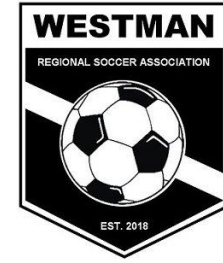


WRSA HOME TRAINING PROGRAM

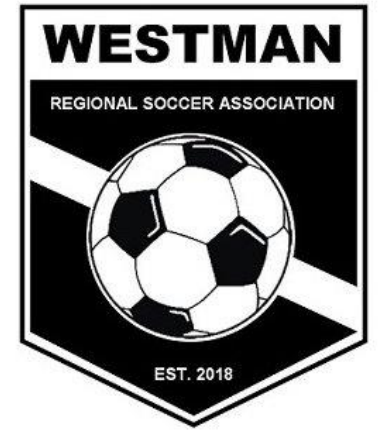
Week 6

INTRODUCTION



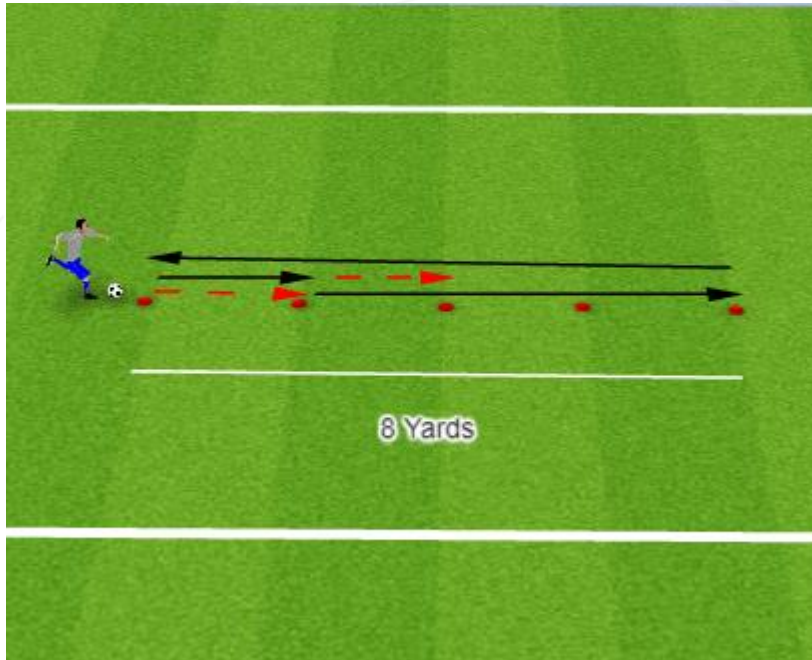
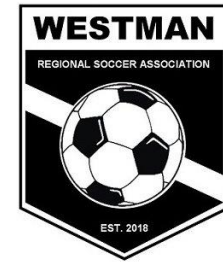
Every week during the COVID-19 pandemic the Westman Regional Soccer Association, in conjunction with the Manitoba Soccer Association, will provide members with a 'Home Training Program'. This edition of the 'Home Training Program' will consist of one dribbling session, one passing and receiving session,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

Set up 5 cones/objects so they are spread out a total of 8 yards (2 yards in between each cone). Dribble the ball to the first cone, then run to the end and back. Once you are at the ball, dribble it to the second cone, run to the end and back. Continue until the ball is at the last cone. Do this complete activity 3 times to do one 'round'.

Duration

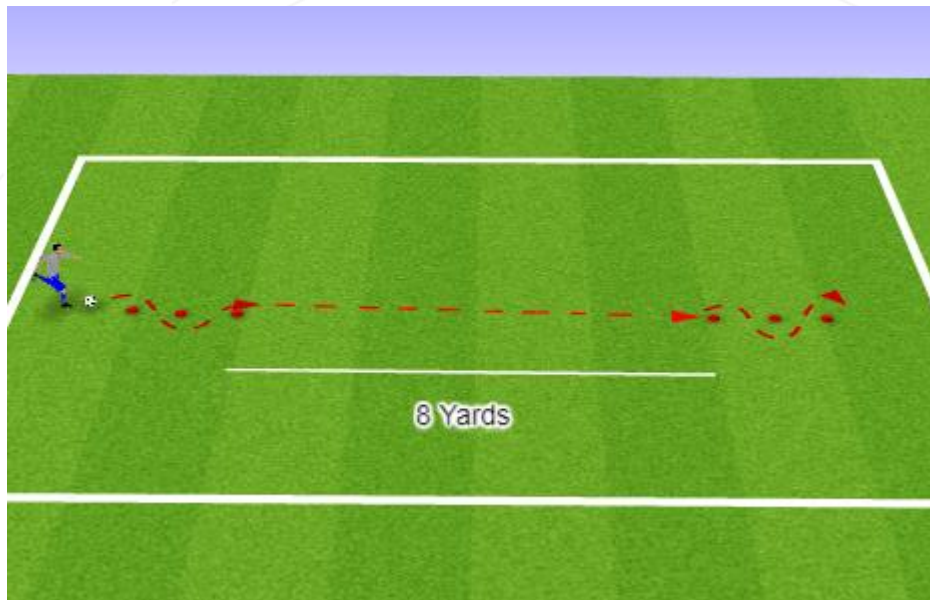
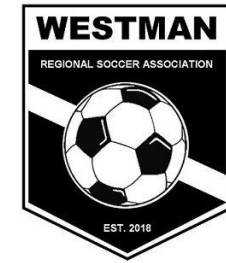
Round 1 → Use both feet, jog lightly.

Round 2 → Use only your right foot, complete the activity as quickly as possible.

Round 3 → Use only your left foot, complete the activity as quickly as possible

*Between each round do some light stretching

DRIBBLING — ACTIVITY 2



Description

Set up 3 cones/objects on each end with 8 yards in between (as shown in diagram). Dribble through the first 3 cones, run with the ball, then dribble through the last 3 cones. Turn around and complete the opposite direction. Back and fourth 8 times is 1 'round'.

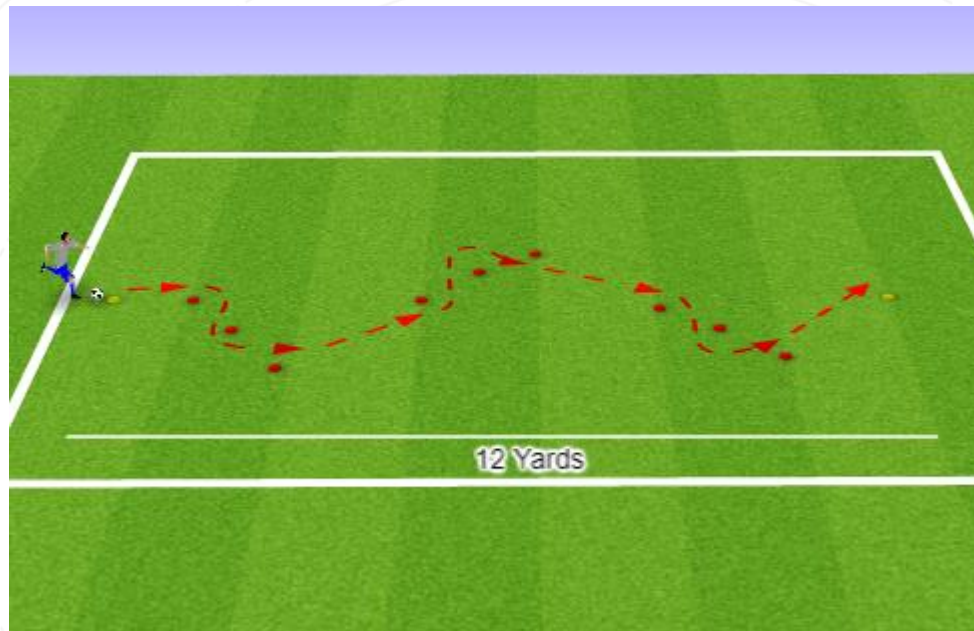
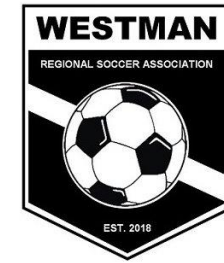
Duration

Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Both feet

DRIBBLING — ACTIVITY 3



Description

Create 3 diagonal lines of cones as shown in the diagram, with 2 end cones. Dribble through each diagonal set of cones. Turn around and complete the opposite direction. Back and fourth 8 times is 1 'round'.

Duration

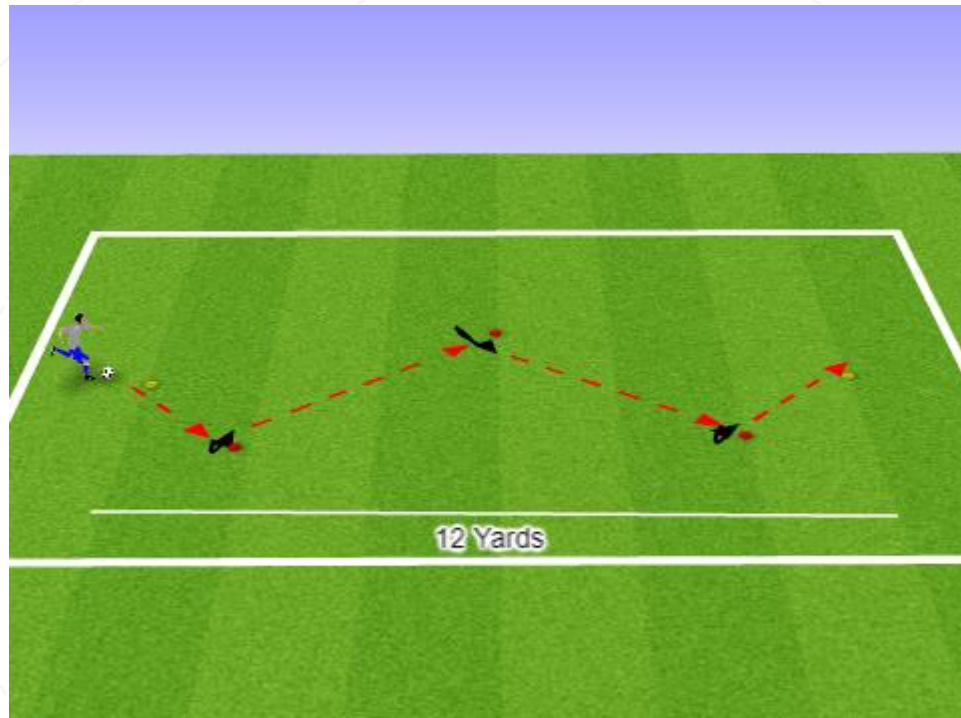
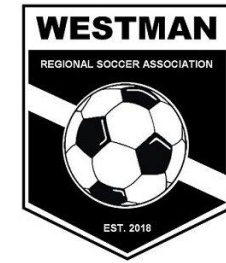
Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Inside of the feet only in between cones

Round 4 → Outside of the feet only in between cones

DRIBBLING – ACTIVITY 4



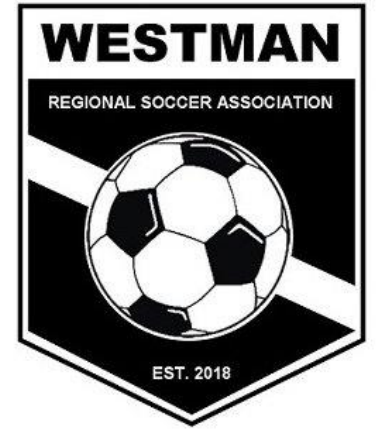
Description

Similar set up as the last activity, but only one cone on each diagonal. Dribble up to the cone and perform a move. 8 times back and fourth is 1 'round'.

Duration

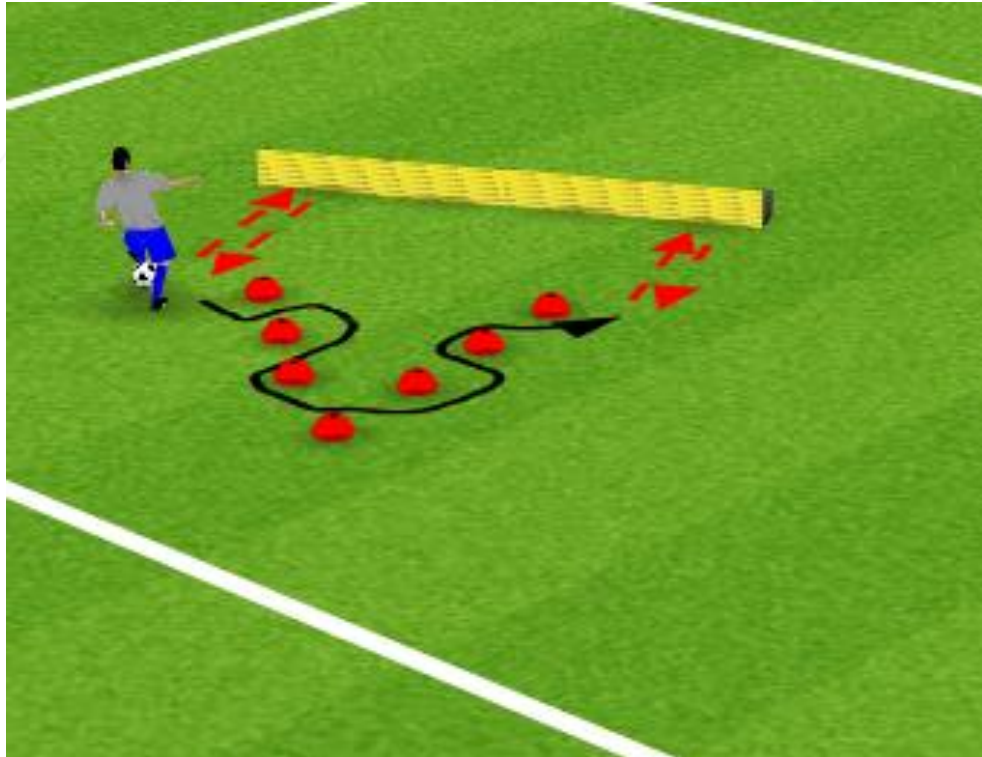
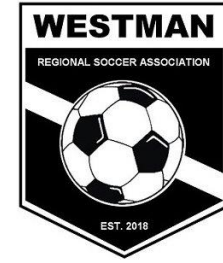
Round 1 → perform scissors as your skill
Round 2 → perform feints as your skill
Round 3 → perform whatever move you want to!

*Finish with light stretching/foam rolling



PASSING AND RECEIVING SESSION

P&R — ACTIVITY 1



Description

Set up a 'V' with cones/objects 2-3 yards away from a wall/rebounder/etc. Pass the ball against the wall, dribble through the 'V' and pass again on the other side, go back through the 'V' and continue. 10 passes is 1 'round'.

Duration

Round 1 → Use only your right foot

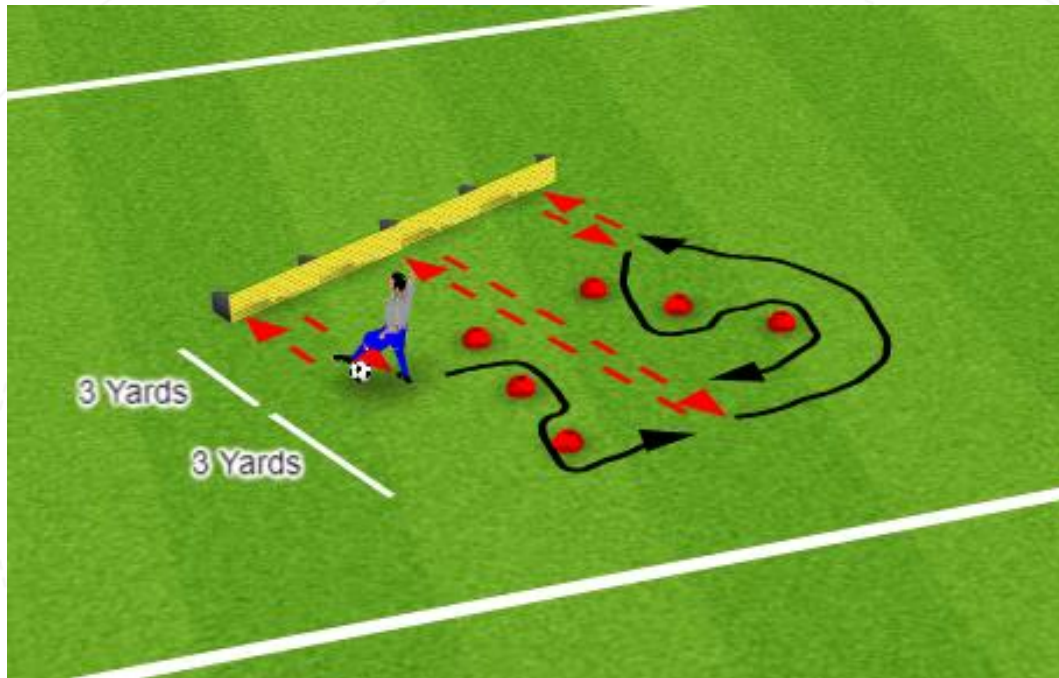
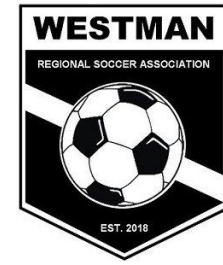
Round 2 → Use only your left foot

Round 3 → Use both feet

* Complete each round twice

*Between each round do some light stretching

P&R — ACTIVITY 2



Description

Similar set up to the last activity but reverse the 'V' shape. Start at the first cone, pass against the wall/rebounder/etc. Dribble through one side of cones, pass the ball at the top and dribble around to the other side and repeat. This allows you to have a different weight of your pass. 20 total passes is 1 'round'.

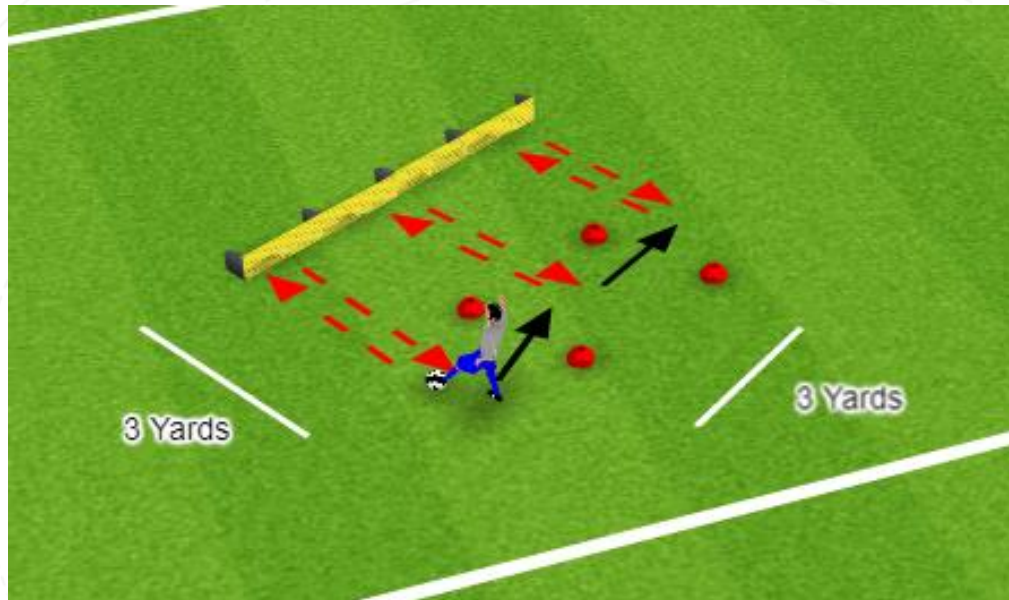
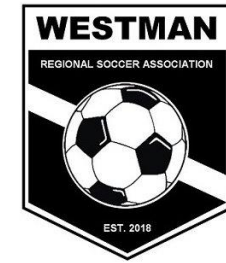
Duration

Round 1 → Right foot only

Round 2 → Left foot only

Round 3 → Both feet

P&R — ACTIVITY 3



Description

Create a 3x3 yard box 3 yards away from the wall/rebounder. Start on one side of the box, pass against the wall/rebounder, take a touch into the box, pass again, take a touch outside the box and pass again. Repeat going the opposite direction. 25 total passes completes 1 'round'.

Duration

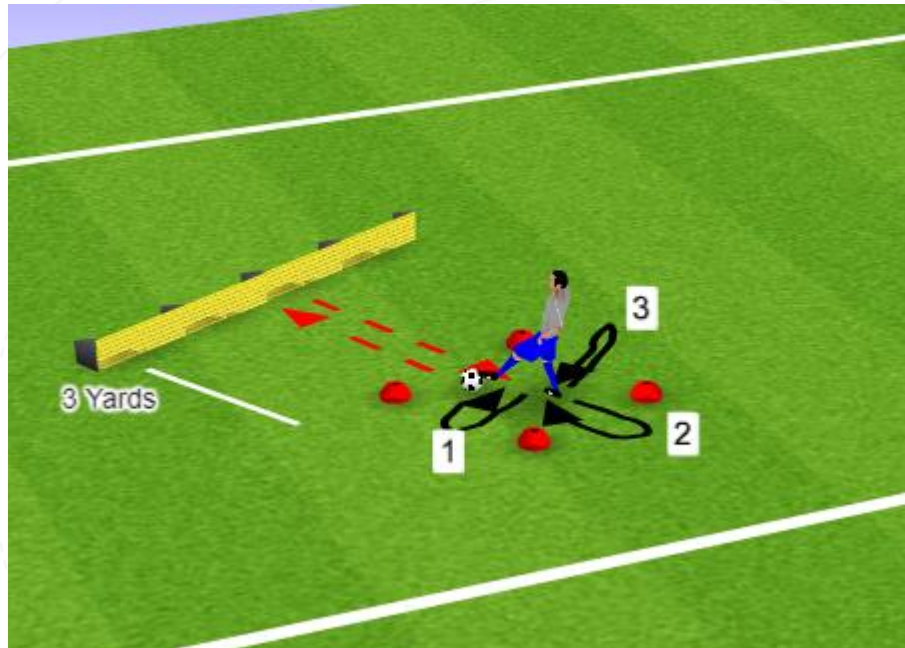
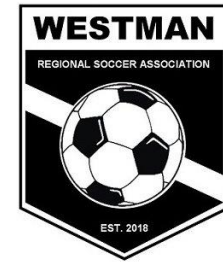
Round 1 → Both feet, two touches before you pass

Round 2 → Both feet, one touch before you pass

Round 3 → Right foot only, one touch before you pass

Round 4 → Left foot only, one touch before you pass

P&R — ACTIVITY 4



Description

Similar set up as the last activity. Place a 2x2 or 3x3 yard box ~3 yards from the wall/rebounder. Start inside the box, pass the ball against the wall and the first movement will be out to the left (#1) and then back into the box to receive the ball. Continue with 'checking out' to #2 and then #3. 30 passes is 1 'round'.

Duration

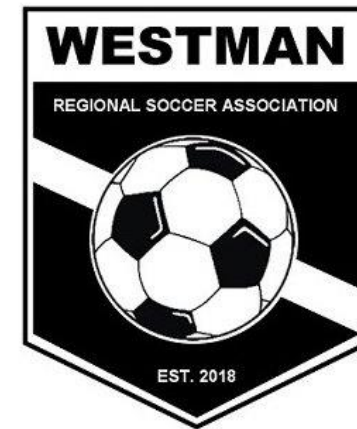
Round 1 → Right foot only, two touch

Round 2 → Left foot only, two touch

Round 3 → Both feet, two touch

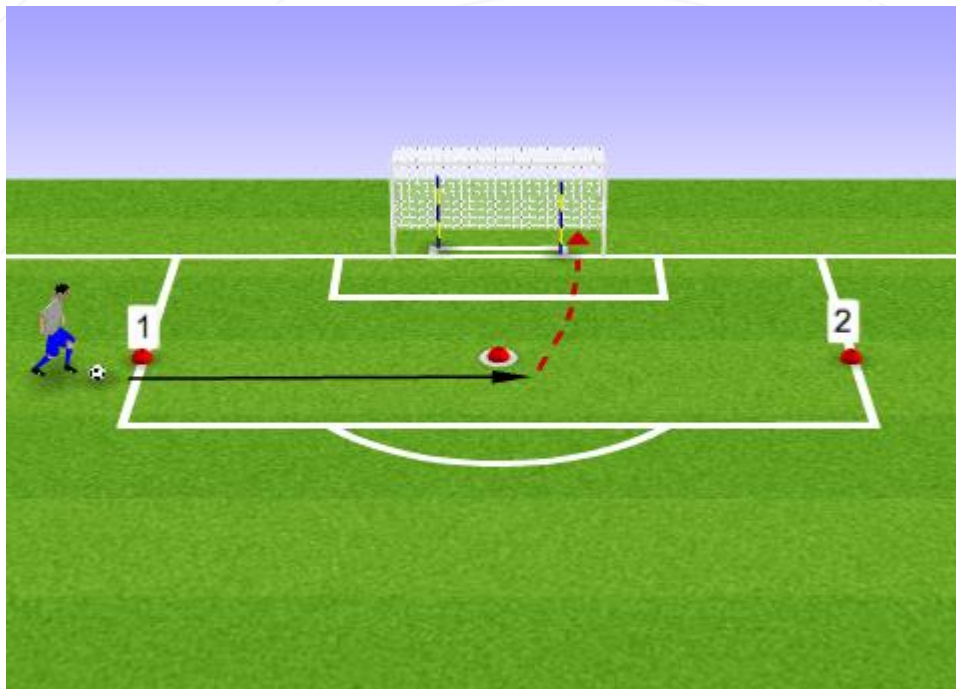
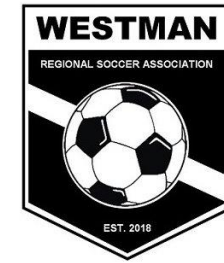
Round 4 → Both feet, one touch

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



BALL STRIKING

BALL STRIKING — ACTIVITY 1



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

Description

Place 3 cones across the 18 yard box in line with the penalty spot (one at the penalty spot and one on each 18 yard box line). Start from cone 1, run with the ball to the central cone and once you get past it, 'cross' the ball into the goal. 10 total crosses is one round.

Duration

Round 1 → Use only your right foot (starting from position 1), cross into near post

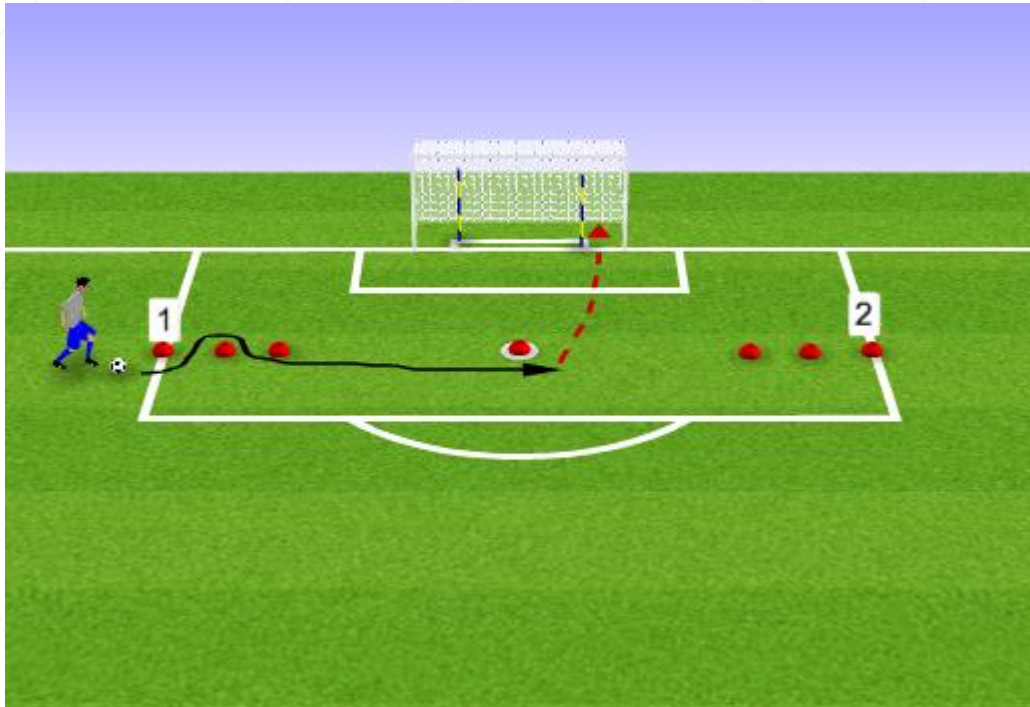
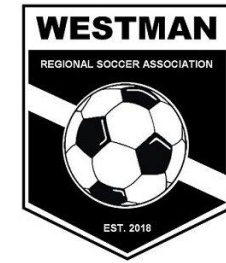
Round 2 → Use only your left foot (starting from position 2), cross into near post

Round 3 → Use right foot only (starting from position 1), cut back to far post

Round 4 → Use left foot only (starting from position 2), cut back to far post

*Between each round do some light stretching

BALL STRIKING — ACTIVITY 2



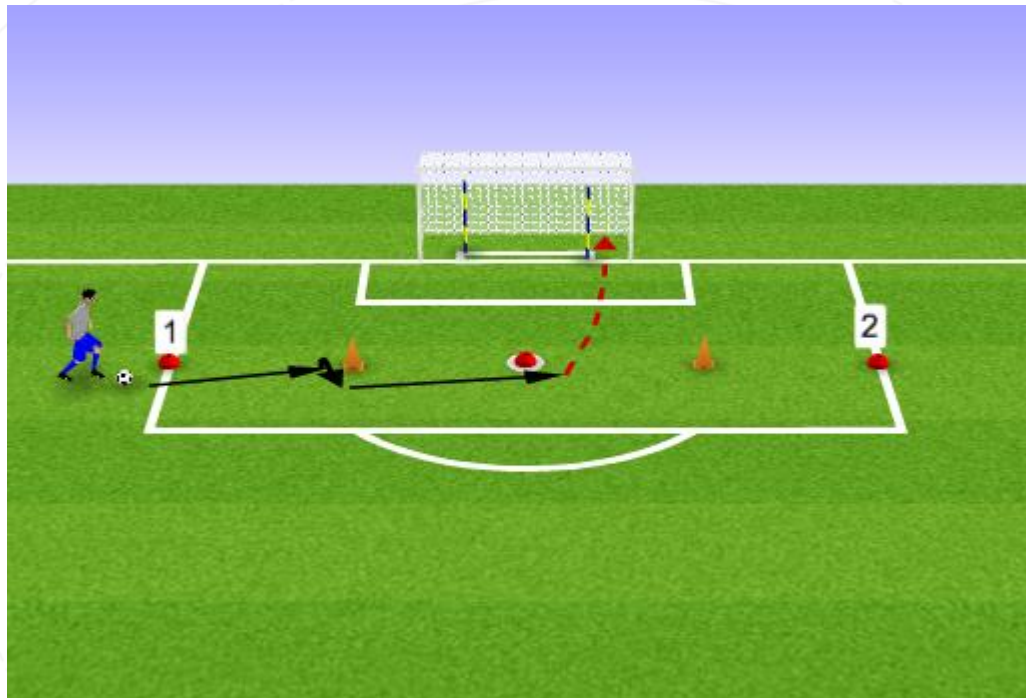
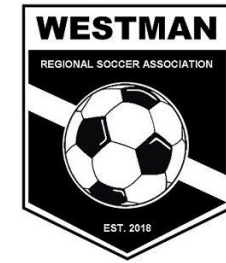
Description

Similar set up to the last activity but add two cones to the cones on the 18 yard box (see picture). Dribble through the cones, then run with the ball to the central cone and 'cross' the ball into the goal. 10 crosses is 1 'round'.

Duration

- Round 1 → Use only your right foot (starting from position 1), cross into near post
- Round 2 → Use only your left foot (starting from position 2), cross into near post
- Round 3 → Use right foot only (starting from position 1), cut back to far post
- Round 4 → Use left foot only (starting from position 2), cut back to far post

BALL STRIKING — ACTIVITY 3



Description

Similar set up to the last activity, but now place one cone/object half way in between starting position 1 and the middle cone. Do the same on the other side as well. Dribble to the central cone, perform a move, continue dribbling to the central cone and 'cross' the ball into the goal. 10 crosses is 1 'round'.

Duration

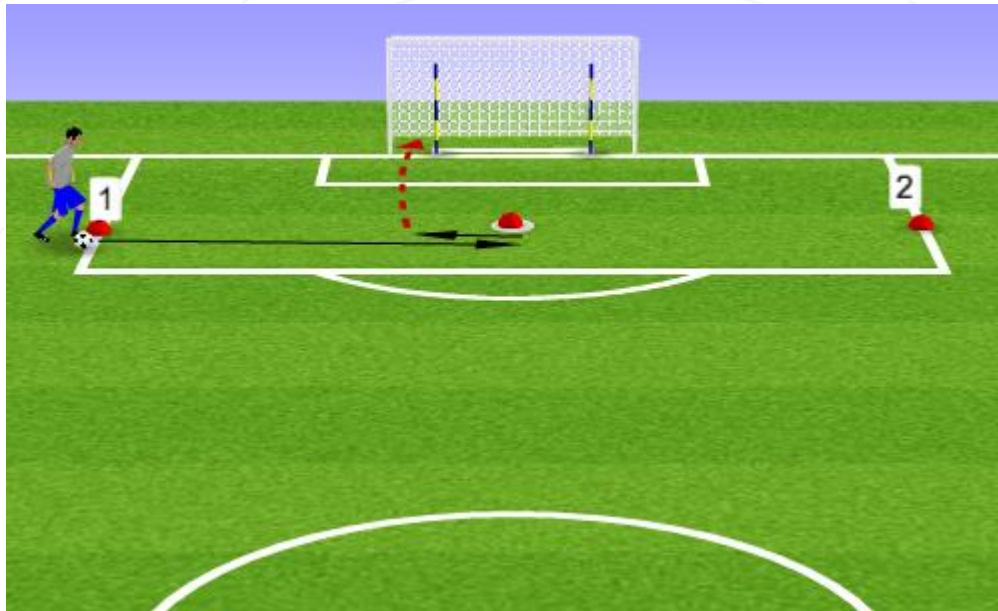
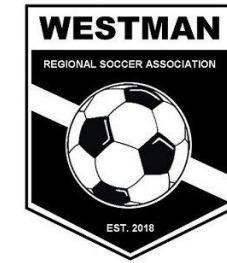
Round 1 → Starting from position 1, cross into near post (use scissor as your move)

Round 2 → Starting from position 2, cross into near post (use double scissor as your move)

Round 3 → Starting from position 1, cut back to far post (use feint as your move)

Round 4 → Starting from position 2, cut back to far post (use feint as your move)

BALL STRIKING — ACTIVITY 4



Description

Same set up as the first crossing activity. Run with the ball to the central cone, perform a cut back and then 'cross' the ball into the goal. 10 crosses is 1 'round'.

Duration

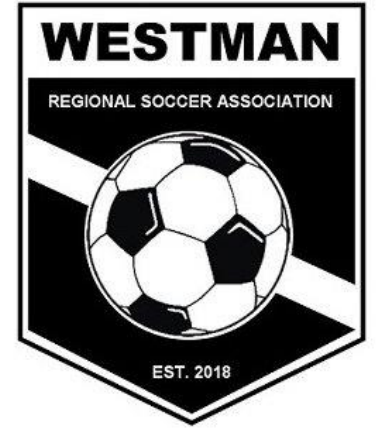
Round 1 → Start from position 1, perform an inside cut for your turn

Round 2 → Start from position 2, perform an inside cut for your turn

Round 3 → Start from position 1, perform a Cryuff turn

Round 4 → Start from position 2, perform a Cryuff turn

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



GOOD LUCK!!!
