



HOME TRAINING 7 v 7 / 9 v 9
"growing talent"



To help improve the players ability it is important to work away from the field and so we have a 10 week home training schedule.

Home Training Assignment 1: Touches and Numbers

Home Training Assignment 2: Touches and Research

Home Training Assignment 3: Soccer Relationships

Home Training Assignment 4: Juggling Challenge

Home Training Assignment 5: Playing out the Back

Home Training Assignment 6: Bounce Pass Challenge

Home Training Assignment 7: Playing to Control

Home Training Assignment 8: Playing to Attack

Home Training Assignment 9: Rhythms

Home Training Assignment 10: Receives



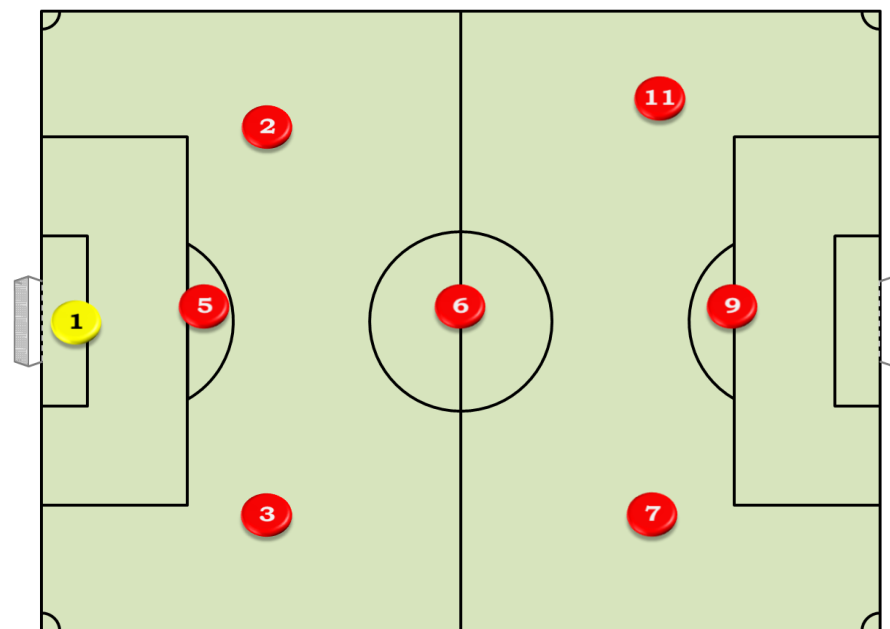
7v7/ 9v9

Home Training Assignment 1: Touches and Numbers



Base: 1000 continual touches of the ball every day for 7 days

Merit: 1500 continual touches of the ball every day for 7 days



Knowledge: Learn the numbers and the position they represent



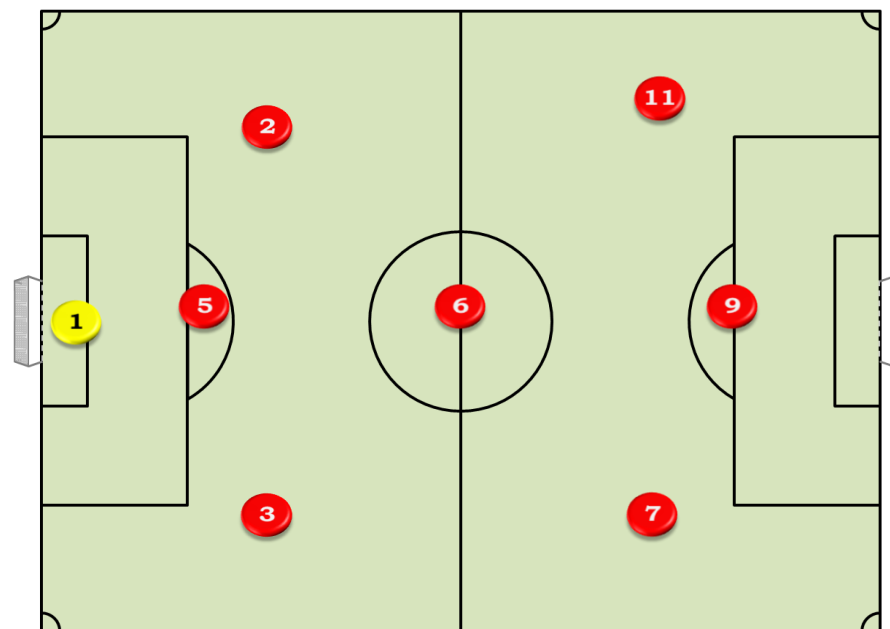
7v7/ 9v9

Home Training Assignment 2: Touches and Research



Base: 1500 continual touches of the ball every day for 7 days

Merit: 2000 continual touches of the ball everyday for 7 days



Knowledge: Research professional players that play your number(s) and what traits and attributes do they have?



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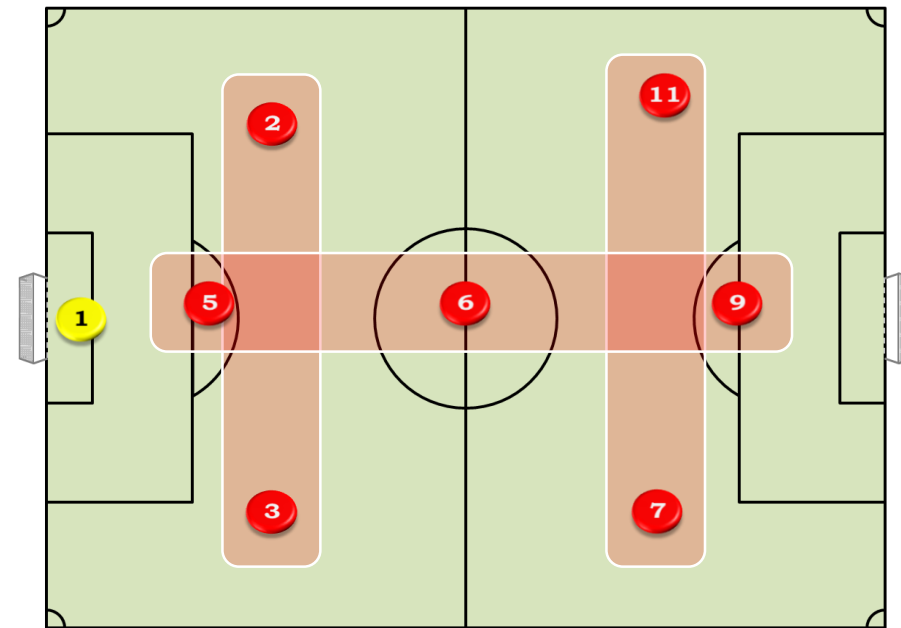
Home Training Assignment 3: Soccer Relationships

Base:

2 and 3: 2 and 3 have very important responsibilities both in defense and attack. When defending, 2 and 3 must connect tight with 5. leaving NO opportunity to play a through ball in behind. They are also responsible for pressing and blocking any potential crosses into the box. When in possession of the ball, the squad requires 2 and 3 to become attackers if the team moves from “control” to “Attack”, going wide and over lapping 7 and 11 when possible.

7 and 11: When in possession, both players will attempt to get as wide as possible to create space in the center of the field. If the ball goes to 11, 7 must recognize if we are mounting an attack, resulting in 7's run being into the box becoming a 2nd forward or if we are going to sit in possession, resulting in 7 holding width or coming more central to provide support. In defense, 7 and 11 must collapse IN. Overloading the center of the field in our favor.

6 and 5, 6 and 9: 6 is required to connect the field. When attacking 6 drops to get on the ball by receiving form 1,2,3 or 5. Once in possession 6 must try to play balls up to 7,11, 9 or be content in possession to bring 2 and 3 into the attack. 9 must make movements that will connect with 6 to ensure 9 is not isolated up front. That may require 9 to drop deep in the central area to get on the ball to release 7 and 11 wide. Defensively, 6 must press any ball in the middle of the park. If the ball is wide, 6 will try to connect with 5 and become an active “screen” blocking any potential through balls between 2 and 5 or 3 and 5.



Merit: During these basic relationships, how do they affect those players around them? Discuss.



7v7/ 9v9

Home Training Assignment 4: Juggling Challenge

5 Star Juggling Challenge:

1 Star: 5 Juggles Strong Foot

2 Star: 10 Juggles Strong Foot

3 Star: 20 Juggles Either Foot

4 Star: 30 Juggles Alternating Feet

5 Star: 50 Keepy-Ups Either foot

Merit: Use a flick up to start.

ONLY FEET ALLOWED!





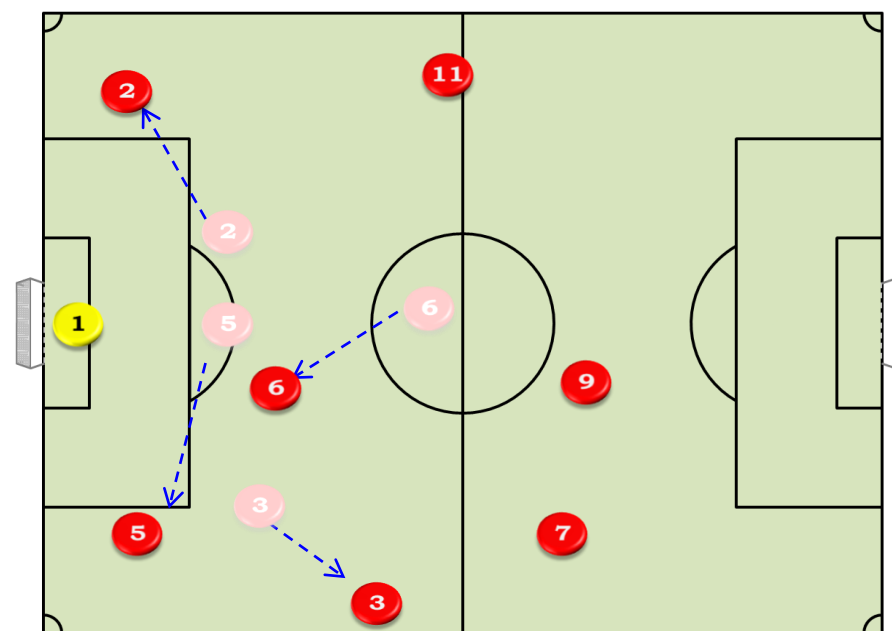
7v7/ 9v9

Home Training Assignment 5: Playing out the back

Knowledge: Playing out the back is a challenging objective in a game. However it puts our players under pressure and will develop their touch and movement. As shown 4, 5 and 6 need to move in certain ways to peel away from their marker.

4 provides an early option, 5 and 6 switch positions from where they started to enforce movement and makes it difficult for the opposition to track

As soon as the ball has connected from 1 to the receiver, the remaining players need to look to support remembering we are in the possession phase. Perhaps requiring 11 and 7 more often than not to get their heels to the line. 8 may drop deep and 9 moving into a supporting angle.



Discuss: When and why might we want to play a direct and accurate pass verses playing out the back?



7v7/ 9v9

Home Training Assignment 6: Bounce Pass Challenge

5 Star Bounce Pass Challenge:

1 Star: 20 Passes Strong Foot

2 Star: 30 Passes Weak Foot

3 Star: 50 Passes Either Foot

4 Star: 100 Passes Either Foot

5 Star: 150 Passes Alternating Feet

Merit: Pass then move.

You must perform with a partner: A parent, a friend, a squad member





7v7/ 9v9

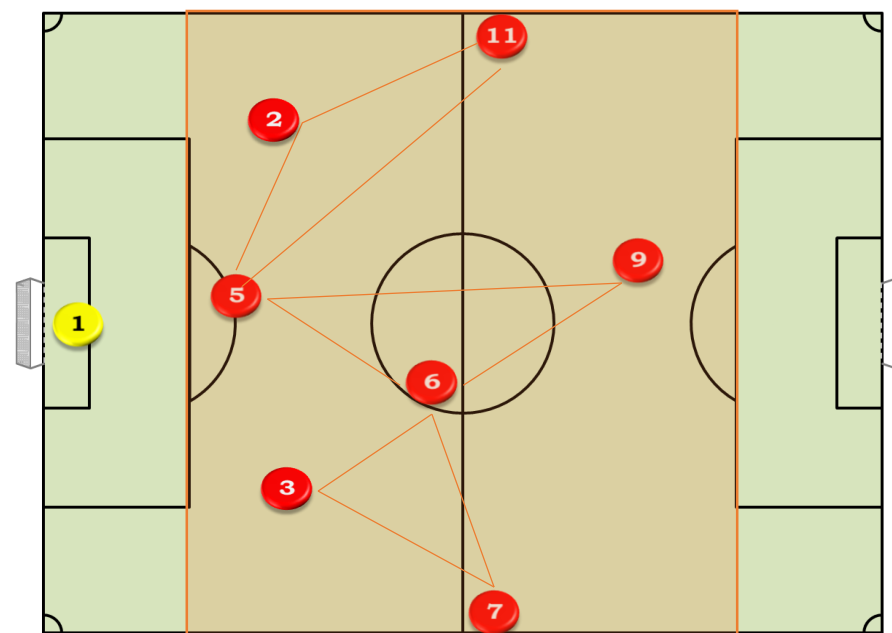
Home Training Assignment 7: Playing to Control

Knowledge: Playing to control requires us to understand and read the game. We must identify the correct “*moment*”. We should be happy to play with the ball in the highlighted area until a trigger tells us to create an attack.

Triggers:

- Defense is organized
- No passing lanes available
- The player receiving the ball has no time to turn and face positively
- Numbers down in an area with the ball.
- Player receiving doesn’t have the ability to beat their opponent 1 on 1.

We must recognize that we cannot simply play one directionally. We need to be better than that. We need to bounce the ball in the middle until the picture changes!



Discuss: What skills are required to be successful at “playing to control”?

Can you see by moving left and right rather than just forward we start to create several triangles on the park... leaving every player with OPTIONS! There are even more than what I have Highlighted.



7v7/ 9v9

Home Training Assignment 9: Rhythms

Toe Taps: 50

Side Sprints: 50

Outside/Inside: 30

Scissors: 30

Chops: 20

Across the Ball: 20

Base: Every day for 7 days

Merit: Every day 2 times a day for 7 days





7v7/ 9v9

Home Training Assignment 10: Receives

Inside Push: 30

Inside Cushion: 30

Inside Across: 30

Inside Outside: 30

Inside Spin: 30

Outside Over: 30



Base: Every day for 7 days

Merit: Every day 2 times a day for 7 days