

Brampton Soccer Club

Individualized Home Program





Overview:

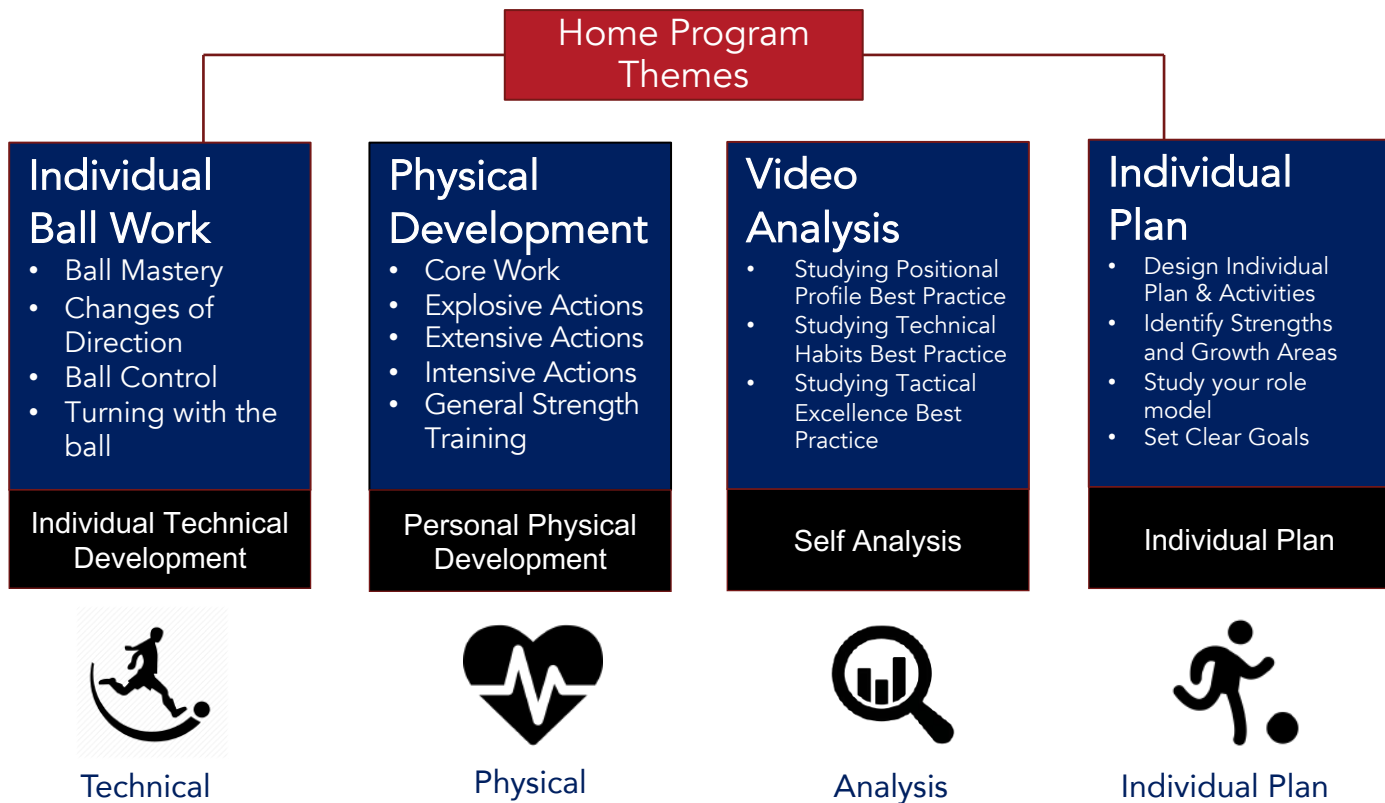
This home program (HP) is to support the development of Brampton SC players outside of the current training program. We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World’s Best Practice. Moving into April, players will be required to complete an Individual Skills Plan (U8-U12) or Individual Development Plan (U13+), which will allow players to take ownership of their own processes plus design activities that meet specific needs.

We have updated the program up to May 3. If they program requires additional training time due to unforeseen circumstances, we will increase the Weekly blocks to supplement the development outside of the BSC environment.

For this program to be successful, all players are expected to complete the full requirements as a minimum and we recommend that you do extra on top of the prescribed program. We encourage players to be proactive with planning their daily schedules to fit in the training windows and use our logging system to track your workload throughout April.

This program is individualized and does not require any contact with other players and we highly recommend that players maintain personal hygiene best practice based on the current pandemic.

Enjoy and keep doing the hard work when nobody is watching! This is your opportunity to own the process.



Step 1 – Plan your day



- Plan your daily itinerary and commit a time block for HP
- Ensure you identify a suitable location for HP training
- Ensure you have the appropriate equipment to execute/set up your training
- Identify the activities from the Home Program and/or individual plan that you will use in the session

Step 2 – HP Training



- Set up the training area with your specific activities
- Complete a proper warm up before starting the session
- Maintain an effective tempo throughout
- Allocate suitable recovery blocks
- Session must contain frequent contacts with the ball

Step 3 – Self Reflection



- After completing your HP training, allocate 15-20 mins for personal self reflection
- Set Goals to achieve a higher standard of skill execution for the next training day (ie – Greater Speed of Action, Tighter Ball Control)

Step 4 – Complete your Personal Log



- On your portable device or Home Computer, please enter your session details onto the BSC HP Training Log
- Here is the URL for the online tracking tool - <https://forms.gle/mcSeFhPowUqBrq5r9>




Training Log:

After the completion of HP Training, all BSC players are required to log their session via the below web link. You should bookmark the below link onto your Portable Device or home computer to allow for easy access.

In the log, we will capture the following info:

- Name & Date of Session
- BSC Age Group Squad
- Training/Tasks you completed
- Length of HP training
- Option to upload media content for Social Media Purposes

<https://forms.gle/mcSeFhPowUqBrq5r9>



Brampton Soccer Club - Est. 2019
One Club. One Vision. Stronger Together.

Brampton SC - Home Program Log

BSC has created this log to track player progression/contact time with the Home Program.

Please complete the below questions and indicate honestly the training/tasks you completed for each day.

Thank you!

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Not joeylombardi3@hotmail.com? [Switch account](#)

* Required

Please enter your full name *

Your answer

Enter today's date *

MM DD YYYY

_ / _ / 2020

PARTNERS & ACCREDITATIONS





	Theme	Download Link
Training Videos	BSC Home Program Week #1 Highlights	https://www.shorturl.at/pBEKU
	BSC Home Program Week #2 Highlights	https://www.shorturl.at/wTV48
	Coerver Skills Home Program – Refence Material	https://www.shorturl.at/loDHX
	Coerver Ball Mastery – Beginner Program	https://www.shorturl.at/BCRUW
	Coerver Ball Mastery – Intermediate Program	https://www.shorturl.at/btuDL
	Coerver Ball Mastery – Advanced Program	https://www.shorturl.at/vBJN9
	Simon Smith FA Goalkeeper Skills Training Video	https://www.shorturl.at/ahH03
	Man United Skills Program	https://www.shorturl.at/nDIMR
Best Practice Positional Videos	GK – Alisson Distribution – Positional Profile	https://www.shorturl.at/rvyDP
	CB – Gary Cahill – Positional Profile	https://www.shorturl.at/sCHR5
	CB – Sergio Ramos – Positional Profile	https://www.shorturl.at/dipRU
	RB – Kyle Walker – Positional Profile	https://www.shorturl.at/bcfqA
	LB – Marcelo – Positional Profile	https://www.shorturl.at/cxyEH
	HMF – Sergio Busquets – Positional Profile	https://www.shorturl.at/flq34
	AMF – Kevin De Bruyne – Positional Profile	https://www.shorturl.at/fpqX4
	AMF – Toni Kroos – Positional Profile	https://www.shorturl.at/qrtDT
	WFWD – Neymar – Positional Profile	https://www.shorturl.at/ijFU6
	WFWD – Salah – Positional Profile	https://www.shorturl.at/fAGM8
CFWD – Luis Suarez – Positional Profile	https://www.shorturl.at/rCMY4	
Best Practice Individual Skill Videos	Angel Di Maria – Skills Video	https://www.shorturl.at/ijyHZ
	Neymar – Skills Video	https://www.shorturl.at/ekoxl
	Eden Hazard - Skills Video	https://www.shorturl.at/asQU6
	Lionel Messi – Skills Video	https://www.shorturl.at/buFG9
	Nicholas Pepe – Skills Video	https://www.shorturl.at/bqsCT
	Christian Pulisic – Skills Video	https://www.shorturl.at/bdsVW
	Allan Saint Maximin – Skills Video	https://www.shorturl.at/lqNQ7
	Jadon Sancho - Skills Video	https://www.shorturl.at/puyA0
	Adama Traore – Skills Video	https://www.shorturl.at/lrCOR
	Wilfried Zaha – Skills Video	https://www.shorturl.at/krC35



Mental Skills



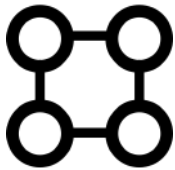
- **Theme - Mental Skills**
- Date – Friday April 3, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/978398195>

Sport Nutrition



- **Theme – Sport Nutrition**
- Date – Friday April 10, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/597843566>

4 Corner Development



- **Theme – 4 Corner Development**
- Date – Friday April 17, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/741158941>

Reflection Skills



- **Theme – Reflecting on Performance**
- Date – Friday April 24, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/194257065>

Playing Style



- **Theme – BSC Playing Style**
- Date – Friday May 1, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/391682013>



GK-Specific Training Overview

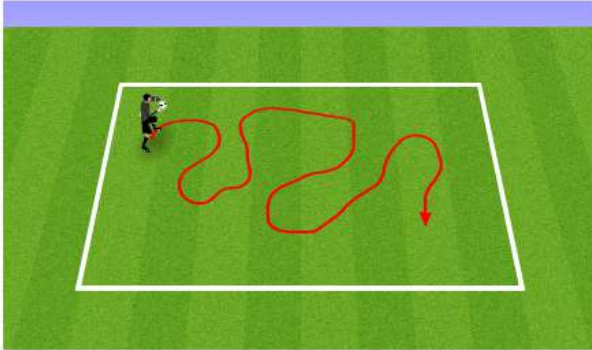
Activity	Total Time	Rest Time	Tempo
Bounce & Catch	5 Mins	1 Min Rest	Start Slow & Progress Speed
Diamond Footwork	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Diamond Footwork Progression	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 5 Mins Cool Down		

Equipment:

1 Ball
5 Cones
Open Area (Indoor or Outdoor)



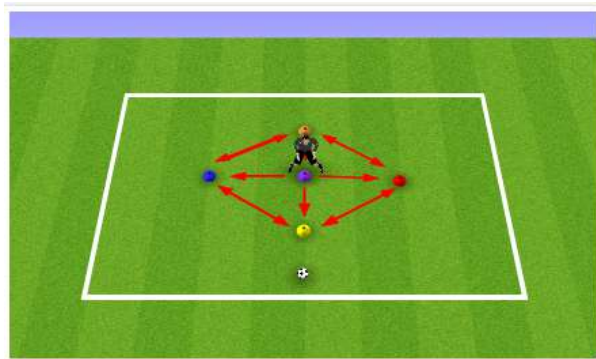
Bounce & Catch



GK moves and bounces ball dynamically. GK moves throughout the space, bouncing as they move – Work on consistent hand shape and catching on top of the ball. Use different footwork (ex. Shuffle, Drop Step)

5 Minutes

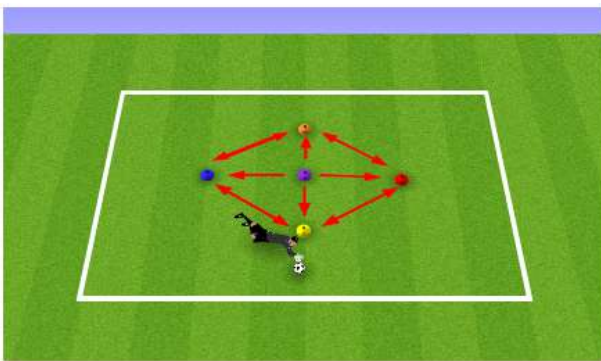
Diamond Footwork



GK starts at middle cone. In a balanced, set position, GK moves to cones with appropriate footwork (ex. Shuffle for short distance, Cross-Over for longer distance). GK can move to specific cone from a callout – Work on keeping square to the ball at all times

10 Minutes

Diamond Footwork Progression



GK places ball at any cone other than the starting cone. GK then moves through a pattern between cones before setting and performing a grasscutter save. Ensure to switch the side the GK is diving to – Work on attacking the line of the ball forward and being set before performing the dive

10 Minutes



GK-Specific Training Overview

Activity	Total Time	Rest Time	Tempo
Bounce & Catch	5 Mins	1 Min Rest	Start Slow & Progress Speed
Footwork - Handling	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Footwork - Diving	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 5 Mins Cool Down		

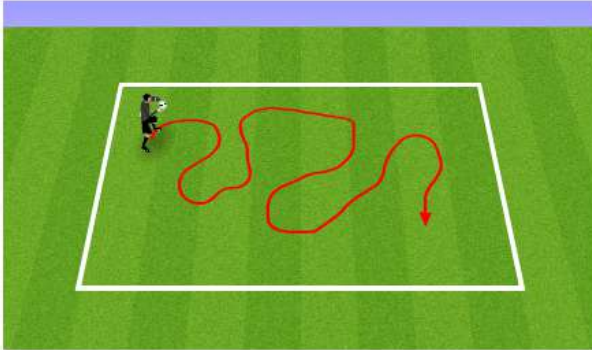
Equipment:

- 1 Ball**
- 5 Cones**
- Wall or Rebounder or Sibling/Parent**
- Open Area (Indoor or Outdoor)**

PARTNERS & ACCREDITATIONS



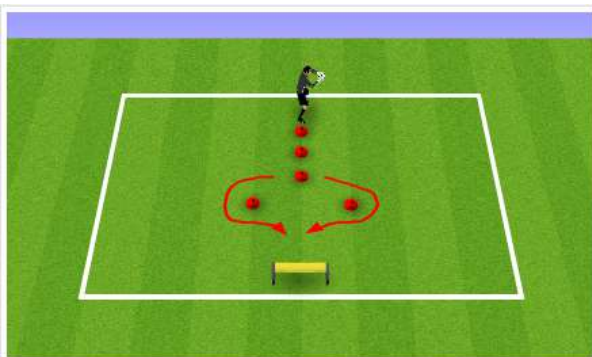
Bounce & Catch



GK moves and bounces ball dynamically. GK moves throughout the space, bouncing as they move – Work on consistent hand shape and catching on top of the ball. Use different footwork (ex. Shuffle, Drop Step)

5 Minutes

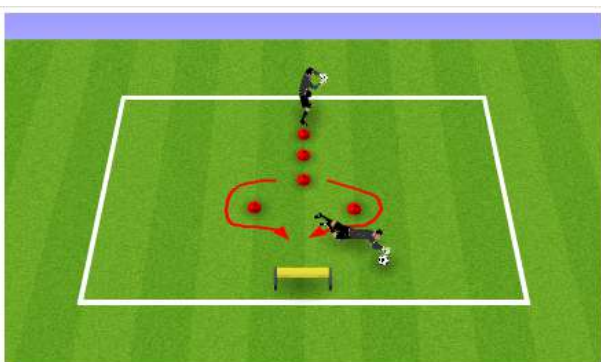
Footwork – Handling



GK starts at the base of the cones, with ball in hand, and chops over the cones laterally with consistent footwork. GK can use explosive movement forward/backward around top cones. Using rebounder/wall or family member, GK varies the serve to handle at any of the three ranges (High, Medium, Low) – Work on getting body behind the ball and cushioning the ball into body to retain possession

10 Minutes

Footwork – Diving



GK performs the initial movement to the Footwork – Handling activity. As a progression and extension, the GK will then re-serve the ball for a low or medium dive to either side – Work on being central after the first serve and balanced before performing the dive. Lead with your hands

10 Minutes



GK-Specific Training Overview

Activity	Total Time	Rest Time	Tempo
Bounce & Catch	5 Mins	1 Min Rest	Start Slow & Progress Speed
High Ball	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
High Ball - Diving	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 5 Mins Cool Down		

Equipment:

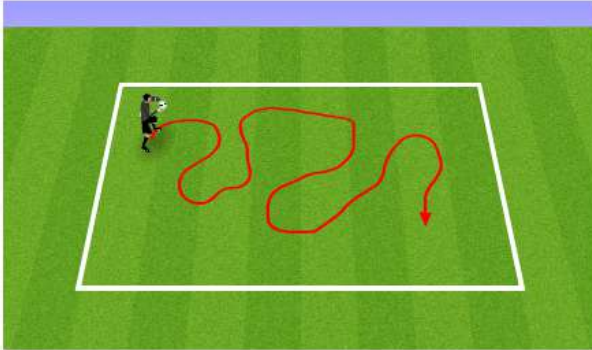
1 Ball

5 Cones

**Wall or Rebounder or Sibling/Parent
Open Area (Indoor or Outdoor)**



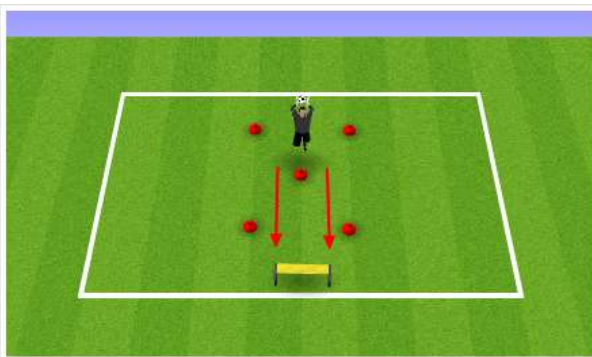
Bounce & Catch



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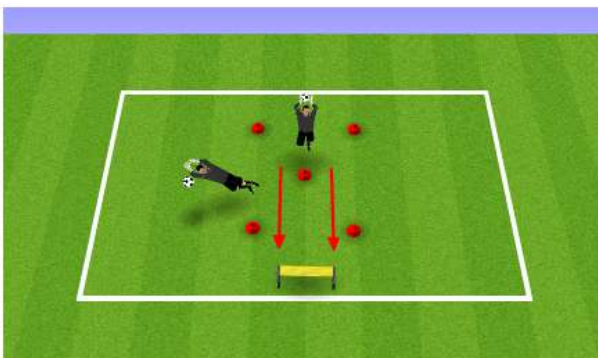
High Ball



GK starts at the middle cone. Either through serving the ball in the air or off rebounder/wall/server, the GK will time their jump and catch ball above their head – Work on utilizing full-body movements to achieve personal highest point when catching the ball. Drive up with one leg, land with two

10 Minutes

High Ball - Diving



GK begins with initial movement like the High Ball activity previous. Immediately after landing, the GK will perform a low/medium dive to either side – Work on landing on two feet, so the GK can perform the dive effectively. Soften your landing on both the jump and dive

10 Minutes



GK-Specific Training Overview

Activity	Total Time	Rest Time	Tempo
Bounce & Catch	5 Mins	1 Min Rest	Start Slow & Progress Speed
Low Dive	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Medium Dive	10 Mins	4 Min work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 5 Mins Cool Down		

Equipment:

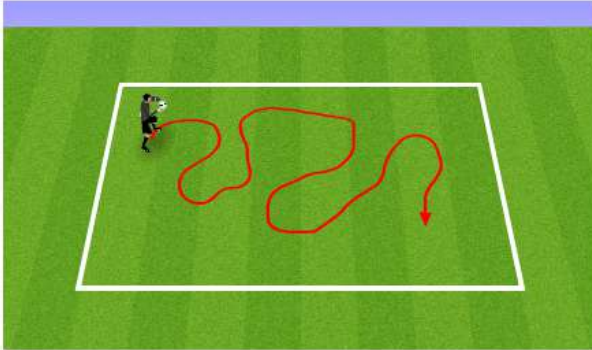
1 Ball

5 Cones

**Wall or Rebounder or Sibling/Parent
Open Area (Indoor or Outdoor)**



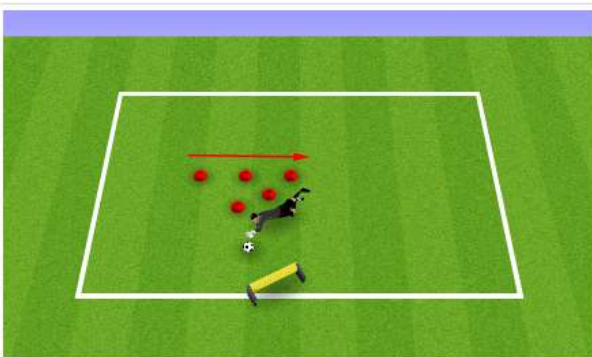
Bounce & Catch



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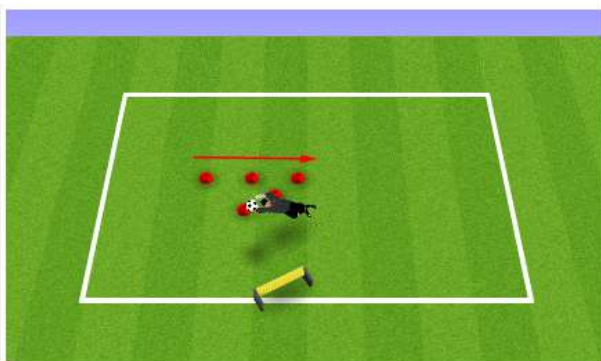
Low Dive



GK starts by moving laterally by chopping over cones or slalom through the cones. The other 2 cones are diagonal and used as visual guide. The GK serves to rebounder/wall/server to perform a dive. Switch sides – Work on following the ball with eyes all the way into hands. Drive through the ball

10 Minutes

Medium Dive



GK performs the same activity as previous, except with a medium ball about hip-height. GK can progress to a second-save recovery and another dive – Work on cushioning your landing with the ball, arms flat to minimize weight of impact

10 Minutes