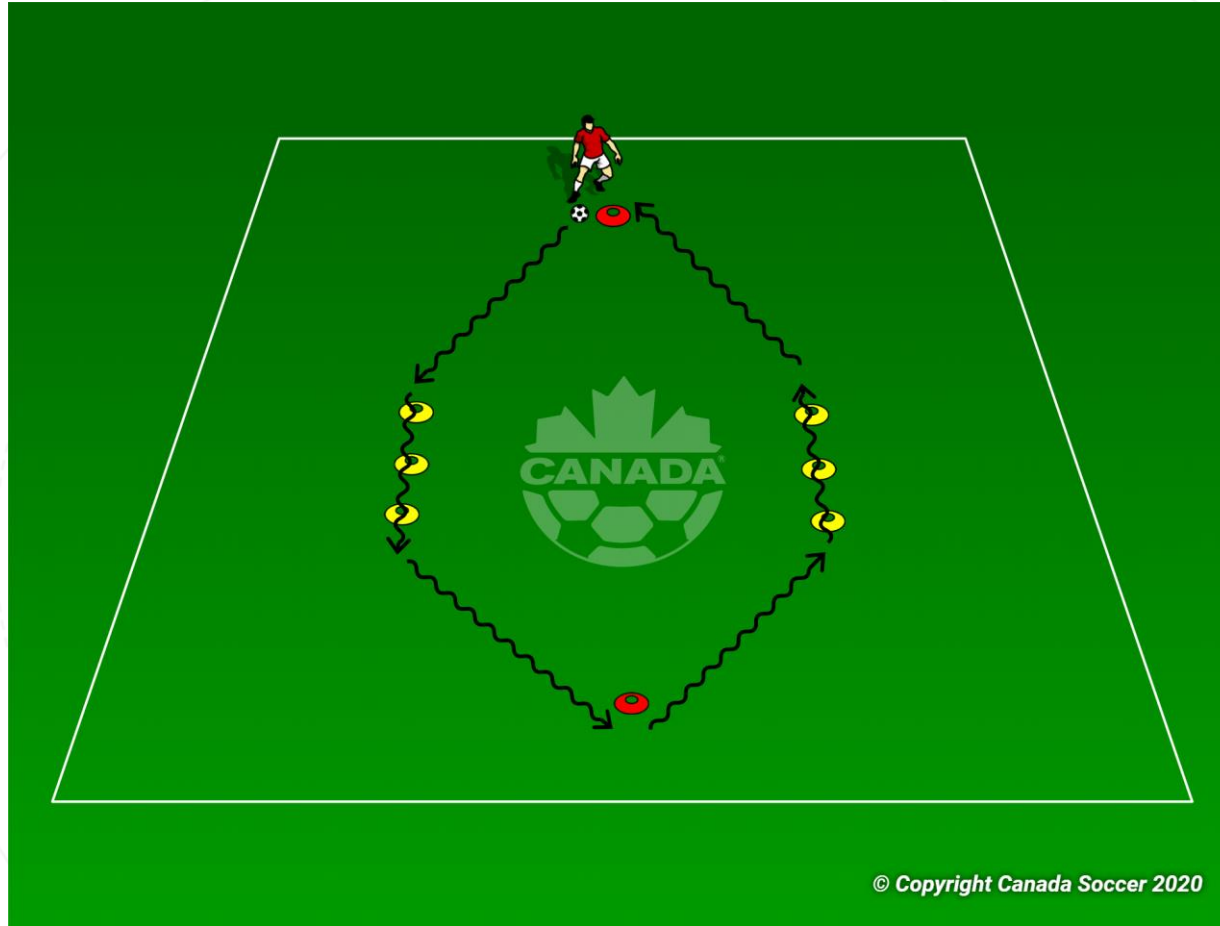
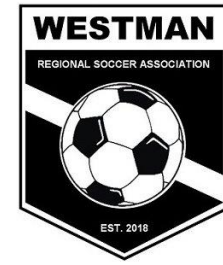
Round 1 → Right foot

Round 2 → Left foot

Round 3 → Both feet

*Do some light stretching & dynamic exercises in between each round

DRIBBLING — ACTIVITY 2



Description

Keep the cones/objects 8-10 yards apart. Place 3 cones/objects at each side to form a diamond (as shown in picture). Dribble around the diamond as shown in diagram. 10 times around is 1 'round'.

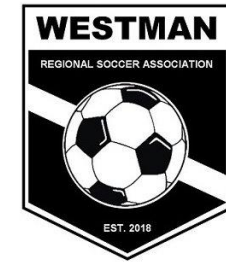
Duration

Round 1 → Right foot

Round 2 → Left foot

Round 3 → Both feet

DRIBBLING – ACTIVITY 3



Description

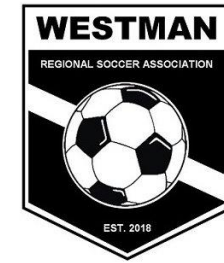
Keep the end cones/objects 8-10 yards apart and place 2 cones/objects on each side as shown in diagram. Dribble up to the two cones and perform a move around the cones, continue going around the diamond. 10 times around is 1 'round'.

Duration

- Round 1 → Perform a scissor as your move
- Round 2 → Perform a double scissor as your move
- Round 3 → Perform a feint as your move
- Round 4 → Perform the move of your choice

*Ensure you are performing the move with each foot/each direction

DRIBBLING — ACTIVITY 4



Description

Keep the end cones 8-10 yards apart. Place other cones/objects in the middle of the two end cones at random. Dribble through the cones/objects to get to the other side. Back and fourth 10 times is 1 'round'.

Duration

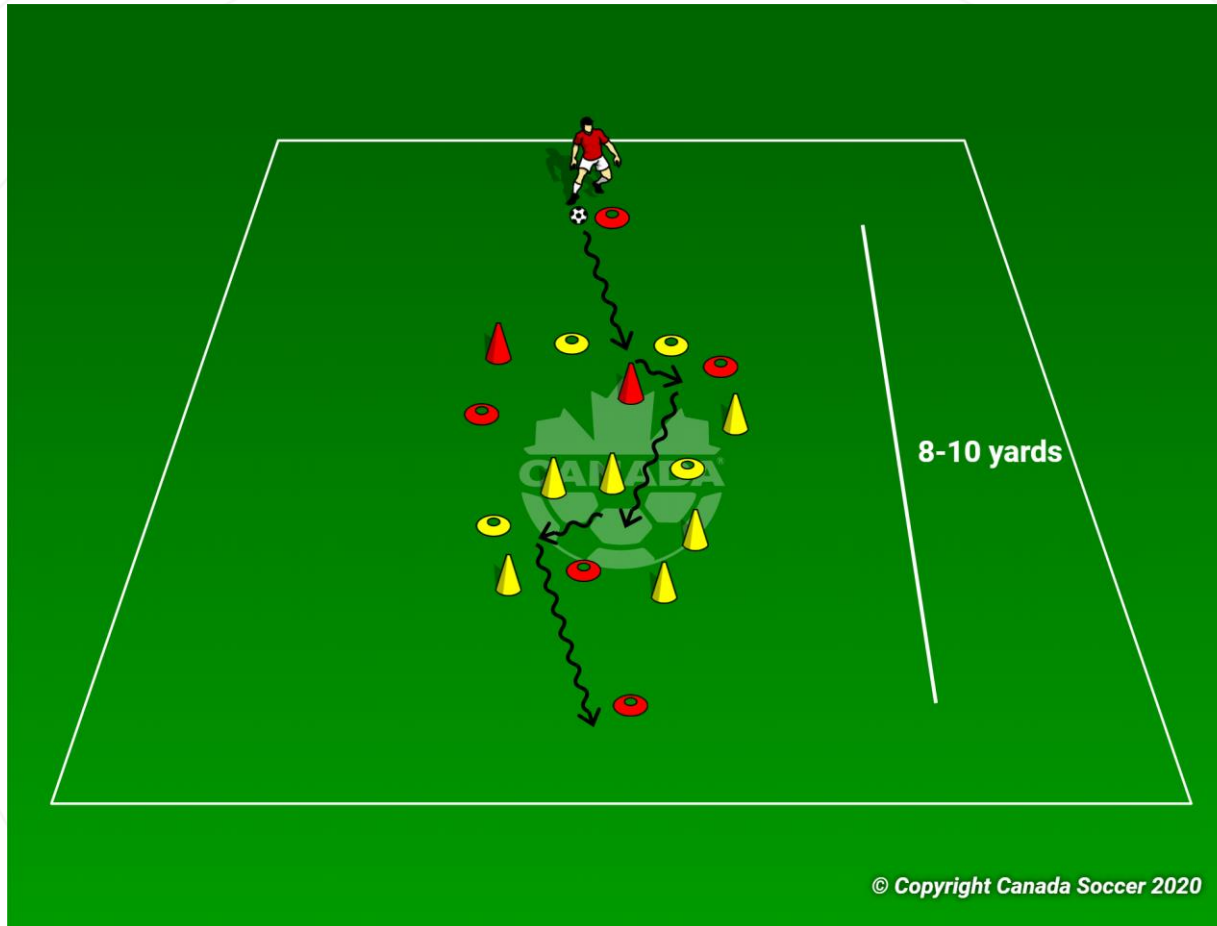
Round 1 → Right foot only

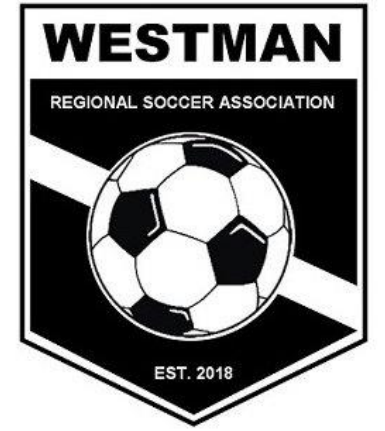
Round 2 → Left foot only

Round 3 → Both feet

*In between each round change the location of the central cones/objects.

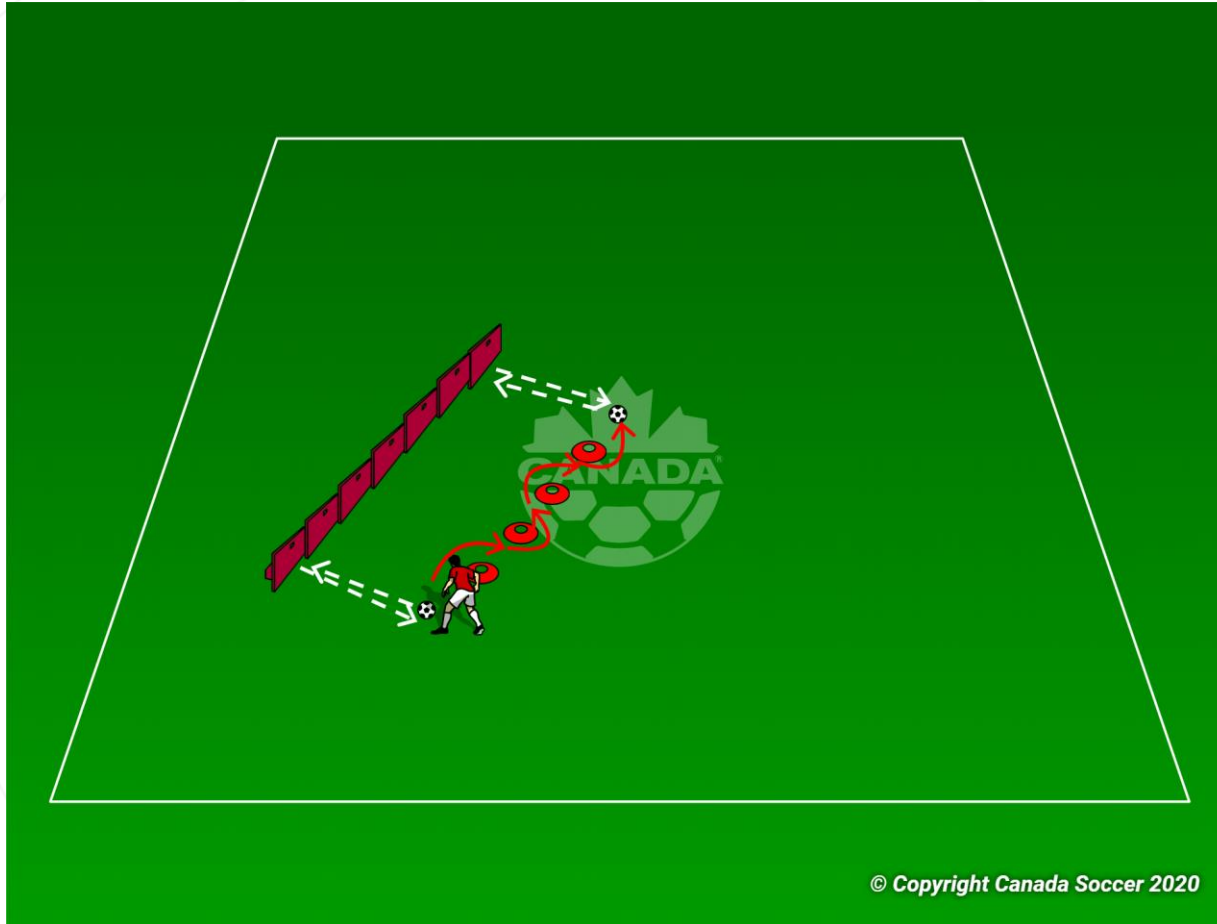
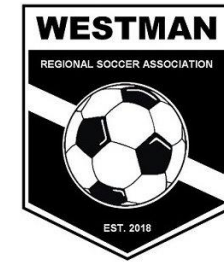
*Finish with light stretching & foam rolling





PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



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Description

Find a wall, rebounder, etc. Approximately 2 metres from the wall place 4 or 5 cones/objects as shown in diagram and place 2 balls on each side of the cones. Pass the first ball against the wall, and perform a movement activity in between/over the cones, pass the next ball and then go back through the cones. Going through the cones a total of 10 times is 1 'round'.

Duration

Round 1 → Right foot pass, shuffle through cones

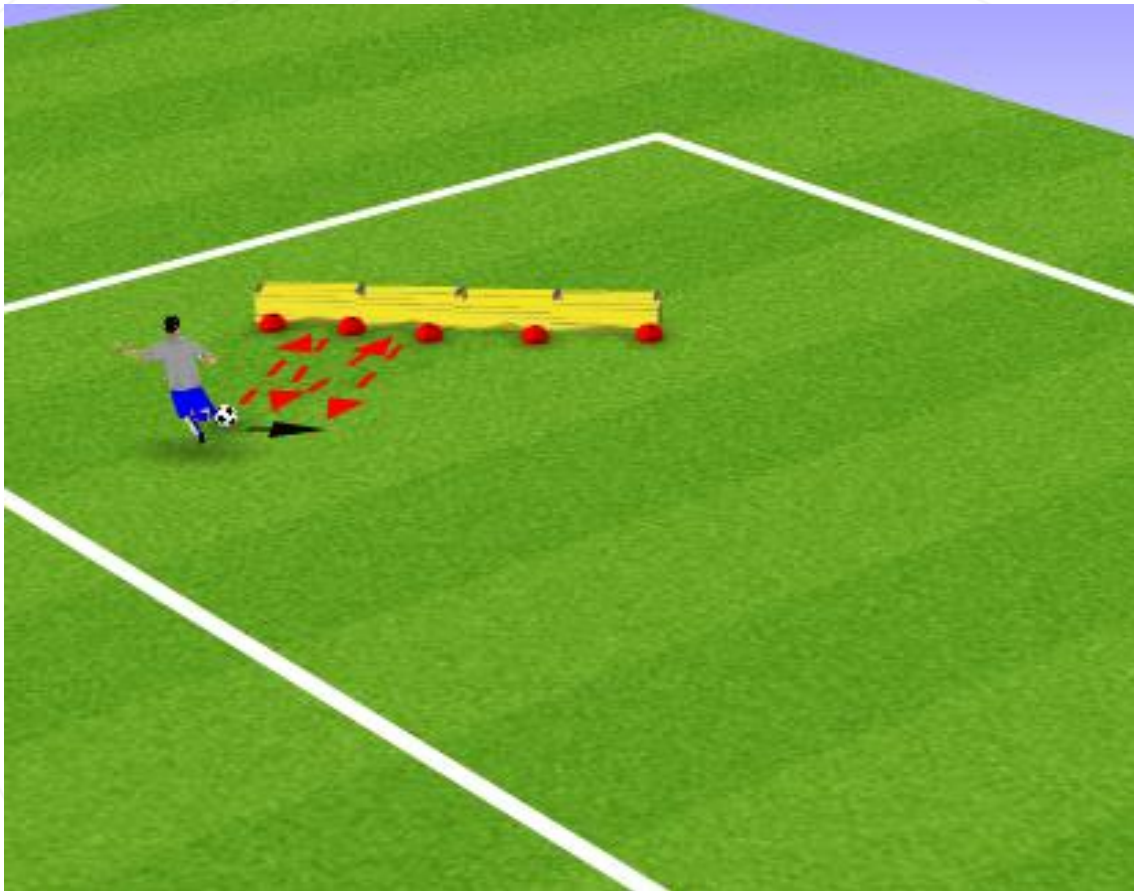
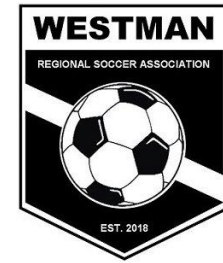
Round 2 → Left foot pass, backwards shuffle through the cones

Round 3 → Right foot pass, high knees over the cones

Round 4 → Left foot pass, bunny hops over the cones

*Between each round do some light stretching

P&R — ACTIVITY 2



Description

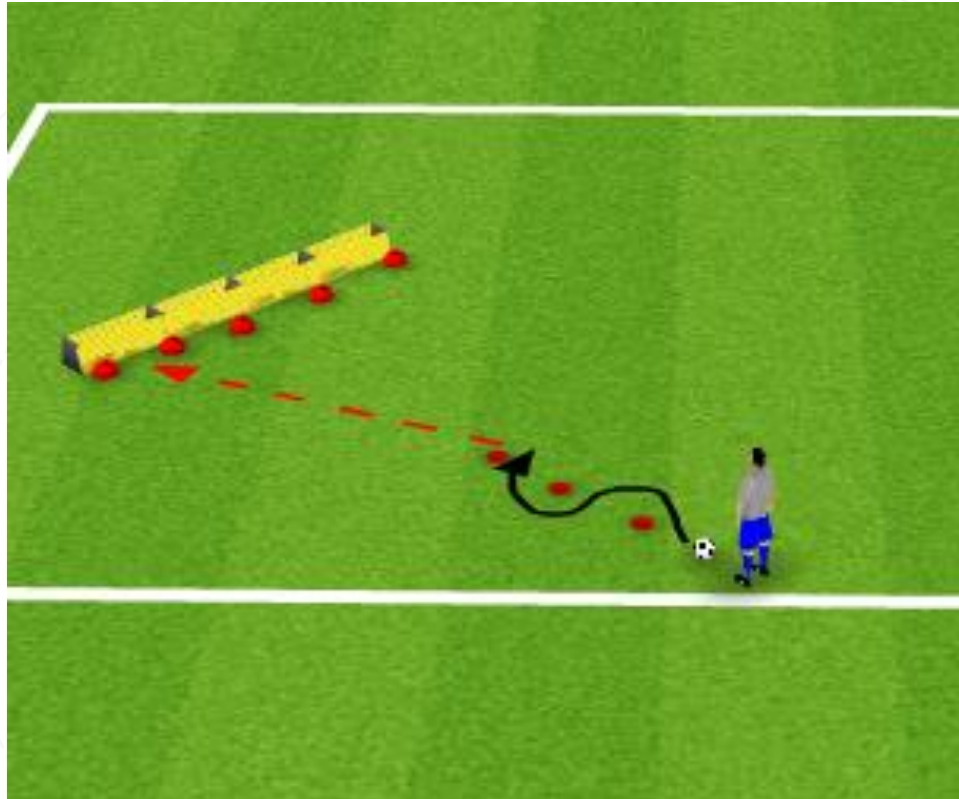
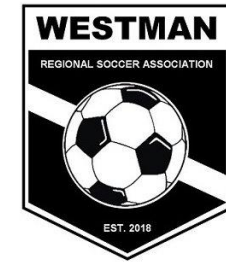
Similar set up to last activity, but place the cones or objects against the wall/rebounder. Stand 2-3 yards away from the wall and pass in between each 'gate'. There and back 5 times is 1 'round'.

Duration

Round 1 → 2 touch, only right foot
Round 2 → 2 touch, only left foot
Round 3 → 2 touch, both feet
Round 4 → 1 touch, both feet

*The further away you are or the closer the cones/objects are will increase difficulty!

P&R — ACTIVITY 3



Description

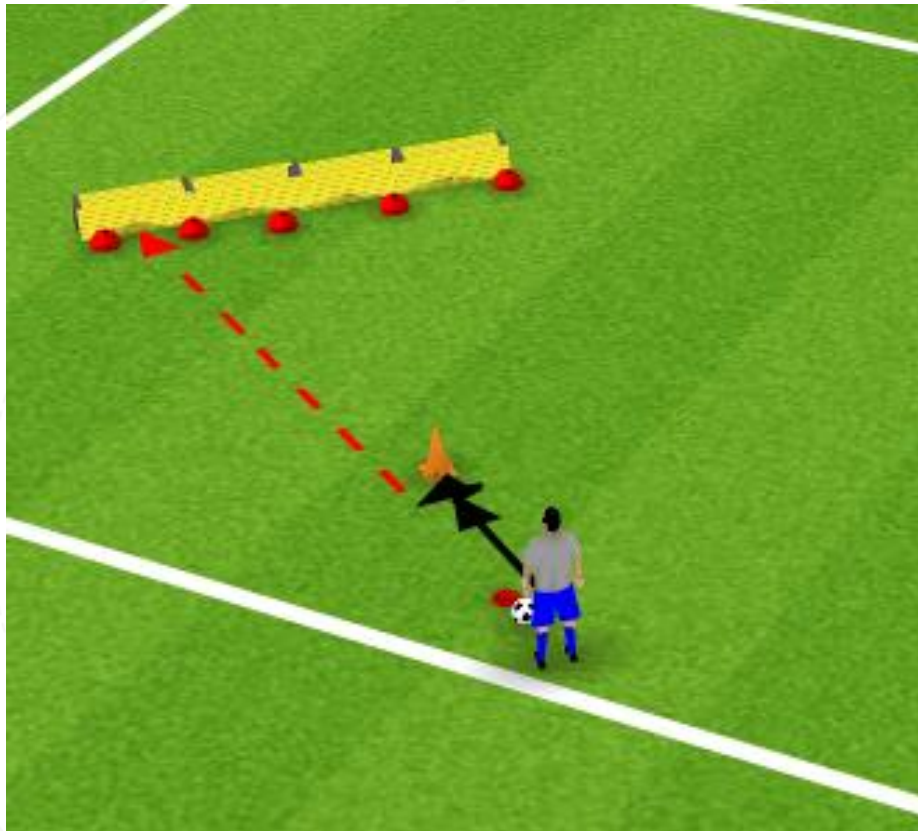
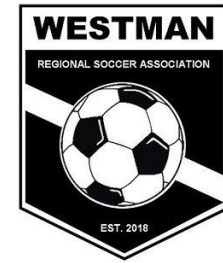
Similar set up as last activity but place 3 more cones/objects in a line approximately 5 metres from the wall. Dribble through the cones and pass in between the first 'gate'. Return to the start and pass between the second gate, etc. Passing between each gate 3 times completes 1 'round' (12 total passes).

Duration

- Round 1 → Right foot only
- Round 2 → Left foot only
- Round 3 → Both feet

*Perform each round twice, second time through move the cones you are dribbling through further back to increase difficulty

P&R — ACTIVITY 4



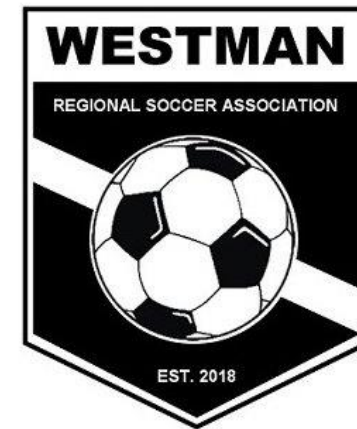
Description

Similar set up as last activity but now place just one cone in front of you. Dribble up to the cone and perform a move, and then pass between the first 'gate'. Return back to the start, passing through the second 'gate' this time. Passing between each gate 3 times completes 1 'round' (12 total passes).

Duration

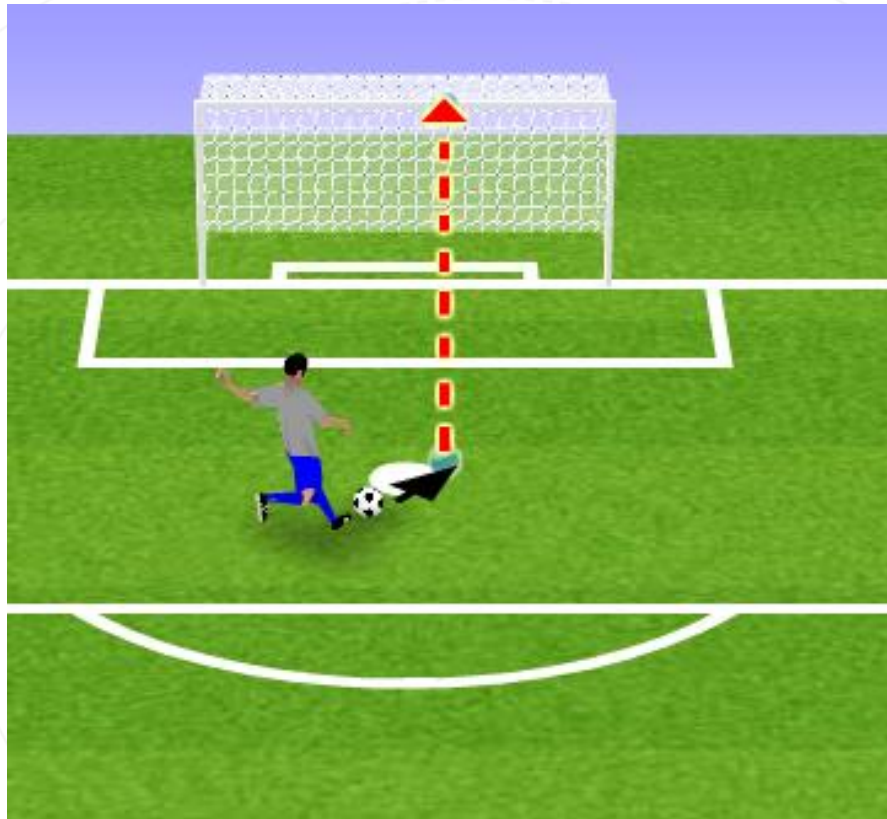
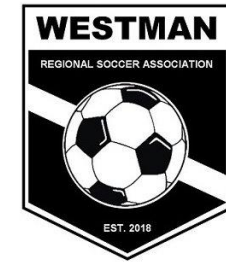
- Round 1 → Perform a scissor as your move
- Round 2 → Perform a double scissor as your move
- Round 3 → Perform a feint as your move
- Round 4 → Perform the move of your choice

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



BALL STRIKING

SKILL ACQUISITION – ACTIVITY 1



*Start the session with a dynamic warm-up and dynamic stretching

Description

Start around the penalty spot, take a touch out of your feet and clip the ball, trying to hit the crossbar. Perform 10 strikes on each foot to complete 1 'round'.

Duration

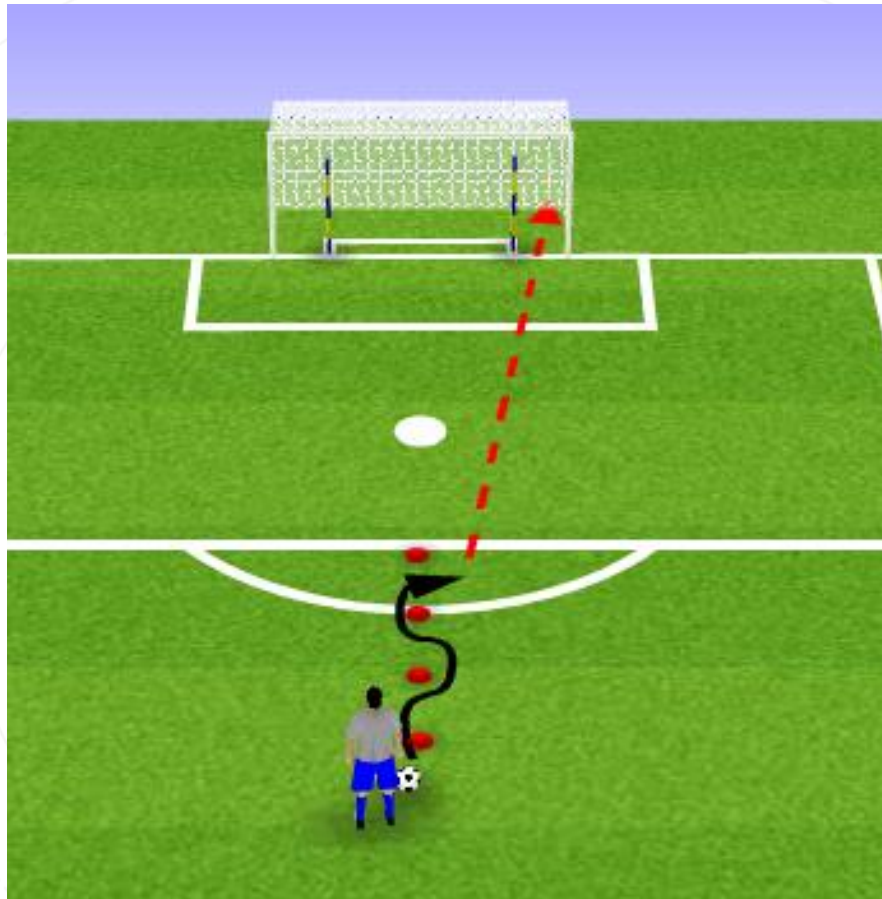
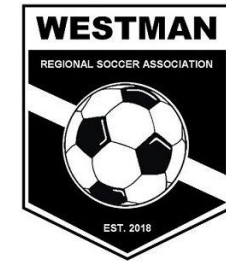
Round 1 → Start around the penalty spot

Round 2 → Start around the 18 yard box

Round 3 → Start around the top of the 'D'

*Between each round do some light stretching

SKILL ACQUISITION – ACTIVITY 2



Description

Place 4 cones in a straight line starting at the top of the 18 yard box. Place 2 poles or objects in the goal to create a target area. Dribble through the cones and strike the ball on goal aiming for one of the two target areas. 10 strikes is 1 'round'.

Duration

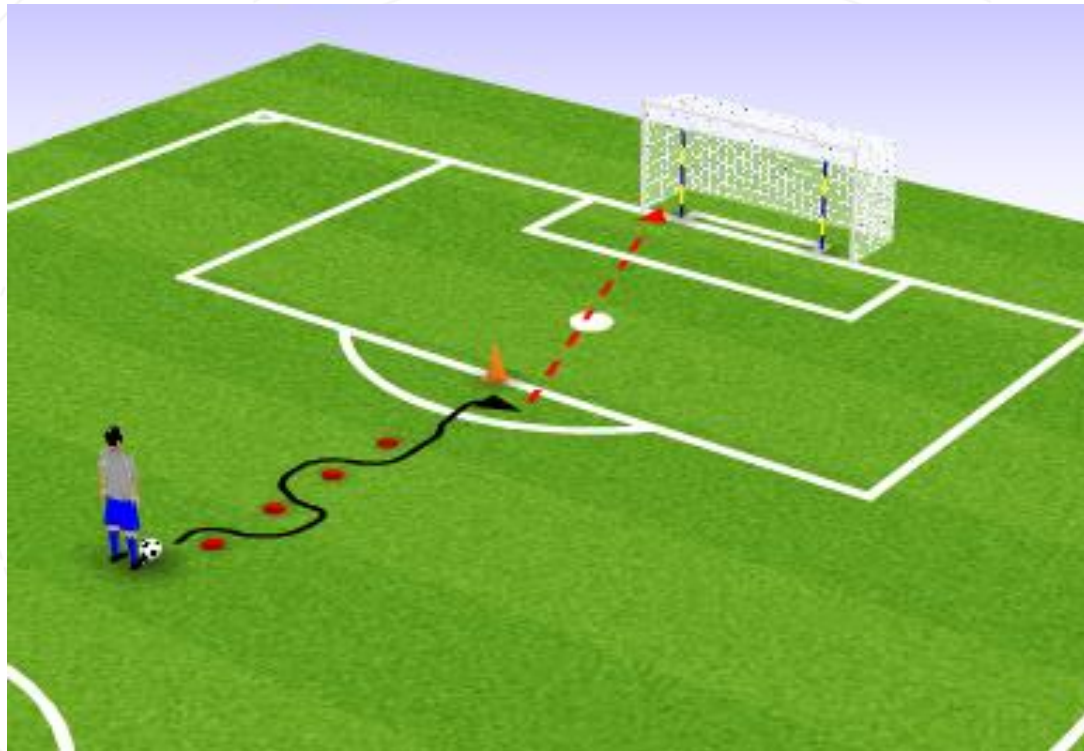
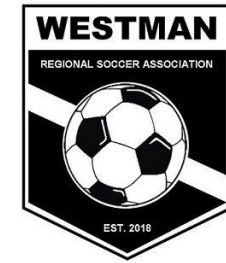
Round 1 → Use only right foot

Round 2 → Use only left foot

Round 3 → Dribble with only the outsides of feet

Round 4 → Dribble with only the inside of feet

SKILL ACQUISITION – ACTIVITY 3



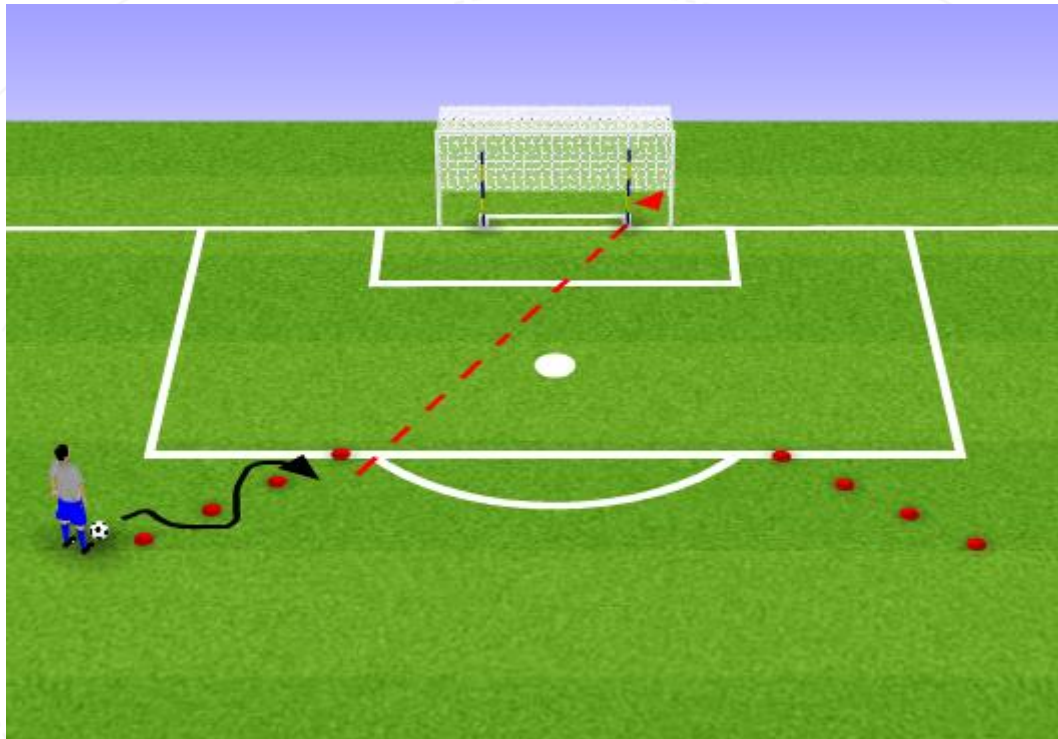
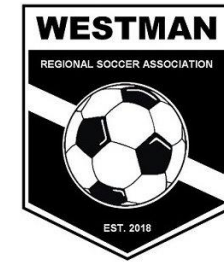
Description

Similar set up as before, but move the 4 cones back about 4 yards and place another cone/object on the 18 yard box. Dribble through the first 4 cones and perform a move at the final cone before striking on goal. Again, aim for the target area that you have created. 10 strikes is 1 'round'.

Duration

- Round 1 → Perform a feint as your move
- Round 2 → Perform a scissor your move
- Round 3 → Perform a Maradona twist as your move
- Round 4 → Perform the move of your choice

SKILL ACQUISITION – ACTIVITY 4



Description

Now place the 4 cones on an angle just outside the 18 yard box. Keep your poles in place as a target area. Dribble through the cones and aim for the far post when striking the ball. 10 strikes is 1 'round'.

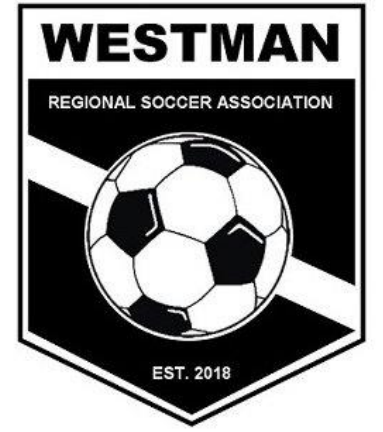
Duration

Round 1 → Start on the left side of the goal (as shown in diagram)

Round 2 → Start on the right side of the goal (opposite side in diagram)

*Perform each round twice.

*Finish the session with a cool down and some stretching. Be sure to target quads, hamstrings and groins.



GOOD LUCK!!!
