

TRAINING



SESSIONS

GRADES U13+ NO 1-3

SESSION 1 BALL MASTERY & DRIBBLING



1. JUGGLING 5-6 MINS

[Western Springs Football YouTube Link: Juggling variations](#)

- Choose a different starting variations and work on it
- Aim to increase juggles using different parts of the body

MINI CHALLENGE: Can you get the ball up to your thigh and head and back down to your feet under control – working on your aerial control.

HINT: Soft touches keep the ball lower.
HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles you can do in 1 minute (keep going if you go beyond 1 minute without losing control)?

2. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 1 Running Game](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: Maintain control throughout all movements.

3. TICK-TOCKS 8-10 MINS

[Western Springs Football YouTube Link: Tick-Tocks](#)

- Start with tick-tocks on the spot (1 minute)
- While moving forwards/backwards (1 minute)
- While moving sideways (1 minute)
- On the spot with a change of direction and then accelerate with ball (3-4 minutes)

MINI CHALLENGE: To be just as good with each foot.

HINT: Soft touches keep the ball close.
HINT: Keep your weight on the front of your foot to help movement.

FINAL CHALLENGE: How many tick-tock touches can you do in 1 minute?

4. FITNESS OPTION 1

- See additional Fitness Options (page 5)
- Complete 3-4 rounds

CHALLENGE: Maintain good posture throughout.

5. DRIBBLING - INSIDE-OUTSIDE-ROLLOVER 6-8 MINS

[Western Springs Football YouTube Link: Inside-Outside-Roll](#)

- Start on the spot with 90 seconds of inside-outside-rollover transferring the ball from foot to foot. Rest for 20 seconds and then repeat.

MINI CHALLENGE: Using a space of 5 to 10 metres travel back and forwards for up to 50 metres using a range of turns when you change direction.

HINT: Soft touches keep the ball close.
HINT: A lower centre of gravity helps with balance.

FINAL CHALLENGE: How many Outside-Inside touches with 1 foot can you do in 1 minute?

6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

ADDITIONAL TASK 1

Try one of the alternative training options available on YouTube.

ADDITIONAL TASK 2

Choose a player who plays in a similar position to you and watch them on YouTube. Note their technical (execution of skills) strengths and what they should work-on.

SESSION 2 BALL MASTERY & TURNS



1. JUGGLING 5-6 MINS

[Western Springs Football YouTube Link: Juggling variations](#)

- Choose one of the starting variations and work on it
- Aim to increase juggles using different parts of the body

MINI CHALLENGE: Can you get the ball up to your thigh and head and back down to your feet under control - working on your aerial control.

HINT: Soft touches keep the ball lower
HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles you can do in 1 minute (keep going if you go beyond 1 minute without losing control)?

2. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 1 Running Game](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: Maintain control throughout all movements.

3. DRAGBACKS 12-14 MINS

[Western Springs Football YouTube Link: Dragbacks](#)

- Start with dragbacks by walking between 2 cones 3-4
- Repeat using left foot for dragbacks (1 minute)
- Continue and aim to move into a jog (if possible) with 1 minute per foot (2 minutes in total)

MINI CHALLENGE: How many dragbacks can you do in 1 minute?
HINT: Soft touches keep the ball close.
HINT: Lower your centre of gravity when changing direction

[Western Springs Football YouTube Link: Dragback Variations](#)

FINAL CHALLENGE: Try the Dragback variation - the L-Cut, and repeat as for the dragback.

4. FITNESS OPTION 2

- See additional Fitness Options (page 5)
- Complete 3-4 rounds

CHALLENGE: Maintain good posture throughout.

5. CRUYFF TURN 8-10 MINS

[Western Springs Football YouTube Link: Cruyff Turn](#)

- Start with Cruyff Turns by walking between 2 cones 3-4 metres apart - use right foot for dragbacks (1 minute) metres apart - use right foot for Cruyff Turns (1 minute)
- Repeat using left foot for Cruyff Turns (1 minute)
- Continue and aim to move into a jog (if possible) with 1 minute per foot (2 minutes in total)

MINI CHALLENGE: Spread out 4-5 cones (or other objects) within a 10x10 metre area. Alter the number of cones for a smaller area. Dribble around the area and perform a Cruyff Turn every time you dribble towards a cone.

HINT: Use the inside of your big toe to change the direction of the ball.

HINT: Use your arms to point in the direction of your fake pass.

FINAL CHALLENGE: Without any obstacles, how many Cruyff Turns can you do in 1 minute?

6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

ADDITIONAL TASK 1

Try one of the alternative training options available on YouTube.

ADDITIONAL TASK 2

Choose a player who plays in a similar position to you and watch them on YouTube. Note their tactical (positional understanding in attack/defence) strengths and what they should work on.

SESSION 3 BALL MASTERY & CHANGE OF DIRECTION



1. JUGGLING 5-6 MINS

[Western Springs Football YouTube Link: Juggling variations](#)

- Choose one of the starting variations and work on it
- Aim to increase juggles using different parts of the body

MINI CHALLENGE: Can you get the ball up to your thigh and head and back down to your feet under control - working on your aerial control.

HINT: Soft touches keep the ball lower

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles you can do in 1 minute (keep going if you go beyond 1 minute without losing control)?

2. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 1 Running](#)

- Work through the 6 parts using the space you have available
- Repeat each x2

CHALLENGE: Maintain control throughout all movements.

3. PUSH-PULL 8-10 MINS

[Western Springs Football YouTube Link: Push-Pull](#)

- Start with 10x Push-Pulls with each foot - placing a cone (or other object) out in front acting as an opponent.
- Then repeat again with each foot

MINI CHALLENGE: How many Push-Pulls can you do in 1 minute?

HINT: Push with laces and pull with studs.

HINT: Use the push to draw in an opponent then pull away.

FINAL CHALLENGE: Try the Push-Pull and then accelerate away from the cone (opponent) with the ball. Try 4 with each foot.

4. FITNESS OPTION 3

- See additional Fitness Options (page 5)
- Complete 3-4 rounds

CHALLENGE: Maintain good posture throughout.

5. RONALDO CHOP 8-10 MINS

[Western Springs Football YouTube Link: Ronaldo Chop](#)

- Start the Ronaldo Chop by dribbling the ball and then jumping into the 'chop' to flick the ball behind your front foot (1 minute per each foot)

MINI CHALLENGE: Place a cone in the middle of your area and each time you move towards the cone, perform a Ronaldo Chop to move past the cone working at a good tempo (2 minutes)

HINT: Use the inside of your heel for the chop.

HINT: If chopping to the left side with your right foot then travel towards the right side of the cone.

FINAL CHALLENGE: Without any obstacles, how many Ronaldo Chops can you do in 1 minute? Repeat with 10 seconds less.

6. FIT4FOOTBALL 11+ 4-5 MINS

[YouTube Link: Part 2 Strength](#)

- Work through the 6 parts using level 1 (progressing to level 2 in time)
- Repeat each x2

CHALLENGE: All movements should be slow, controlled and focused.

ADDITIONAL TASK 1

Try one of the alternative training options available on YouTube.

ADDITIONAL TASK 2

Choose a player who plays in a similar position to you and watch them on YouTube. Note their physical (fitness/movements) strengths and what they should work-on

FITNESS OPTIONS 1-3



OPTION 1 4 SIDES

SET-UP: Use a 10x10 metre square with 4 sides and a red cone as the starting point (other objects can be used)

WORK:

- Jog 4 sides
- Sprint 1 side / jog 3 sides
- Sprint 2 sides / jog 2 sides
- Sprint 3 sides / jog 1 side
- Sprint 4 sides / jog 4 sides
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

ADDITIONAL: If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.



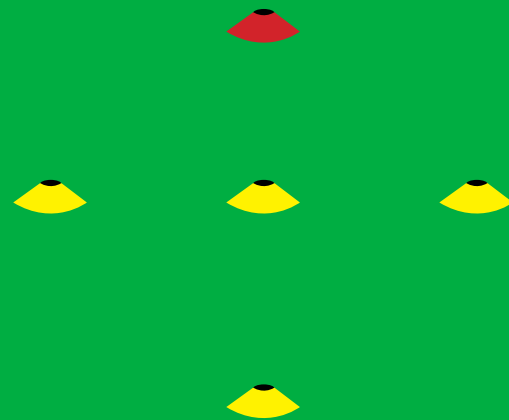
FITNESS OPTION 2 THE CLOCK

SET-UP: Use a 10x10 metre cross shape with a centre point.

WORK:

- Jog to 4 corners
- Sprint to 1 corner / jog to 3 corners
- Sprint to 2 corners / jog to 2 corners
- Sprint to 3 corners / jog to 1 corner
- Sprint to 4 corners / jog to 4 corners
- Rest for 2 minutes
- Repeat 3-4 times in total (include opposite direction)

ADDITIONAL: If you have 4 balls then you can place a ball on each corner and when you do each jogging part there will be a ball for you to dribble rather than jog.



FITNESS OPTION 3 FIGURE OF 8

SET-UP: Use a 10x10 metre square with 4 corners and a centre point. Each circuit is done in a figure of 8 with 5 cones.

WORK:

- Start at a corner cone and jog a complete circuit
- Sprint to 1 cone / jog to 5 cones (brings you back to the starting cone)
- Sprint to 2 cones / jog to 4 cones
- Sprint to 3 cones / jog to 3 cones
- Sprint to 4 cones / jog to 2 cones
- Sprint to 5 cones / jog to 1 cone
- Sprint to 6 cones
- Jog to 6 cones
- Rest for 2 minutes
- Repeat 2-3 times in total



ADDITIONAL TRAINING ACTIVITIES



Here are some additional training activities you can try, giving you the opportunity to try something new whilst you are at home.

They only require a small space and you can view on a TV or any portable devices through YouTube. Trying anything new for the first time can be a bit tricky but once you go for a second and third time then it gets easier and you'll get used to the movements/skills involved. To make it even more fun then ask somebody at home to join in with you! [Our Youtube Channel.](#)

1000 TOUCH WORKOUT - JUGGLING

1000 TOUCH WORKOUT - BALL MASTERY

1000 TOUCH WORKOUT - DYNAMIC BALL MASTERY

10 MINUTE BALL MASTERY WORKOUT

10 MINUTE YOGA

10 MINUTE PILATES

If you try any of the above activities and enjoy them then let a friend and/or your coach know as they can then let your other teammates know. If you find other training sessions online that you enjoy then share them also and let me know too! Video clips are a great way of sharing but do check with somebody at home first.