



HOME TRAINING
"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: Playing to Attack

Home Training Assignment 2: Touches and Numbers

Home Training Assignment 3: Touches and Research

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

11 v 11

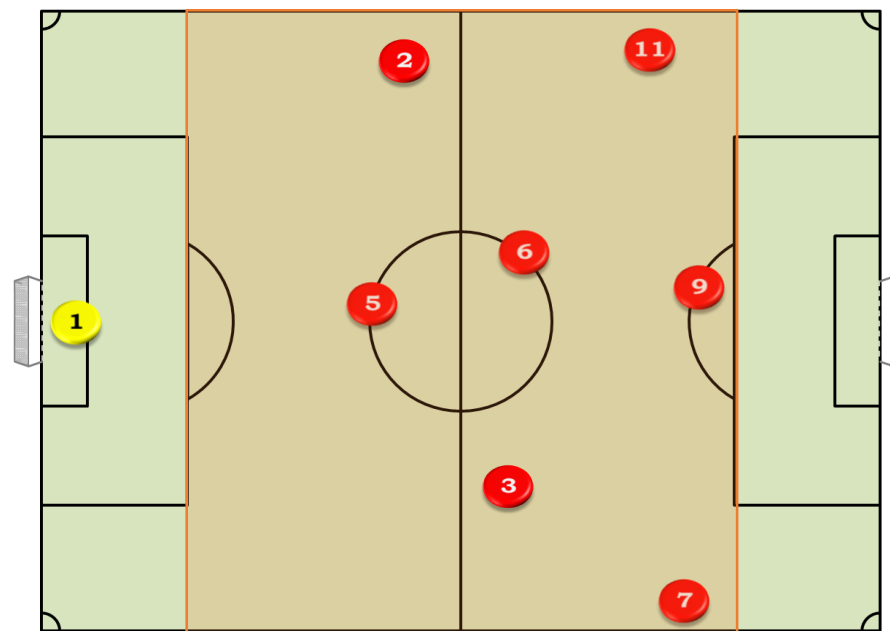
Home Training Assignment 1: Playing to Attack

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:

- Poor movement from a defender leaving space for a through ball. (often caused by bounce passes!)
- A 1v1 opportunity. (often caused by 7 and 11 playing wide!)
- A provocative run from our player on the ball.
- Defenders being pushed too deep into their own box.
- Overloading an area attacking area.

Once we identify the “moment” to ATTACK we must seize it quickly and decisively! BE POSITIVE – BE CREATIVE



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



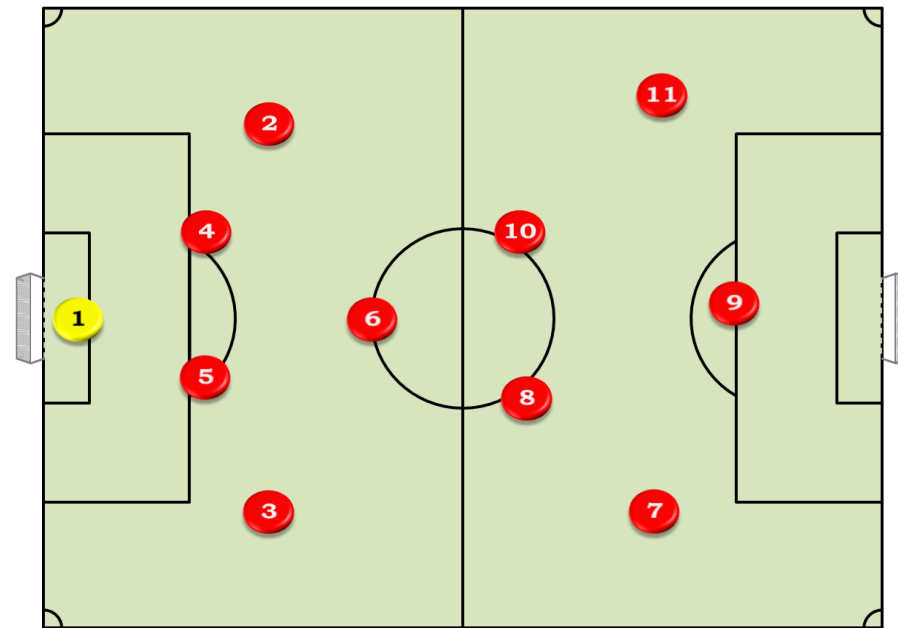
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Home Training Assignment 1: Touches and Numbers



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



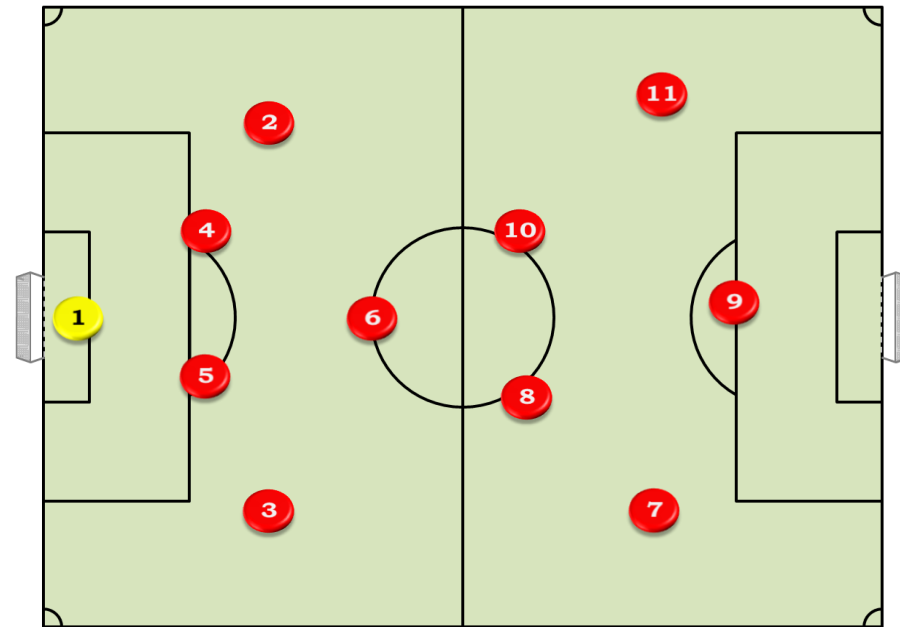
11v11

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

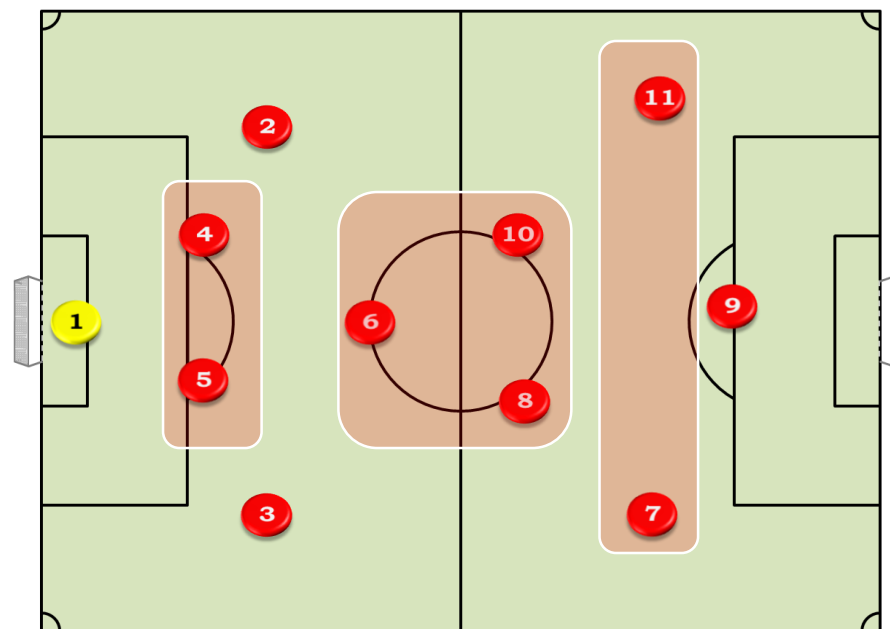


Knowledge: Research professional players that play your number(s) and what traits and attributes do they have?

Home Training Assignment 3: Soccer Relationships

4 and 5: 4 and 5 are partners, they rely on covering each others back. In possession, if 4 moves up to the half then 5 must join and visa-versa. In strong possession and into attack we may need either 4 or 5 to push forward and join in supporting 6. In defense, We will be looking for our defenders to be strong and force attackers wide.

The Midfield Three: Defensively the midfield 3 (6,8,10) must connect and stay tight. 8 and 10's role is to press the ball in 2's while 6 becomes a "screen". A defensive screen moves laterally to block any through balls that will break our defensive line. Attacking, 6,8 and 10 are tasked with holding possession of the ball until a passing lane is open that will break the oppositions defensive line and release 7,11,9 or even 2 and 3. Once the ball breaks a line 8 and 10 are tasked with pushing forward while 6 holds as an anchor, connecting with 4 and 5.



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



11v11

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!



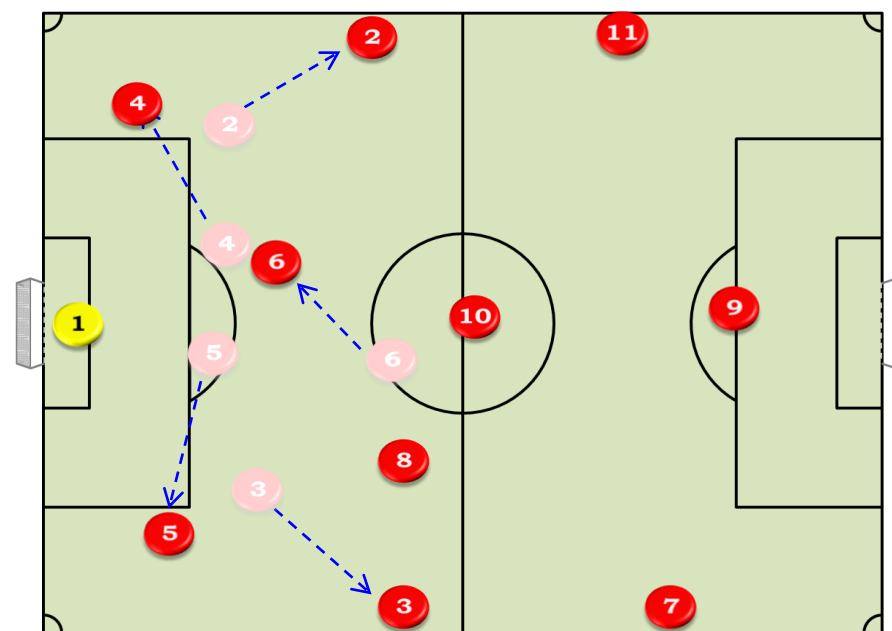
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Home Training Assignment 5: Playing out the Back

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. While 2 and 3 move wider for an additional option for the goal keeper.

4 and 5 provide an early option, While 6 drops to take it centrally.

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 “control” 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: What do you do if there is no easy pass out of the back?



11v11

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





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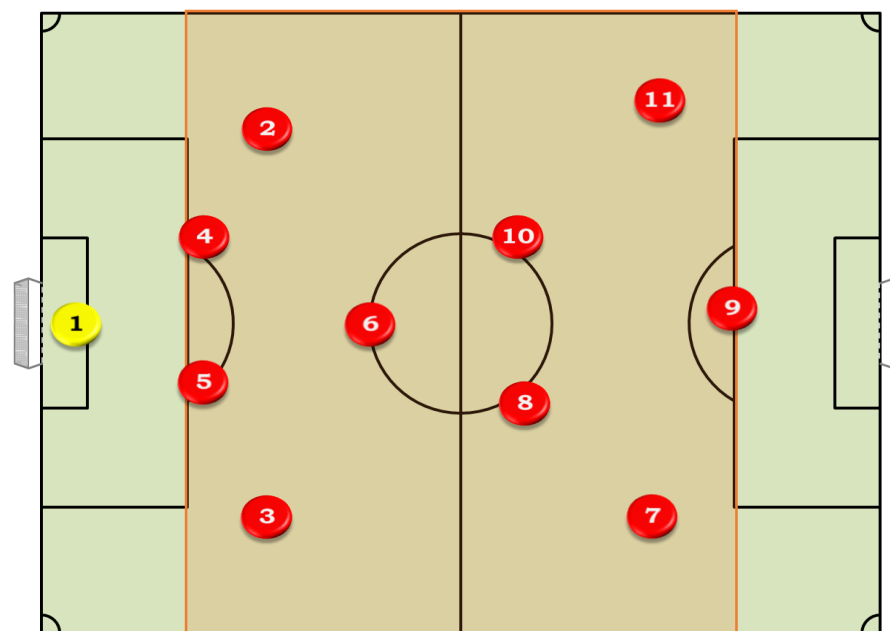
Home Training Assignment 7: Playing to Control

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 any triangles created by the outfield players? There are over 20 and that’s without moving!

11v11

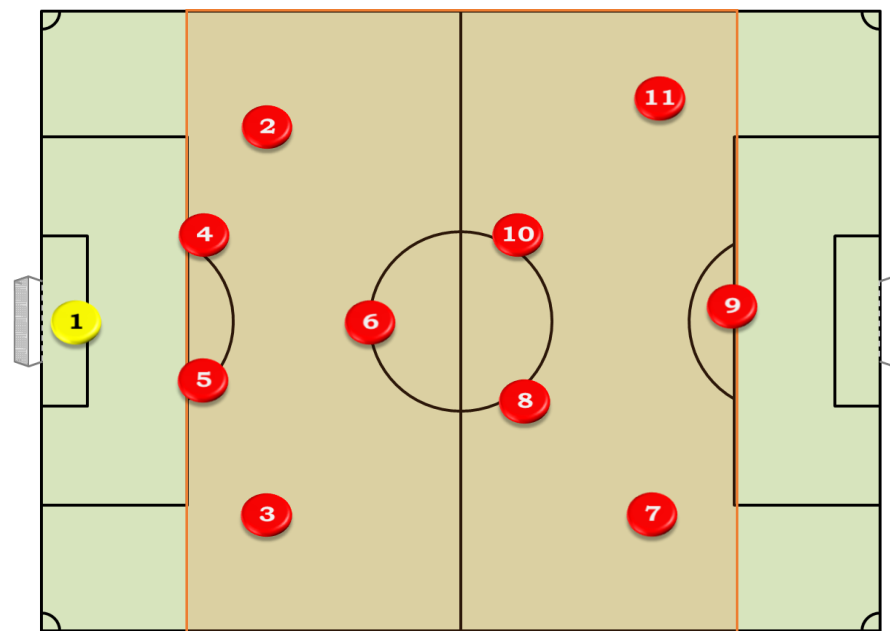
Home Training Assignment 8: Playing to Attack

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:

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- Defenders being pushed too deep into their own box.
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Discuss: What skills are required to be successful at “playing to attack”?



11v11

Home Training Assignment 9: Rhythms

Toe Taps: 50

Side Sprints: 50

Outside/Inside: 50

Scissors: 50

Chops: 50

Across the Ball: 50

Base: Every day for 7 days

Merit: Every day 2 times a day for 7 days





11v11

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