



CHELSEA SOCCER CLUB

home of the Sting



**INDIVIDUAL TRAINING
PROGRAM**

12 WEEK PROGRAM

Chelsea Soccer Club Individual Training Program 12-Week Program

As you decide to become a better soccer player you must be responsible for your own development. The better your team(s) situation, the better for your development for sure! But, don't use whatever your own situation is as an excuse to why you are not developing! Improve yourself no matter what! You are in control of how much better you become. If you follow this program, I guarantee that you will be a much improved soccer player and you will be developing the self-responsibility and self-discipline needed to achieve greatness if that is what you are willing to work for!

“ The will to win is overrated. Most of us will strive to compete to win in the heat of a competition. The will to prepare to win is what separates true champions from the rest!”

This is a 12-week program with a minimum of 3 individual workouts per week and a maximum of 5 workouts per week. **Completion** of the program requires 3 days of workouts completed per week. More is even better! You can train as much as you want each day but one day can only count as one day. You cannot do 3 days of workouts in one day and count it as 3 days. This is a general guideline- use creativity to work on the assigned skills. This is your chance to improve your skills and become a better player.

How it works?

You will need a soccer ball, a wall to kick against (or a partner), and something to use as cones (shoes are fine).

Each workout is 1 hour and involves 15 minutes of juggling and 3 different activities of 15 minutes each.

PROGRAMS A-H

You can always make changes to a program, as long as you are working on the specific skill, such as using a partner instead of a wall for passing drills. Use imagination as long as it is still training.

A. 15 minutes of Juggling:

(this can be a warm-up as it shouldn't strain muscles)

Change the type of juggling at least every 3 minutes, so you can stay focused and interested. The goal is always 100 juggles, which is a good indicator of mastery. Record your juggling highs and try to beat them! Anyone who has never juggled the ball 50 times, should concentrate on juggling on alternating thighs only.

Juggling options:

- Standard juggling
- Alternating feet
- High only juggling with feet (each touch above head)
- Low only juggling with feet (each touch below waist or below knees)
- Alternating High/Low juggling
- Alternating Foot/ thigh
- Alternating Foot/ head
- Left foot only – replanting on each step
- Right foot only – replanting on each step
- Juggling while jogging
- Tennis ball Juggling

B. Dribbling

either #4 or any combination of 1), 2), and 3) over the 7 minute period

1. Sprint Dribbling

- sprint dribble the length of your yard and a light dribble back to the start
- sprint dribble the length of your yard, touching the ball on every step
- spring dribble the length, touching the ball on every right foot step
- spring dribble the length, touching the ball on every left foot step

2. Cone Weaving (line)

- Cones spaced out by 3 yards for high speed
- As tight as you can get them for a closer touch
- Right foot only
- Left foot only
- Either
- Only the inside of the feet
- Only the outside of the feet

3. Cloverleaf Cone Weaving – same variations as above

- Set cones (X's) about 1 yard apart
- Dribble around the left of the center cone
- And the to the right of the outside cone
- Back to the left of center

- Then the next outer cone
- Cont. until you get back to the starting pt.
- At the bottom
- Time yourself – can you get faster and stay under control
- Use the same cone weaving variations above

4. Play 1 vs. 1 soccer – with a parent, friend, dog, brother, or sister – make small goal (s) and play.

C. Technical Footwork

Always start with a minute of the zig zag dribble pattern and then work on any of the moves below or from your own imagination (*or can replace Teork activity with 1 v 1 soccer(w/ a parent, friend, dog, brother, sister)*)

ZIG ZAG DRIBBLE:

Slightly zigzagging forward with short, quick touches

- Outside of the foot touch/then/inside of the foot touch
- Then repeat with other foot
- Continue going from one foot to the other foot

MOVES – use imagination, or combinations of different moves. Dribble slowly to a stationary object (pretend defender), do the move and accelerate away AFTER the move. (See the explanation of the different moves)

1. Different Cuts

- Dribble slowly up to defender then hard cut and accelerate away
- Outside of foot
- Inside of foot
- Double cuts (slightly farther away from defender start with outside of foot cut, then hard outside of foot cut with the other foot to cut against the grain, then accelerate away)

2. Stepovers/ Double stopovers

Take your left foot and step around the ball from the inside to the outside and then touch the ball to the right with the outside of your right foot. Fake going left and then you go right.

3. Revilino

The other stepover. Remember it's all with one foot! Take your right foot and step across the ball right to left. Now your right leg is crossed in front of your left. Step forward with your left foot to uncross your legs. Touch the ball to your right with the outside of your right foot. You have faked going left and then you went right!

4. Cruyff

Fake a shot with your right foot and swing your foot past the ball to the right side, then with the inside of your right foot tap the ball backwards so it goes between your legs. Now you can dribble in the other direction.

5. "L" move, and Double L (right and left)

Put the sole of your right foot on top of the ball and pull the ball back behind your left leg. Tap the ball with your inside of your right foot. The ball makes an "L" move around your standing leg. You can also do this with your left foot, or a double, right then left.

6. Chop Dribble

Fake a shot and hard chop with inside of foot across body.

7. Double touch moves

Do the move standing or dribbling slowly at first, then accelerate away

- Inside/ outside foot (of same foot) – accelerate after move-
- Outside/ inside foot then push away with the outside of the other foot to accelerate away.
- Inside/ inside/ outside foot – kind of dragging the ball inside and the outside with acceleration

D. Shooting

- **1 touch surface work** (5 yards away), against a wall or with a partner, one touch contact with shoelaces, concentrate on the laces with the ankle locked and toe pointed straight down, not the inside of the laces or the outside. This is correct technique and you can get 60 repetitions (shots) in one minute without getting your leg tired, do not use a lot of power. This is one of the best activities to improve your shooting! Go for 2 minutes and 120 shots!
- Make sure you use the correct surface, no power just surface work
- Same but 15 yards away, 40% power
- Strike low powerful shots against wall, remember good technique.
- Control rebound with one touch that sets up your next touch which is another shot, attempt to alternate feet, concentrating on good first touches to set up the shot
- Shots off the dribble or after a technical move
- Right foot striking
- Left foot striking

E. Long Ball Service

(concentrate on good technique with instep drives)

Long, lofted (in the air) passes. Look at the ball in flight, if it has floating back spin and no side spin you hit the ball correctly. Ideally the ball goes up about 8-12 feet in the air.

3 ways – 7 minutes of striking

1. Best: With a partner, strike balls back and forth with at least 1/3 of the time spent on the weak foot!
2. Striking the ball into a net or against a wall: Don't get too far away, 4 yards is fine. Though you cannot see the flight of the ball, you should be able to tell by the feel of the kick if you hit it well. This way you get a lot of repetitions and don't have to go chase 30 yards after every kick.
3. Striking the ball against a wall: Get at a distance that you can comfortably hit and concentrate on technique and observe the flight of the ball

F. Push Pass

Push Pass: Inside of foot with toe pulled up towards knee, using more heel than arch

any three of the choices below

- 2 minutes of right foot passing against a wall
- 2 minutes of left foot passing against a wall
- 2 minutes of passing against a wall 2 yards away, using one touch

- 2 minutes of passing against a wall 15 yards away with 2 touches with a sharp, hard pass using good technique
- 2 minutes of trapping with one foot and passing with the other foot

G. Heading – 5 minutes or more of:

- Head juggling, keep the ball about 2 feet above your head
- Against a wall or with a partner, one touch heading in a row (head juggling in two's)
- Throw the ball high in the air or high against a wall and jump to meet the ball and head straight at the wall or forward (offensive header)
- Throw the ball high in the air or high against a wall and get in line and underneath ball, wait for it to come to you and push the ball high and away with your head (defensive header)
- Use a partner, have them cross balls to you. For an attacking header on goal concentrate on good angles of approach to be able to head the ball on target.

H. Receiving the ball in the air

Any 15 minutes of the following choices: use a partner or a wall

- 5 minutes of thigh traps – get the ball on the ground and pass on the ground
- 5 minutes of chest traps – get the ball on the ground and pass on the ground
- 5 minutes of foot traps – the ball is coming out of the air- control pass back on the ground
- 3 minute of chest to head – control with chest up to your head and head back
- 3 minute of thigh to head - control with thigh and head back
- 3 minute of control in air with one foot and volley back (in air) with other foot
- 3 minute of control with head and volley (air) back with foot

I. Your option of any of the above

or your own ideas (can practice tricks with the ball if you wish)

QUICKNESS WORKOUT

(THIS IS A 10 MINUTE OPTIONAL SESSION TO BE DONE TWICE A WEEK IF DESIRED)

A. Quick Foot Ladder – make this with chalk or tape or buy one.

Start Location											End
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Each box is about 1 foot by 1 foot

Player starts at one end and moves through ladder in different patterns. Go as fast as you can, while doing the activity correctly. Have a loose upper body and be light on your feet, don't pound the ground.

4 minutes total

Each pattern 3 times –walk back to the start:

1. one foot in the hole – center holes – run through hitting each center hole with one foot
2. two feet in the hole- same – step with each foot in each center hole
3. four feet in the hole – double above- take four quick steps in each hole
4. Typewriters – Start with both feet on straddling the ladder –
 - A. step left foot inside
 - B. step right foot inside
 - C. step left foot outside ladder
 - D. step right foot outside ladder
 - E. Move to next center hole and cont. all the way down the ladder
5. Ickies- Start with both feet on the outside of ladder on the left side (you're going to slide side to side up the ladder –going from left to right to left to right ...)
 - A. Step right foot in center
 - B. Step left foot in center
 - C. Step right foot outside on right
 - D. Move left foot up one box – center box to center box
 - E. Step right foot from outside right to center
 - F. Step left foot outside on left
 - G. Move right foot up one box-center box to center box

B. Tic Tac Toe Box - make this with chalk or tape, each box about 1 foot x 1 foot

30 seconds or work and then rest 30 seconds and continue

1	2	3
4	5	6
7	8	9

1. Sequence running

- left foot – 1 and right foot 3
- Step left foot to 7
- Step right foot to 9
- Step left foot to 1
- Step right foot to 3
- continue – run don't jump
- count how many times your left foot hits 1 in 30 sec. – beat your record!

2. Figure 5's

- left foot 1 and right foot 3
- Jump both feet to 5
- Jump both feet to 7 & 9
- Jump both feet to 5
- Jump both feet to 1 & 3
- Cont.

3. 2 footed Zig Zags

- both feet in 1
- Both feet jump to 3
- Both feet jump to 7
- Both feet jump to 9
- Both feet jump to 1
- Cont.

4. Sequence running-

5. Figure 5's

6. 2 footed Zig Zags

Tactical Memory Challenge

Principles of Team Play (Team Play yields Possession)

ATTACKING

Support
Width and Depth
Utilization and Creation of Space
Penetration

DEFENDING

Pressure
Support
Balance
Depth

TRANSITION

Possession