

Home Training Plan

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Please note that Maccabi FC Caulfield advocates social distancing during the current Covid isolation period.

Please limit your groupings to the maximum number as advertised by the Australian and Victorian governments.

Stay safe at home!

About

This training plan is a tool that outlines ways to keep on playing football in your own time.

The aim of this is to continue developing the players even when there are no training sessions/matches.

When football is on again, these practices can still be done in order to accelerate the players' development.

This plan explains 5 different ways you can train in your own time.

- Football Matches with Friends (if allowed)
- Ball Mastery Patterns/Combos
- Using a Wall
- Conditioning
- Challenges
- Games (if allowed)

Some points have 'if allowed' in brackets due to the lockdown.

Football Matches with Friends

This is the best way for players to improve outside of organised sessions and the most enjoyable.

It is a chance for players to express themselves and learn from their own mistakes.

All you need is a ball, something to create goals (jackets, shoes, bags, trees, sticks etc.) and a few other players.



Ball Mastery Patterns/Combos

The videos (links) on the next slide are examples of some ball moving patterns and combos you can practice.

These moves are not meant to be game functional as they are continuous, but they are practiced in order to improve footwork, balance and control.

- Watch the videos.
- Focus on the technique first.
- Once you understand the pattern and technique, try to increase your speed while using the correct technique throughout.
- Do each move for about 30 seconds.
- Create your own ball moving pattern.
- Create a combo using a few patterns - a ball moving pattern with different moves combined into one.

Ball Mastery Videos

‘100 Individual Soccer Training Drills’

https://www.youtube.com/watch?v=z7jP3moQi9c&fbclid=IwAR3T2nRquyE83b6UQSjkSQw0Z5HHZ9gP564fYfkHBX4yFSv_5-S_7oMMHLg

‘50 Ball Mastery Exercises To Improve Foot Skills and Fast Feet | Ball Control Drills For Footballers’

https://www.youtube.com/watch?v=ObncYq18lMw&fbclid=IwAR0CVx1_S_ahTQ1Sxu3HN6odXhu_Yzwr9qGgkyinFJCLRhJOkryB63BOhEY

Using a Wall



Using these techniques against a wall or with someone else will improve your footwork, balance and first touch.



Conditioning

Yo-Yo Intermittent Test Level 2

- This was developed to test an athlete's capacity to perform intense aerobic exercise with a large anaerobic component.
- There are two levels so if you decide to do this, make sure you select LEVEL 2.
- The first link shows how the Yo-Yo Test should be conducted.
- The second link is the Yo-Yo Test audio.

<https://www.youtube.com/watch?v=Lut-OXhWWus&t=18s>

https://www.youtube.com/watch?v=NPuPJ_7WIBI

Challenges

➤ Crossbar Challenge

- Players are to try and hit the crossbar from different distances.
- Players can make it an 'Around The World' type challenge where they have to hit the crossbar from a certain area before progressing to the next level.

➤ Free Kick Challenge

- Similar to crossbar challenge except players aim for a certain target.

➤ Trick Shot Challenge

- Players are to try and put the ball into an area in a creative and flashy way.
- On the next slide, there is an example of a trick shot.



Trick Shot

Games

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➤ Pong

- Players create 2 teams of 2 or 3.
- Players must take a touch going into the direction of their teammate who then passes the ball over to the other team again using one touch.
- The pass can be inside of the foot or with the laces (depends on the distance).
- If you take too many touches or play the ball wide or in the air then it's a point to opposing team
- If the pass goes behind the baseline of the opposing team then the team that played it receive a point.

➤ Football Golf

- Players aim to pass the ball into a gap or hole using the least amount of passes possible.

➤ Football Billiards

- Similar to football golf except players are to try and hit another ball into a gap or hole.

➤ Football Bowling

- Players are to try and knock over as many cones (or object) over as possible using a pass from a certain distance.

➤ Football Bocce

- Players aim to get the ball as close as they can to an object by passing it from a certain distance.

➤ Football Volleyball

- Players aim to get the ball over to the other side.
- You can use your own rules (with or without a bounce, certain amount of touches allowed, certain amount of touches before playing the ball over etc.).
- Players will need to create a net with anything available or just have an approximate height.

More Games

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➤ Headers and Volleys

- 2 or more players outside of the box (or a certain distance away from a goal) with a keeper.
- The players on the outside are to juggle (using your own rules like in football volleyball) and pick the right time to score a goal. Anyone can decide to go for goal.
- If the player shooting is outside the box or before a line, they are to volley it. If they are in the box or after a line, they are to header it.
- If you score, the keeper receives 1 point. If the keeper receives a total of 3 points (or whatever you decide) the keeper is out or must do a punishment.
- If you miss or your shot is saved, you become the keeper.

➤ World Cup

- Players create teams of 2 or 3 with one keeper in goals
- There should be 5 or more teams.
- Teams are to try and score but obviously only using their teammate.
- If you score, you wait behind the goal until the last goal is scored.
- The team that didn't end up scoring is out.
- The game goes on until there are only two teams left.
- Players may change the rules in order to allow consistent game time for all teams (even the losing teams).

As mentioned in the beginning of the PowerPoint, this is a tool players can use to continue developing their skills in their own time.

It also consists of some fun football challenges and games you can enjoy!