



Coquitlam Metro-Ford Soccer Club

Home Training Program U13+



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Program

Week 1				
Tuesday	Wednesday	Thursday	Friday	Sunday
Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #1 Juggling Aerial Control	No Regrets Goal Setting	Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #2 Juggling Aerial Control
Week 2				
Tuesday	Wednesday	Thursday	Friday	Sunday
Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #3 Juggling Aerial Control	Virtues Goal Setting	Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #4 Juggling Aerial Control
Week 3				
Tuesday	Wednesday	Thursday	Friday	Sunday
Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #1 Juggling Aerial Control	Player Analysis	Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #2 Juggling Aerial Control
Week 4				
Tuesday	Wednesday	Thursday	Friday	Sunday
Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #3 Juggling Aerial Control	Team Analysis	Strength Warm-Up Strength Program Juggling or Aerial Control 2x Ball Mastery Exercises 1x 1v1 Exercise 1x Striking Exercise	Conditioning #4 Juggling Aerial Control



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Tuesdays & Fridays: Strength + Skill Development

1. Warm-up
2. Do a circuit of all exercises and repeat 3 times. Increase the difficulty level each week (even if it's just one rep!)

Exercise	Difficulty
Plank	Beginners: 20-30 s Intermediate: 30 – 60s Advanced: 1+ Minute
Side Plank	Beginners: 20-30 s Intermediate: 30 – 60s Advanced: 1+ Minute
Nordics	Beginners: 3-5 reps Intermediate: 7-10 reps Advanced: 10-15 reps
Side Lunges	Beginners: 5-10 reps Intermediate: 10-15 reps Advanced: 15-20+ reps
Lunges	Beginners: 5-10 reps Intermediate: 10-15 reps Advanced: 15-20+ reps
Squats	Beginners: 5-10 reps Intermediate: 10-15 reps Advanced: 15-20+ reps
Push-Ups	Beginners: 5-10 reps Intermediate: 10-15 reps Advanced: 15-20+ reps

Mindfulness

As part of our program we would like to make our players aware of the mindful project. Currently they are offering a free weekly program. If you are interested in mindfulness or completing their weekly program the links are below:

Mindful Project Home Page: <https://www.mindfulproject.ca>

Free at Home Weekly Project: <https://www.mindfulproject.ca/client-pages/at-home-learning>



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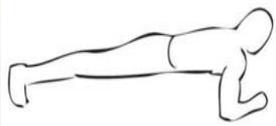
Strength Exercises

Strength Warm-Up:

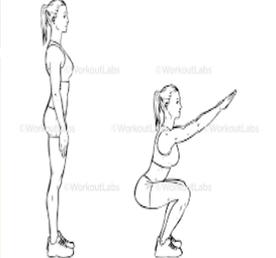
Do each of these exercises for 20 seconds each:

1. Jogging on the spot
2. High knees on the spot
3. Heel kicks on the spot
4. 3 side shuffles right, 3 side shuffles left
5. Jumping Jacks

Strength Exercises:

Exercise	Picture	Description
Plank		Place your elbows directly under your shoulders. Maintain a straight line from heels through the top of your head, looking down at the floor, with gaze slightly in front of you. Tighten your abs, quads, glutes, and hold.
Side Plank		Lie on your side with your right forearm flat on the floor, elbow under your shoulder, and both legs extended, forming a straight line from your head to your heels. Tighten your abs, quads, glutes, and hold.
Nordics		Begin in a kneeling position with both ankles secured (ask someone to hold you down). Progressively lean forward as slowly as possible while keeping your back straight. When you can't resist anymore, just fall forward, catching yourself with your hands against the floor
Side Lunges		Stand with feet together and hands clasped in front of chest. Take a large step out to the right, immediately lowering into a lunge, sinking hips back and bending right knee to track directly in line with right foot. Keep left leg straight but not locked, with both feet pointing forward. Push off the right foot to straighten right leg, and return to starting position. Repeat on the other side.

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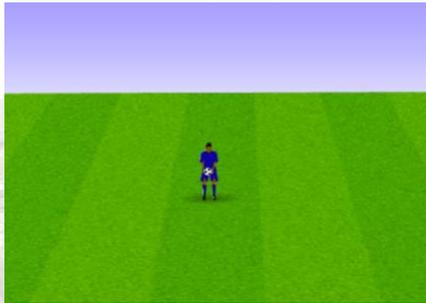
<p>Lunges</p>	 <p>shutterstock.com • 1342014170</p>	<p>Stand tall with feet hip-width apart. Engage your core. Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first. Lower your body until right thigh is parallel to the floor and right shin is vertical. It's OK if knee shifts forward a little as long as it doesn't go past toes. Press into right heel to drive back up to starting position. Repeat on the other side.</p>
<p>Squats</p>		<p>Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position.</p>
<p>Push-Ups</p>	 <p>WorkoutLabs.com</p>	<p>Start in a plank position. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. You can position your feet to be close together or a bit wider depending on what is most comfortable for you. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup. Lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent.</p>



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Skill Development Exercises

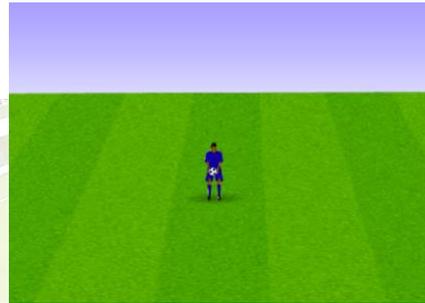
Juggling



1. Juggle ball with right foot only for 2 min
2. Juggle ball with left foot only for 2 min
3. Juggle ball with all parts of the body for 2 min

Time: Practice for 6 minutes

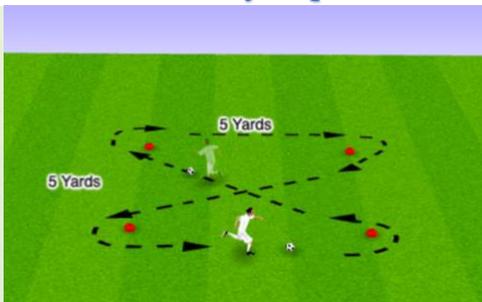
Aerial Control



Player kicks the ball up in the air and must control the ball with their first touch.

Time: Practice for 6 minutes

Ball Mastery Square #1



Set up: a square of cones/water bottles/ cans (Any marker) 5 yards apart

Exercise: Follow the pattern keeping the ball as close as possible (How long does it take you to go 5 times around?)

Time: Practice for 5 minutes taking breaks after every set of 5 times going around

Ball Mastery Square #2



Set up: Two lines of cones/water bottles/ cans (Any marker) 2 yards apart

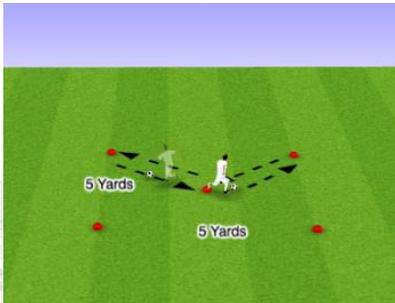
Exercise: Follow the pattern (Figure 8) keeping the ball as close as possible (How many can you do in 15 seconds?)

Time: Practice for 5 minutes taking breaks after every set of 15 seconds



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Ball Mastery Square #3

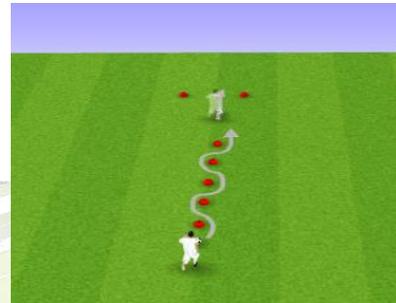


Set up: A square of markers with a starting position marker in the middle.

Exercise: Dribble from the middle to an outside cone and turn to go back to the middle marker. When you hit the middle marker accelerate to a different cone and repeat.

Time: Practice for 5 minutes taking breaks after turning at every cone twice.

Ball Mastery



Set up: Cones/cans/ any markers in front of you ~1-2 feet apart with a final gate further in front.

Exercise: Dribble in and out of the markers as fast as you can keeping the ball close to you and the markers at all times, once past all the cones change speed through the gate. Dribble or juggle back and repeat.

Time: Practice for 5 continuous minutes

1v1 Exercise #1



Set up: Obstacles every 5 steps

Exercise: Practice dribbling towards the obstacle and doing your move (Step-over, Scissors, etc) Practice on the way back or dribble/juggle back to the starting point.

Time: Practice for 5 continuous minutes

1v1 Exercise #2



Set up: One obstacle 15-20 yards in front of you

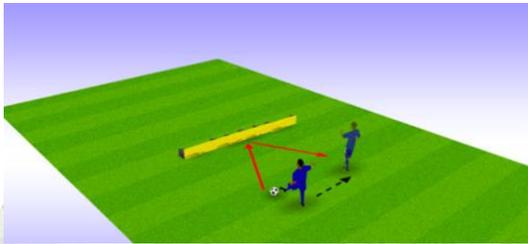
Exercise: Start dribbling at speed towards your target and practice doing your move (don't do your move too far way or too close - find the sweet spot). Dribble slowly on the way back or juggle back

Time: Practice for 5 continuous minutes



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Striking Ability #1

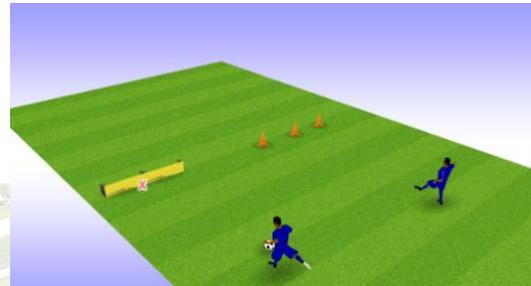


** If you have a wall available

Exercise: Pass the ball with your left foot so it bounces towards your right. Shuffle sideways and control the ball with your right foot. Pass ball with your right foot towards your left and repeat. (You can play with the distances being far and close to the wall or try one touch) Focus on being on your toes and getting into a rhythm.

Time: Practice for 5 minutes taking breaks when necessary

Striking Ability #2

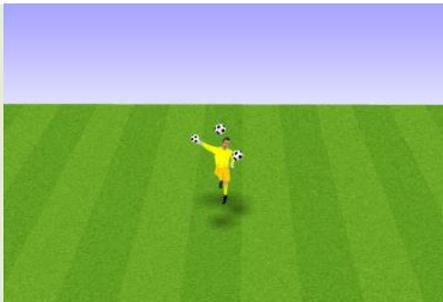


** If you have a wall available

Set up: A target or targets for yourself. This can be a spot on a wall or cones/ cans/ boxes.

Exercise: Practice hitting the targets or knocking them down. Use both feet and use different techniques to kick the ball; inside of the foot, laces, outside of the foot.

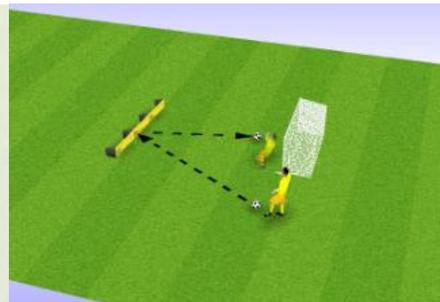
GK Exercise #1



Learn how to juggle 3 soccer balls at a time!

Time: Practice for 6 minutes

GK Exercise #2



Set up: Place a goal or markers (cones/cans) in front of a wall or bench.

Exercise: Standing beside your goal kick a ball against the wall so that it bounces towards the goal. Make a save and repeat on the other side.

Time: Practice for 10 minutes



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Conditioning Exercises

****Make sure you warm up before all the conditioning programs****

Conditioning Exercise #1

Speed Training: 2 x 20-meter sprints @100%

Conditioning: Run for 15 seconds @100% then slow jog for 15 seconds x 14 reps; rest for 3 minutes and do it again. 2-4 sets

Stretch: Static stretching of all muscle groups

Conditioning Exercise #2

Conditioning: 5K – 10K Run

Stretch: Static stretching of all muscle groups

Conditioning Exercise #3

Speed Training: 2 x 20-meter sprints @100%

Conditioning: Run for 30 seconds @100% then slow jog 30 seconds X 10 reps; 1-3 sets

Stretch: Static stretching of all muscle groups

Conditioning Exercise #4

Conditioning: Run for 5 minutes at a decent speed (push yourself but try to maintain one speed). Slow recovery jog for 2 minutes. Repeat 4-6 times

Stretch: Static stretching of all muscle groups

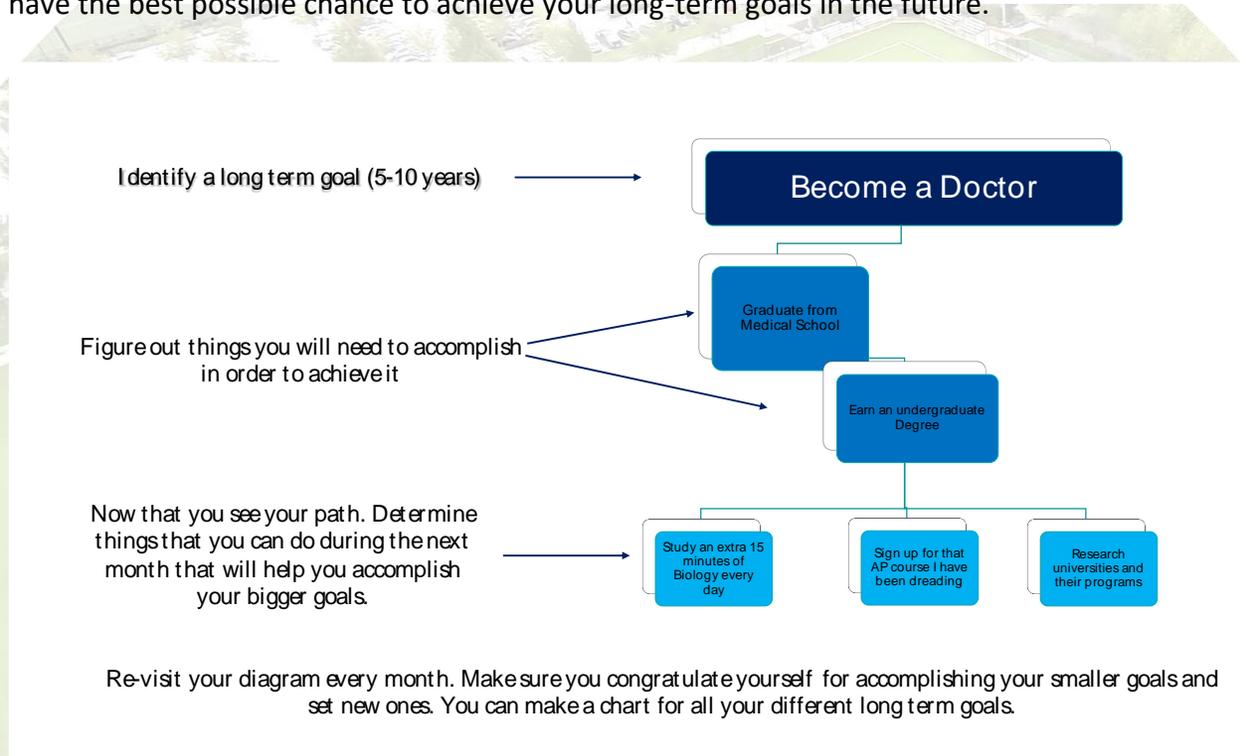


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Goal Setting Exercises

No Regrets Goal Setting

No regrets goal setting is about acknowledging the things you can do today to make sure you have the best possible chance to achieve your long-term goals in the future.



Virtues Goal Setting

1. Think of a person you admire
2. Write down what you admire about them (hard working, respectful, competitive, etc)
3. How do you know they are like this? What are their actions that show you they are, for example: 'hard working'?
4. Pick one trait of theirs that you want to assimilate and come up with different actions that will make you have this trait. Make sure you do one of these actions every day for the next week.



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Video Analysis

Player Analysis

Pick a player below, watch the video, and answer the following questions:

Kevin De Bruyne: https://www.youtube.com/watch?v=zUd1ZYF7r_k

Casemiro: <https://www.youtube.com/watch?v=4JrF-lldXqY>

Christine Sinclair: https://www.youtube.com/watch?v=MZ_ITG3UAgA

1. What are the technical qualities of the player?
2. What positions or spaces does the player look to receive the ball in so they can use their ability with the ball?
3. What position do you play on your team?
4. What do you think are the most important qualities for you to have to be successful in that position?
5. What spaces on the field do you think you need to look to receive the ball in?

Team Analysis

There are 5 videos found in the following folder. They are of teams playing against Liverpool FC. Liverpool defend in a 4-3-3.

https://drive.google.com/open?id=1BThs1bKlohjyt7zx4ursg_9b2nX9VeT

4-2-3-1 or 4-3-3



4-3-1-2 or 4-4-2 (Diamond)



3-4-3



1. What formation is the other team using (hint it is one of the formations above)
2. Which do you think would be most effective against a 433? Least effective? Why?



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Stuck and need help? Go to the next page for some sample answers!



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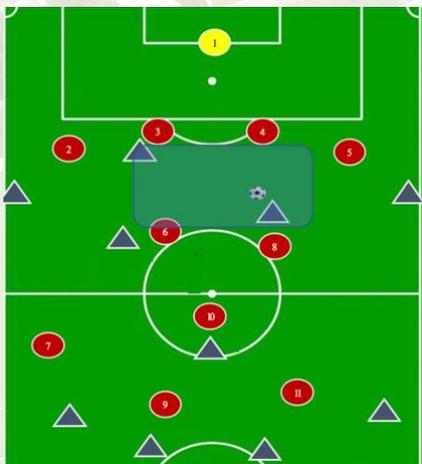
Video Analysis Generic Answers

note that answers may differ as there are a few correct answers for each player

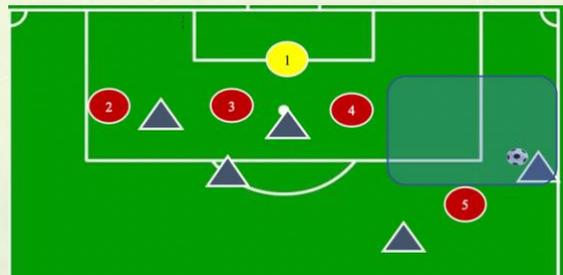
Kevin De Bruyne

1. De Bruyne has a great shot with both feet and is great passer and crosser of the ball

He should look to receive the ball in front of the central defenders (#4 & #3) and behind the central midfield (#8) so he can take shots or make passes in behind.



He can also try to receive the ball in behind the full back (#5) to deliver dangerous crosses.



Casemiro

1. Casemiro is very good at winning the ball back with a tackle and can distribute the ball with short and long passes. He is also very good in the air.

Casemiro should look to place himself in front of his center backs so he can win the ball and protect his back line.



He should look to receive the ball in the same space in order to distribute to his teammates





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Christine Sinclair

1. Christine Sinclair's ability to score goals with her left, right or head is what makes her one of the if not the greatest goal scorers of all times.

Sinclair is always looking to receive the ball in front of goal and although she has a great shot and can score from distance is always looking to get in for crosses and receive through balls behind the backline.



Team Analysis

Clip #1: Leicester are using a 4-2-3-1

Clip #2: Barcelona are using a 3-4-3

Clip #3: Barcelona are using a 3-4-3

Clip #4: Barcelona are using a 4-3-1-2

Clip #5: Barcelona are using a 4-3-1-2

- Notice how Barcelona switched the system of play during the same game to give Liverpool different problems