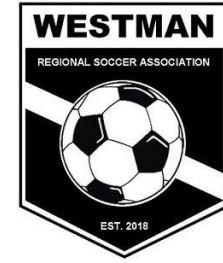


WRSA HOME TRAINING PROGRAM

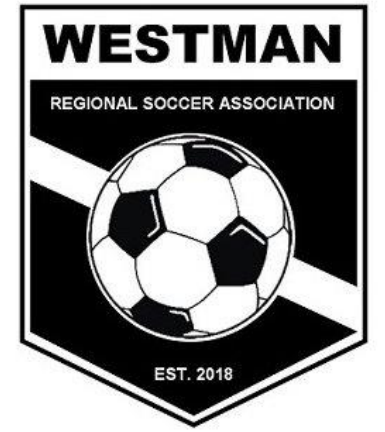
Week 5

INTRODUCTION



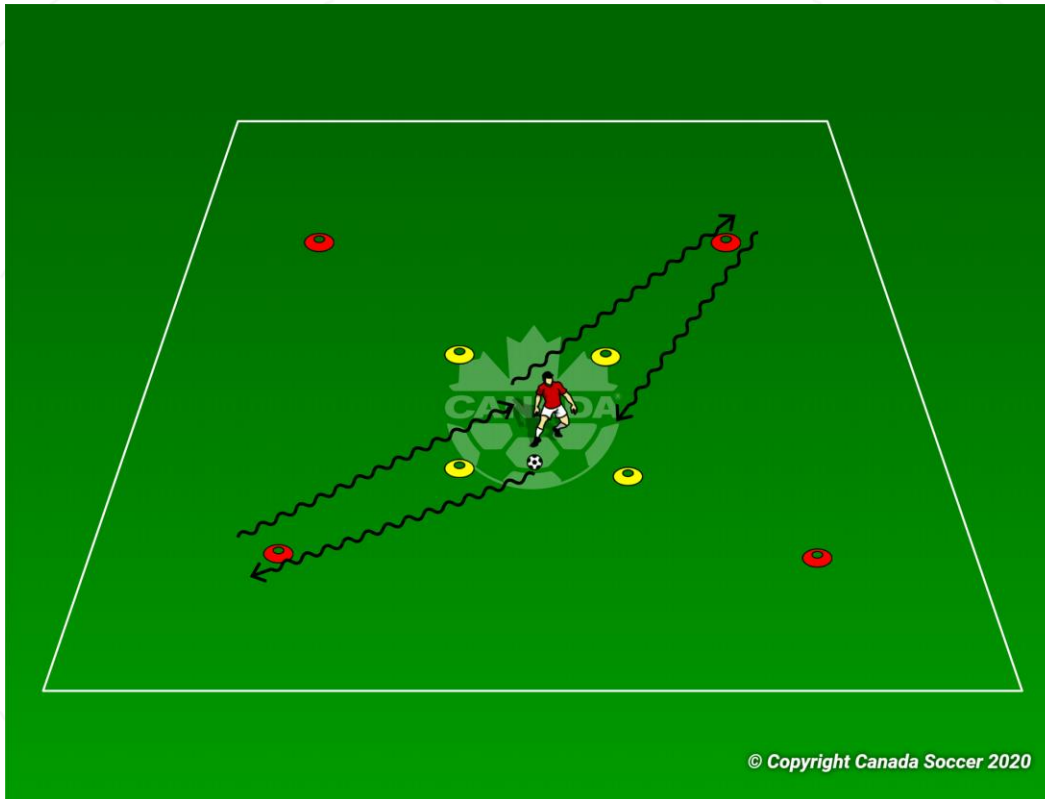
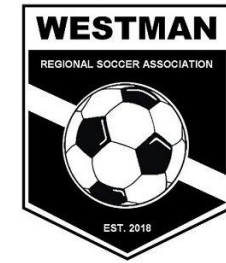
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. This edition of the 'Home Training Program' will consist of one dribbling session, one passing and receiving session,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

Create a 'box inside a box' with cones/objects. The outside box should be a 7x7 and the inside box a 2x2. Players dribble around one of the outside cones, and then dribble back to the central box. Then find another cone to dribble around. Do the skill for 1.5 minutes and take 1 minute to stretch in between.

Duration

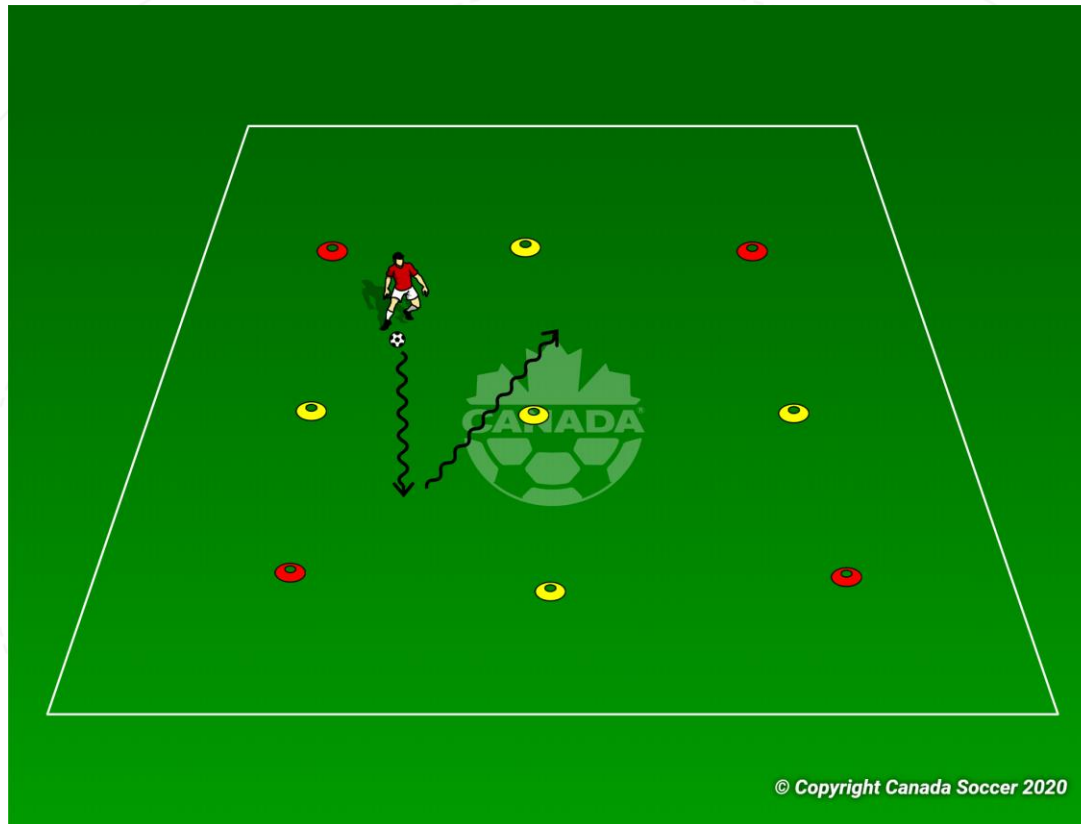
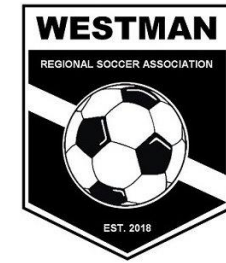
Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Both feet

*Do some light stretching in between each round

DRIBBLING — ACTIVITY 2



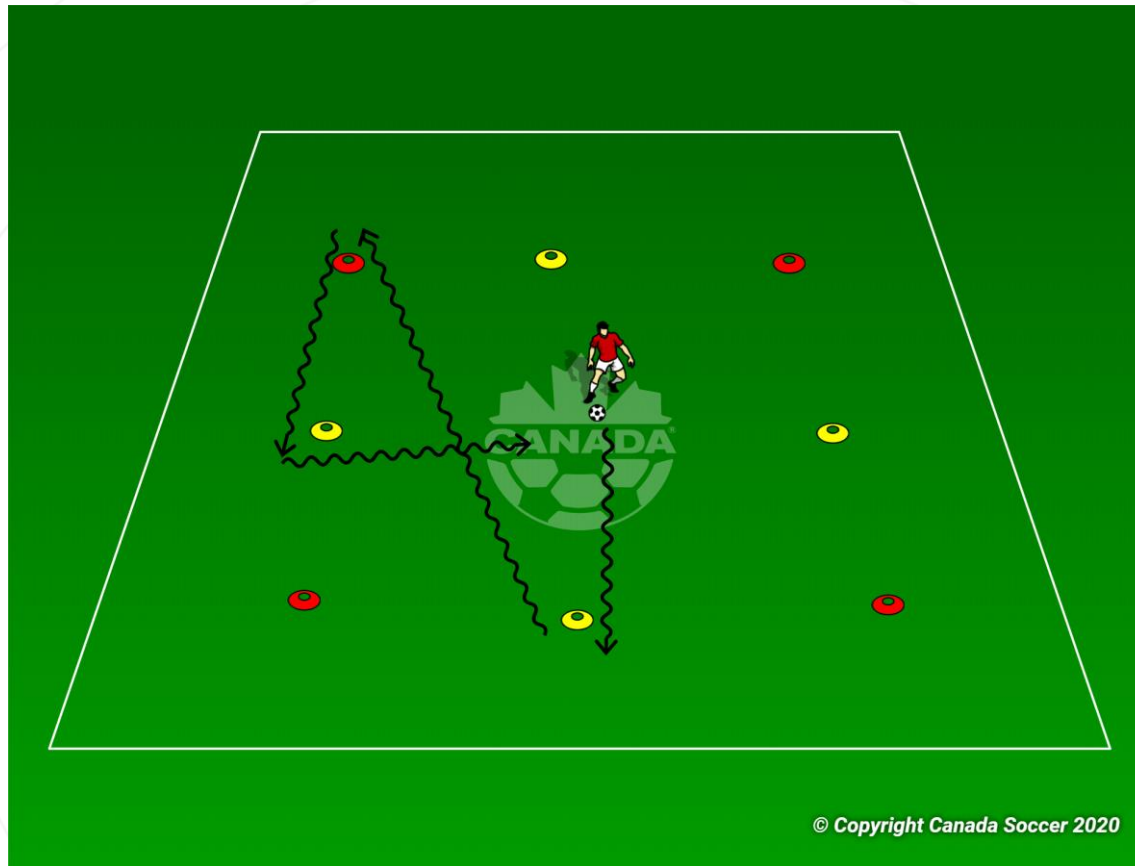
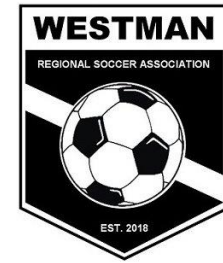
Description

Create 4 boxes inside your outer box (as shown in diagram with yellow cones). Dribble into one of the boxes, take the specified number of touches (for that round) and then take a touch into another box. Dribble for 1.5 minutes (each round) and take a 30 second water break.

Duration

- Round 1 → 5 touches per box
- Round 2 → 3 touches per box
- Round 3 → 2 touches per box
- Round 4 → 1 touch per box

DRIBBLING — ACTIVITY 3



Description

Create a box (7x7) with 8 cones/objects (2 different colours/types). Dribble around one colour cone and go find a cone of the opposite colour to dribble around. Continue for 1.5 minutes and take a 30 second break in between rounds.

Duration

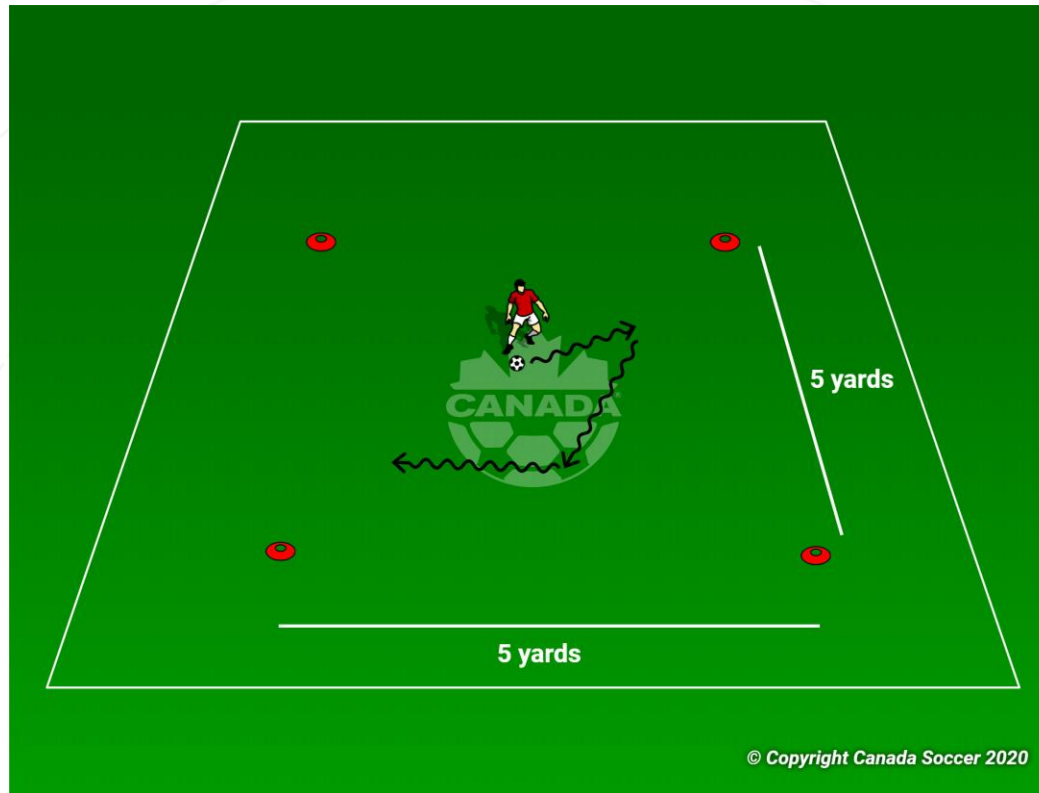
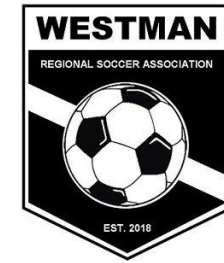
Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Both feet

Round 4 → Perform the move of your choice before each cone

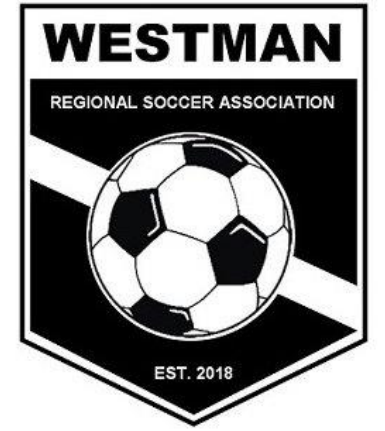
DRIBBLING — ACTIVITY 4



Description

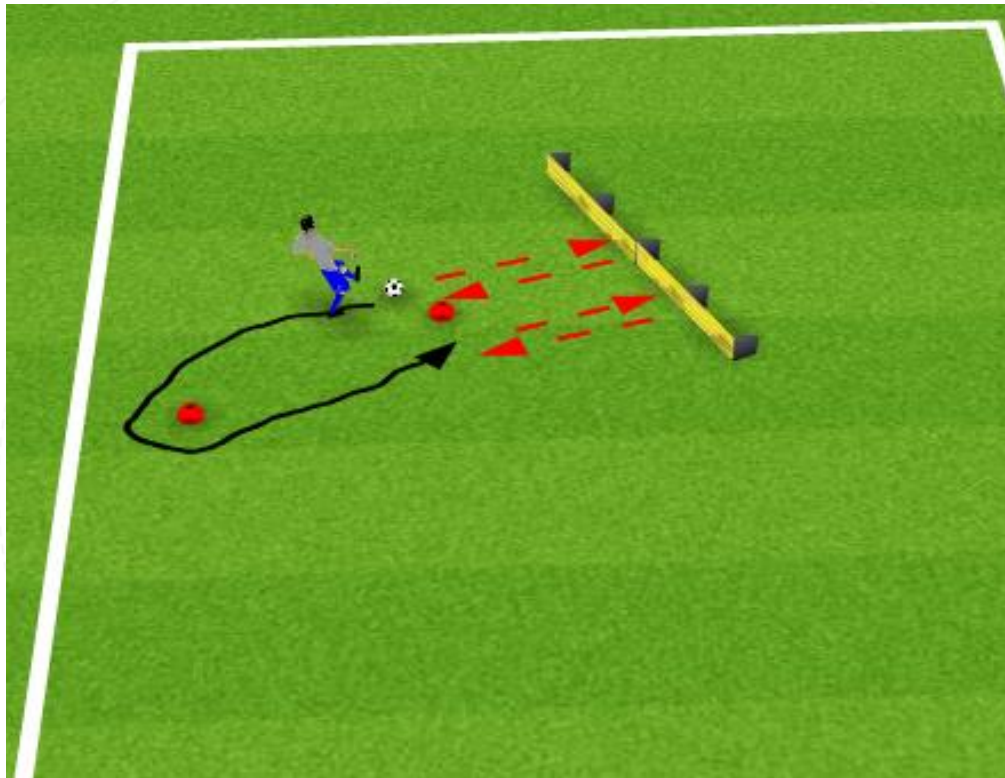
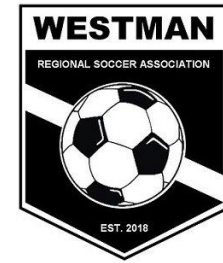
Create a 5x5 yard box. Dribble around the box while one of your favourite song is playing. Every time you hear the chorus dribble as quickly as you can and get as many touches as you can, when the chorus ends, start dribbling slowly. Take a 1 minute break in between songs and repeat for 3 songs.

*Finish with light stretching/foam rolling



PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



Description

Put a cone 3-4 yards away from a wall/rebounder/board and one that is about 7-8 yards away from the wall. Pass the ball against the wall, dribble around the far cone and come back to pass the ball again. 12 passes is 1 'round'.

Duration

Round 1 → Right foot only, pass and dribble

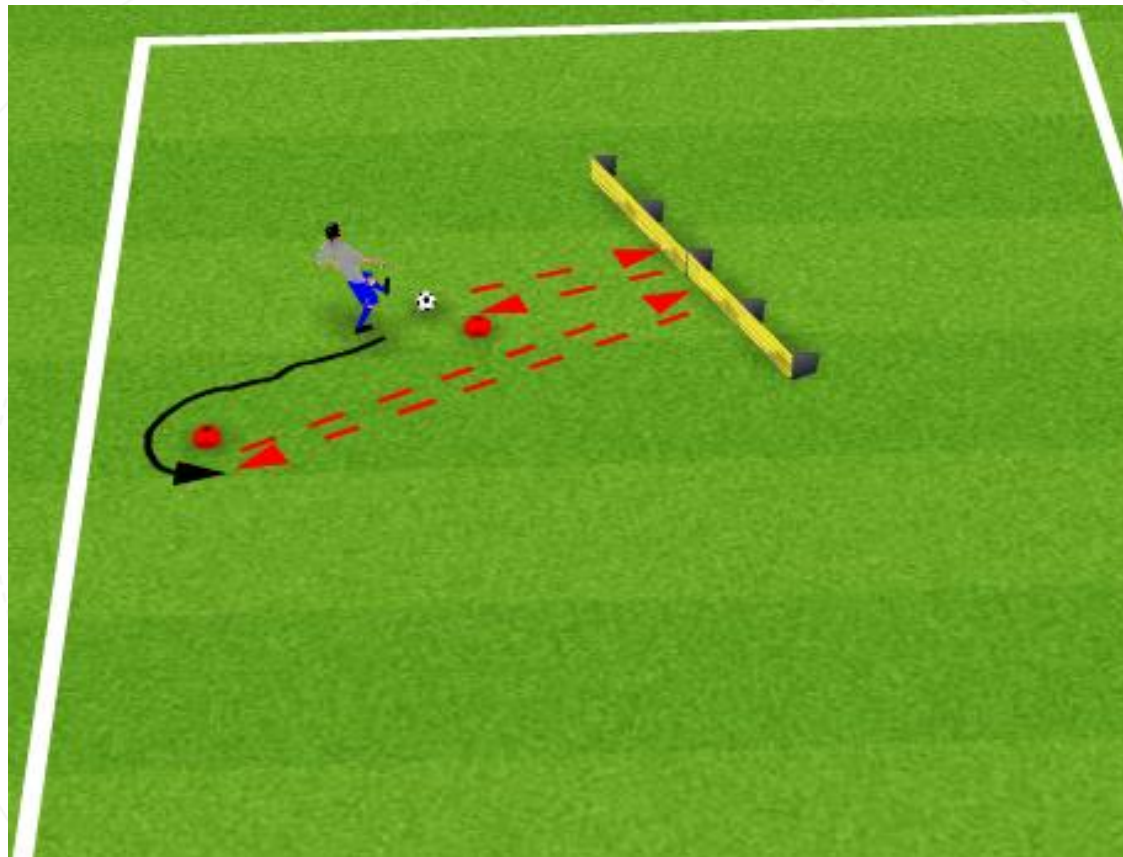
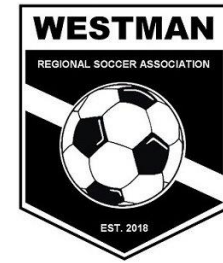
Round 2 → Left foot only, pass and dribble

Round 3 → Both feet, pass and dribble

*Complete each round twice. First time you complete it, do it slowly as a warm-up. Second time, complete as quickly as possible.

*Do some light stretching in between each round

P&R — ACTIVITY 2



Description

Put a cone 3-4 yards away from a wall/rebounder/board and one that is about 7-8 yards away from the wall. Pass the ball against the wall, dribble to the far and pass the ball again, return to the front cone to pass. 20 passes is 1 'round'.

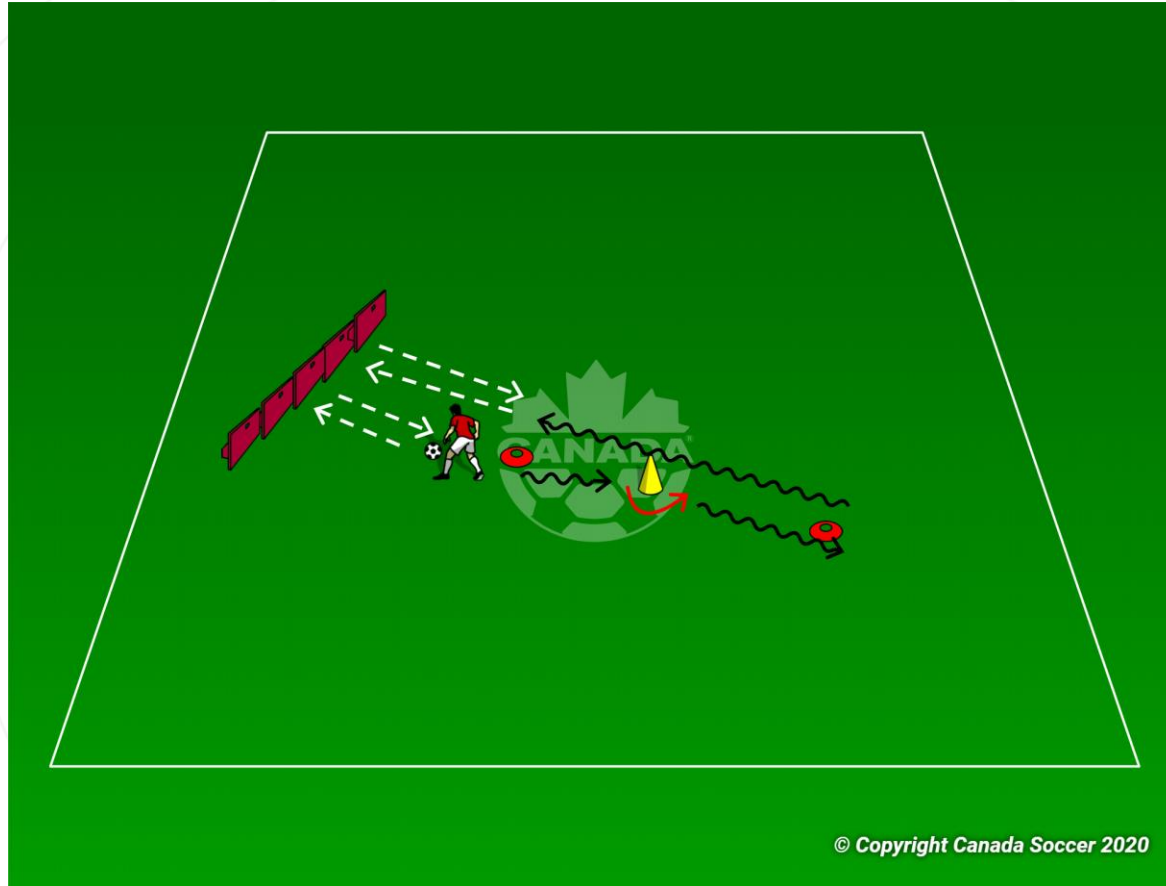
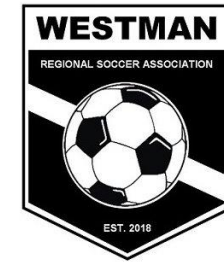
Duration

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 3



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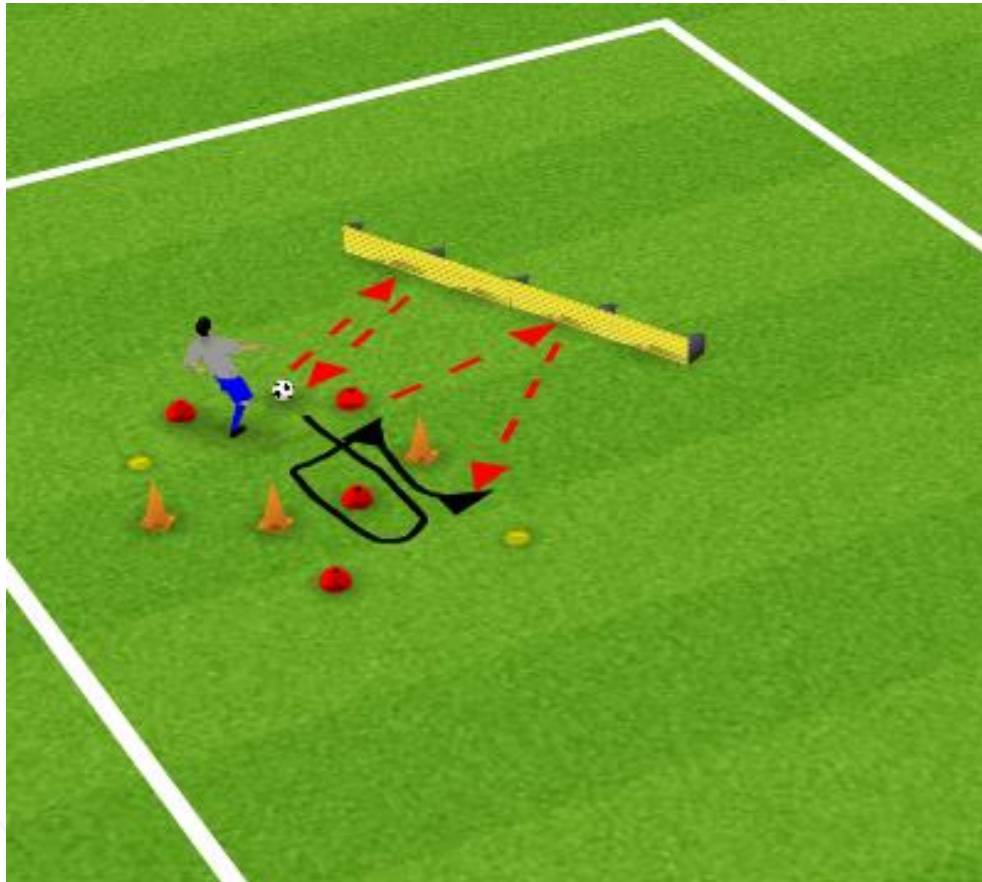
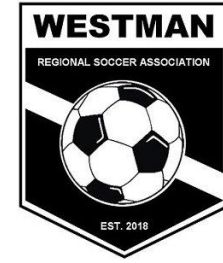
Description

Put a cone 3-4 yards away from a wall/rebounder/board. Place two more cones/objects in a straight line behind the first cone, 3-4 yards apart each. Pass the ball against wall, turn and dribble, perform a move around the middle cone and dribble around the last cone. Dribble back to the start and repeat. 10 times is 1 'round'.

Duration

- Round 1 → Feint as your move
- Round 2 → Scissor as your move
- Round 3 → 'Ronaldo chop' as your move
- Round 4 → Your choice!

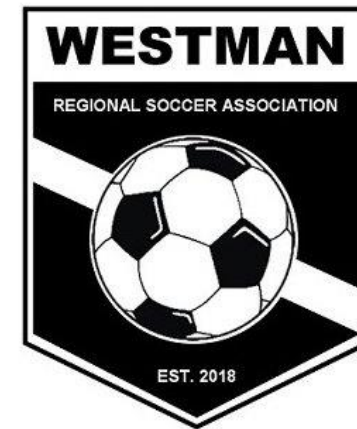
P&R — ACTIVITY 4



Description

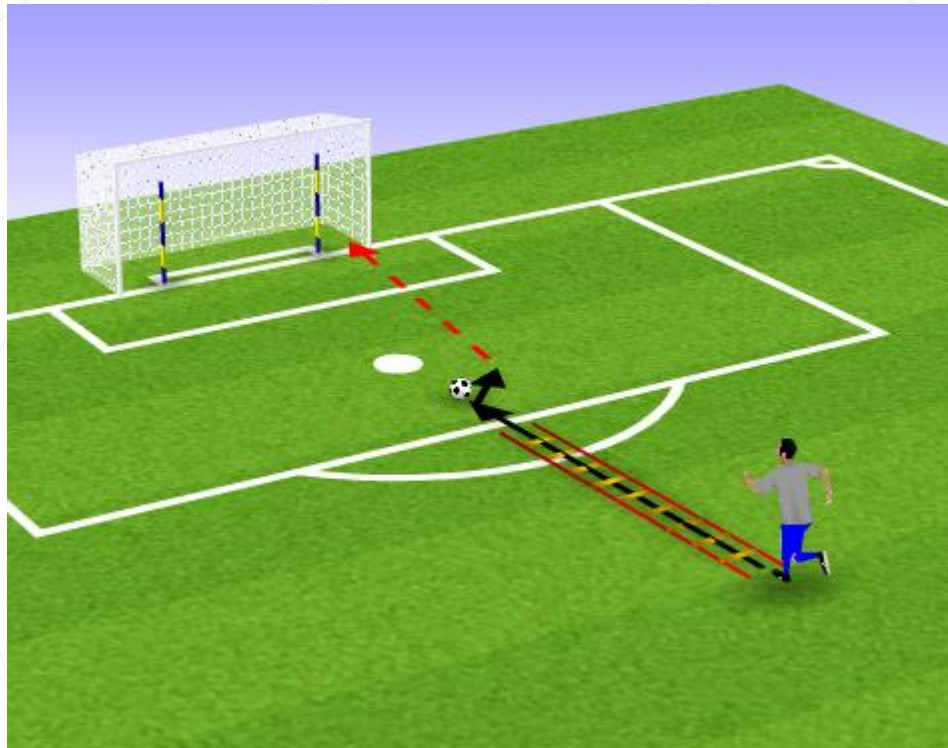
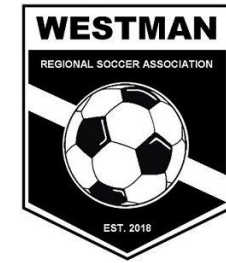
Place different cones/objects across from a wall/rebounder (as shown in picture). Dribble around the cones and pass against the wall freely without ever hitting the cones. How creative can you be?!? Perform 3 rounds of 2 minutes each. Change the location of the objects each round.

*Finish with light stretching/foam rolling



BALL STRIKING

BALL STRIKING — ACTIVITY 1



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

Description

Place a ladder or cones at the top of the 18 yard box (as shown in diagram). Place a ball at the end of the ladder. Once you finish the exercise through the ladder take a touch or two and strike the ball into the goal, aiming for the targets you have created with poles/cones/objects. Be sure to alternate feet each time! 5 shots with each foot is 1 'round'.

Duration

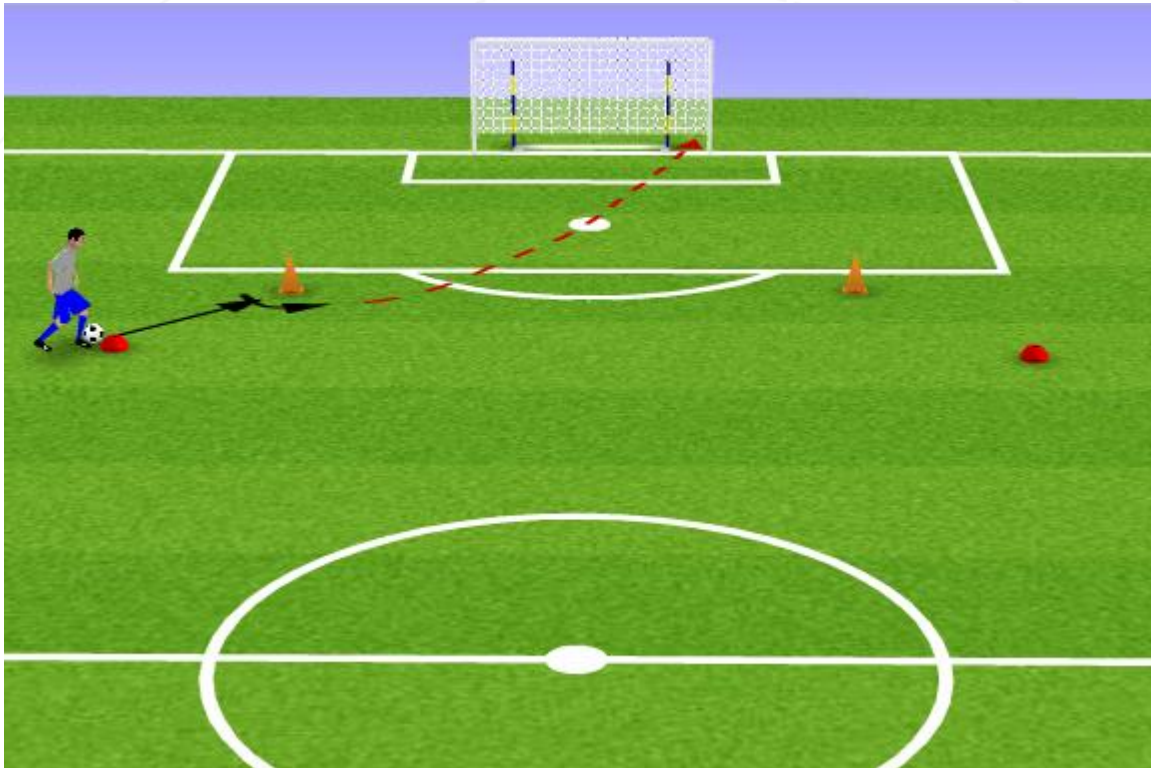
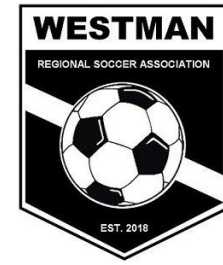
Round 1 → One foot hops through ladder (switch foot each time through)

Round 2 → 'Ickey Shuffle' through ladder

Round 3 → 2 in, 2 out through ladder

*Between each round do some light stretching

BALL STRIKING — ACTIVITY 2



Description

Place one cone 5-6 yards away from the edge of the 18 yard box and another cone on an angle just outside the 18 yard box. Dribble towards the cone perform a move and aim for the target area on the far post. Use your right foot (from the spot the player in the diagram is) for 10 shots and your left foot (opposite side) for 10 shots to complete 1 'round'.

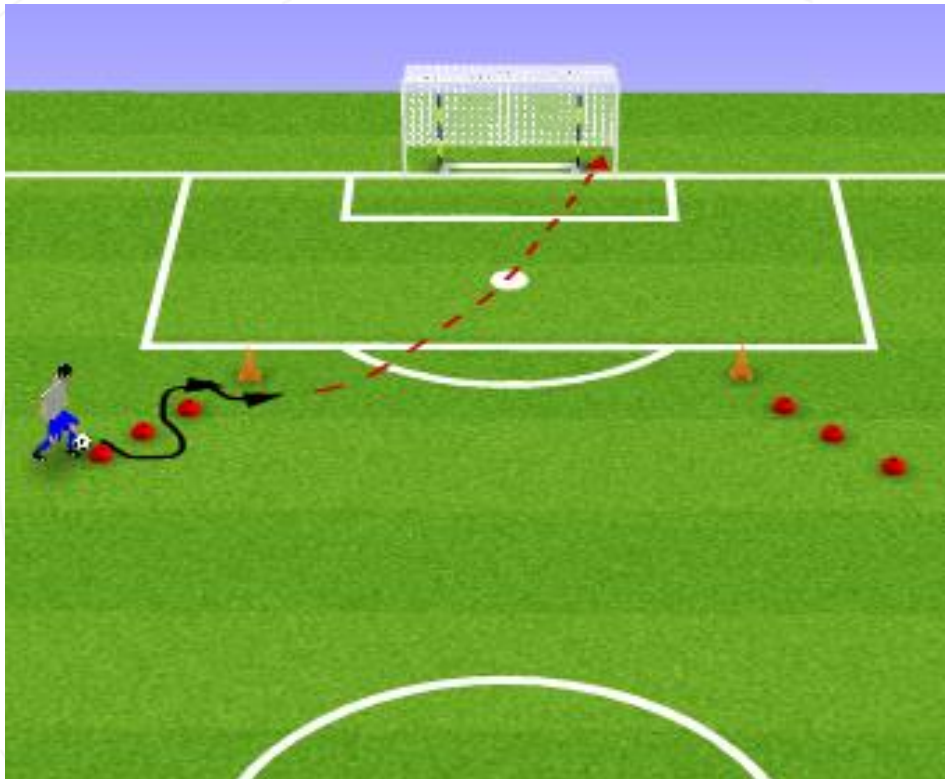
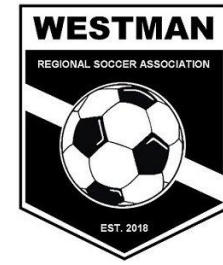
Duration

Round 1 → Scissor as move

Round 2 → Feint as move

Round 3 → Your choice!

BALL STRIKING — ACTIVITY 3



Description

Similar set up as before but now place 2 more cones in front of your first cone (see diagram for reference). Dribble through the cones and perform a move at the final cone. Aim for the target area on the far post. Use your right foot (from the spot the player in the diagram is) for 10 shots and your left foot (opposite side) for 10 shots to complete 1 'round'.

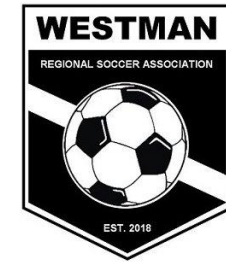
Duration

Round 1 → Perform a feint as your move

Round 2 → Perform a scissor your move

Round 3 → Perform a Maradona twist as your move

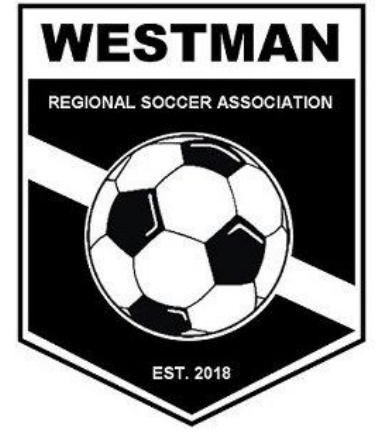
BALL STRIKING — ACTIVITY 4



Description

Now place all of your cones and objects in a random fashion ~3-5 yards outside of the 18 yard box. Dribble through the cones/objects without hitting them, once you pass all of them, take a touch out of your feet and shoot on goal, aiming for your target area. Go through the cones 10 times and take a short rest. Complete this 3 times and be sure to use both feet each time!

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



GOOD LUCK!!!
