

Brampton Soccer Club

Individualized Home Program





Overview:

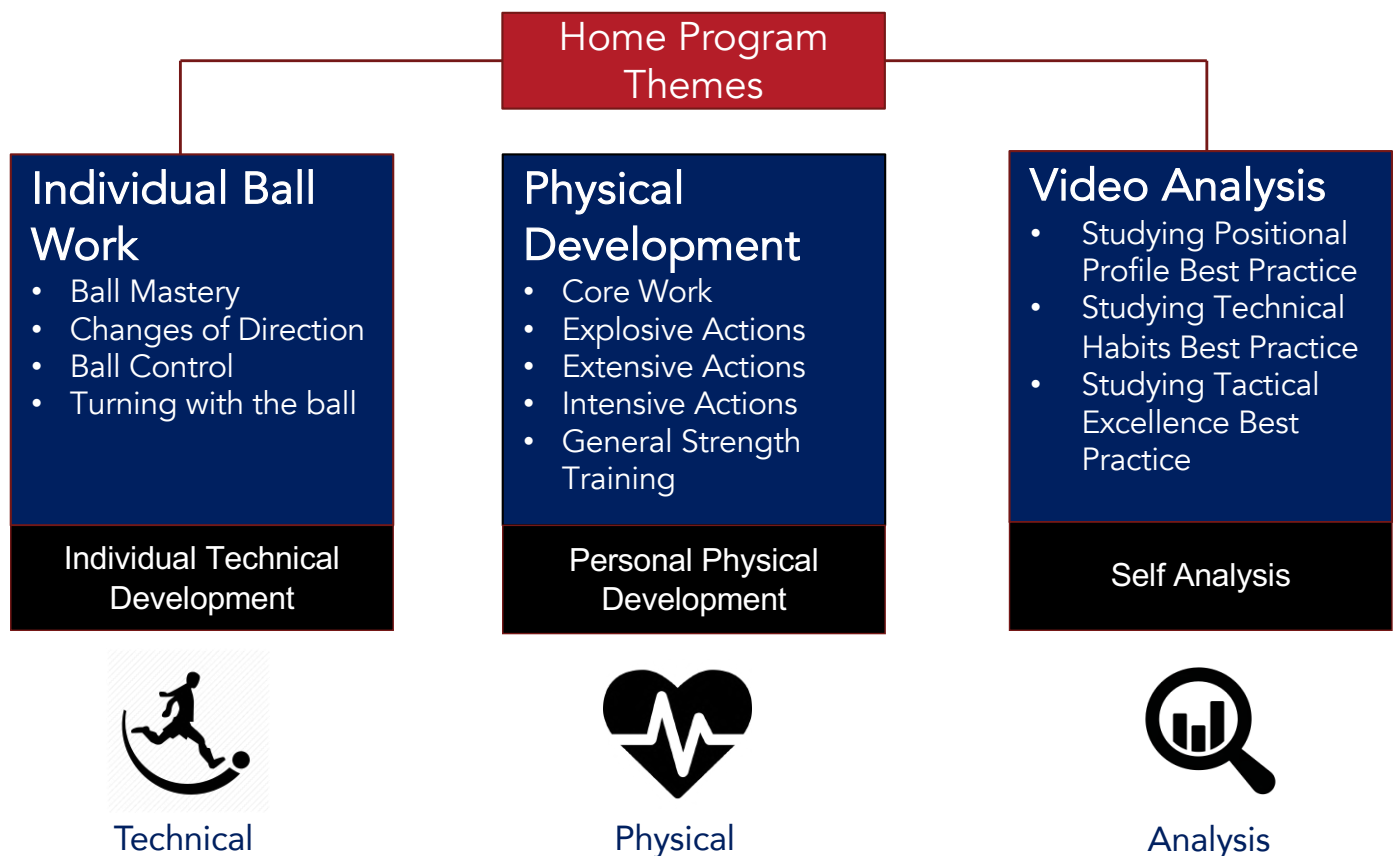
This home program is to support the development of Brampton SC players outside of the current training program. We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World's Best Practice.

We have set up the program for a 3-Week Block. If the 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 keep a log of their workload across the 3-week period.

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 recent epidemics.

Enjoy and keep pushing yourself to be the best you can be!





Weekly Schedule:

Week #1 Program – March 16-22, 2020

Total Time – 2.5 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Individual Ball Work Program Ball Mastery Exercises – 45 Mins	Physical Development Program Extensive Work –45 Mins	Video Analysis Task #1 Positional Profile Analysis – 30' Mins	Physical Development Work Extensive Work - 45 Mins	Individual Ball Work Program Ball Mastery Exercises – 45 mins	Off

Week #2 Program – March 23-29, 2020

Total Time – 3 Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Individual Ball Work Program Changes of Direction – 25 Mins Turning with the ball – 20 Mins	Physical Development Program Extensive Work – 45 Mins	Video Analysis Task #1 Technical Habits Analysis – 30' Mins	Physical Development Work Core work & General Strength Training - 30 Mins	Individual Ball Work Program Turning with the Ball – 20 Mins Ball Control – 20 Mins	Off

Week #3 Program – March 30 to April 5, 2020

Total Time – 3.25 Hours

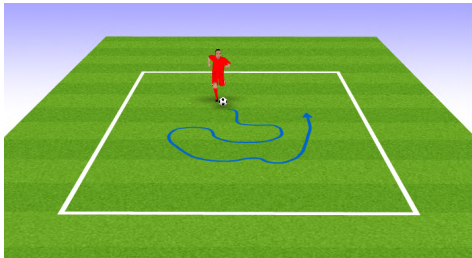
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Individual Ball Work Program Ball Mastery Exercises – 45 Mins	Physical Development Program Intensive Work – 30 Mins	Video Analysis Task #1 Tactical Excellence Analysis – 30' Mins	Physical Development Work Core work & General Strength Training - 40 Mins	Individual Ball Work Program Changes of Direction – 25 Mins Ball Control – 25 Mins	Off

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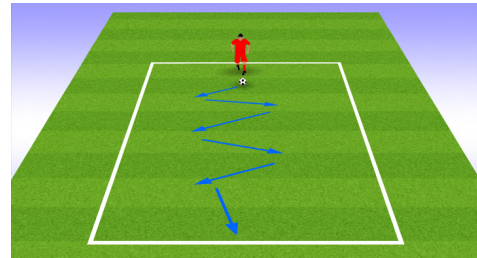
Free Dribble



Player Dribbles in a open area - Changing direction and keeping control of the ball
– Use both feet

5 Minutes

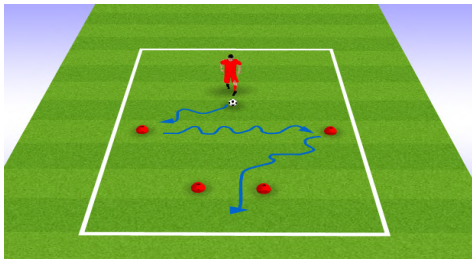
Inside-Outside



Player Dribbles with 3 Touches using the outside of their foot and then takes a touch with their inside foot (Same Foot) and Switches feet plus repeats action in opposite direction with the opposite foot

8 Minutes

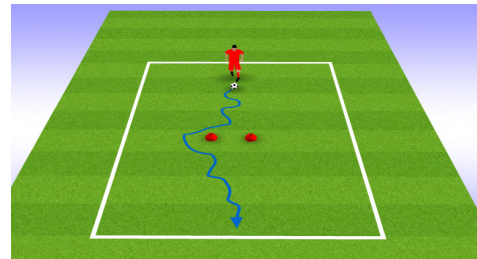
Sole Dribble



Player Dribbles with the Sole of their foot to either side and then using the same foot, uses the sole to go across from cone to cone (15 yards apart) and then dribbles through the advanced cones at speed

8 Minutes

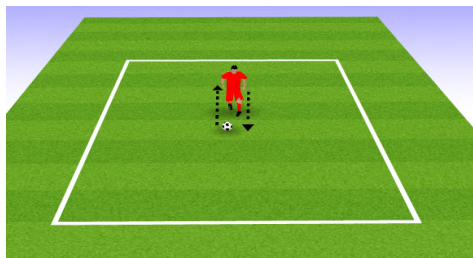
1v1 Moves



Player Dribbles towards the two cones – As he player gets 2 yards from the cones, the player performs a skill (ex. Scissors, Fakes, Feints) plus changes direction – Work with both feet/both directions

8 Minutes

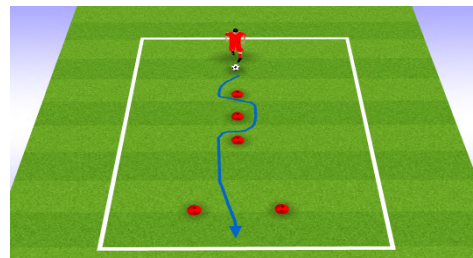
Juggling



Player Juggles the ball only with their feet – Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact

8 Minutes

Weave Dribble



Player Dribbles and weaves through the cones, once past the cones the player will change speed through the gate – Use Right Foot and Then Left foot

8 Minutes

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Ball Mastery Training Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble	5 Mins	1 Min Rest	Start Slow & Progress Speed
Inside – Outside	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
Sole Dribble	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
1v1 Moves	8 Mins	2 Min Work – 30 Seconds Rest Repeat Three times	High
Juggling	8 Mins	8 Mins Continuous	Low
Weave Dribble	8 Mins	3 Min Work – 1 Min Rest Repeat Twice	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	45 Mins Activity + 5 Mins Cool Down		

Equipment:

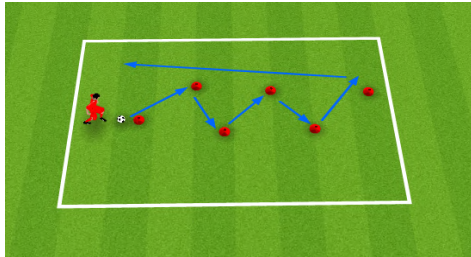
1 Ball
5 Cones
Open Area (Indoor or Outdoor)

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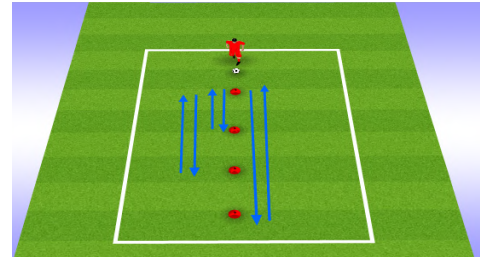
Zig Zag Dribble



Player dribbles in Zig Zag Direction – The player changes direction at each cone and switches feet – Once player has completed the zig-zag, they dribble back to the front

8 Minutes

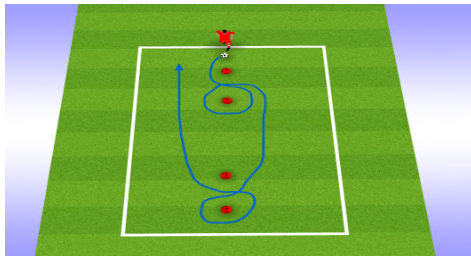
Ladder Dribble



4 Cones are set up – 5 yards apart between the cones – Once a player dribbles to a cone they change direction and return back to the 1st Cone – After each time they return back to the 1st Cone, the player dribbles to the next cone (1-2, 1-3, 1-4).

8 Minutes

Figure 8



Player dribbles in Figure 8 Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot

8 Minutes



Changes of Direction Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Zig-Zag Dribble	8 Mins	3 Min work – 1 Min Rest Repeat Twice	Medium to High
Ladder Dribble	8 Mins	1 min Work – 1.5 Min Rest Repeat Three times	High
Figure 8 Dribble	8 Mins	2 Min Work – 30 Seconds Rest Repeat Three times	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball

6 Cones

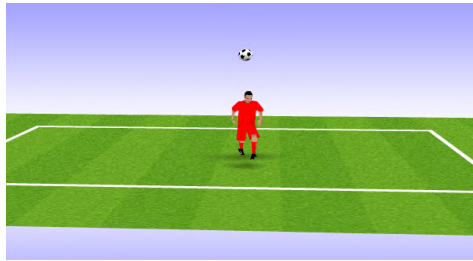
Open Area (Indoor or Outdoor)

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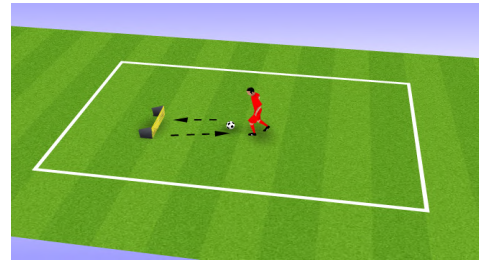
Aerial Control



Player Kicks the ball up in the air and must control the ball with their first touch
– Try to keep the exercise continuous by using your feet to restart the repetitions

8 Minutes

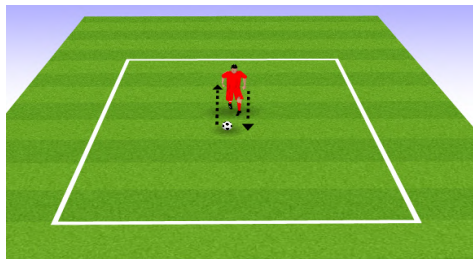
Wall Work



Player uses the wall to rebound the ball
– Control with one foot and pass with the other – Then progress to one touch passing in a continuous tempo against the wall

8 Minutes

Juggling



Player Juggles the ball only with their feet or thigh
– Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact – Then try to go Left Foot → Left Thigh → Right Foot → Right Thigh & Repeat

8 Minutes

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Ball Control Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Aerial Control	8 Mins	Continuous	Medium
Wall Work	8 Mins	Continuous	Medium
Juggling	8 Mins	Continuous	Low
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

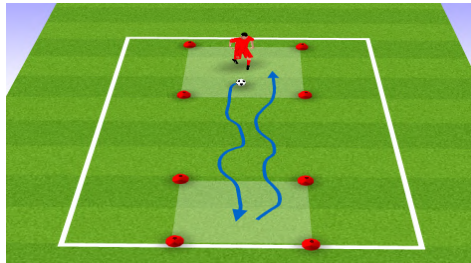
1 Ball
Wall or Rebounder
Open Area (Indoor or Outdoor)

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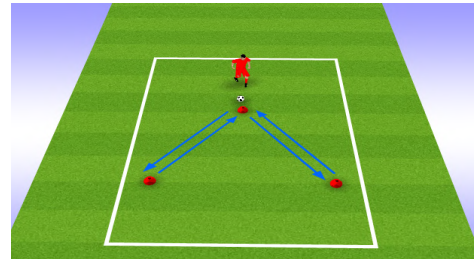
Double Box



Player across to opposite box – Once arriving in the box, Player turns and goes back to opposite box & repeats – Work for 1.5 mins & Rest for 1 Min – Repeat Four Times

10 Minutes

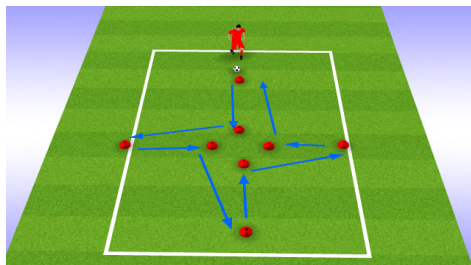
Triangle



Player dribbles to the right side triangle point, once arriving at the cone the player turns and returns to the starting point and then turns and goes to the opposite point of the triangle – Work for 1.5 mins & Rest for 1 min – Repeat Four Times

10 Minutes

Star



Set as per diagram – Player performs turns at every cone within the STAR – Vary turns at each cone – After completing the full circuit, player rest for 1 min & repeat – Aim to get 4 repetitions

10 Minutes

Vary Turns during the exercises:

- Cruyff Turn
- Outside Turn
- Inside Turn
- Sole Turn
- Overstep & Turn
- Drag Back





Turning with the ball Overview

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Double Box	10 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Triangle	8 Mins	1.5 min work – 1 min rest Repeat Four Times	Medium to High
Star	8 Mins	1.5 min work – 1 min rest Repeat Four Time	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball

8 Cones

Open Area (Indoor or Outdoor)

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Planks



Hold for 30 seconds
Rest for 1.5 Mins
Repeat 3 Times

Core Crunches



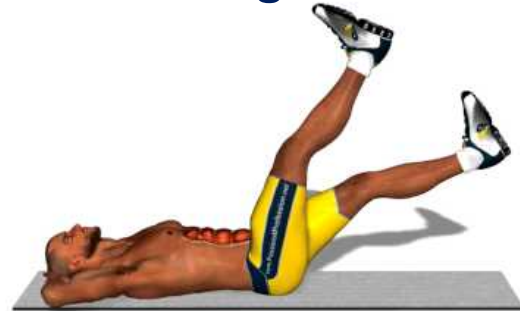
10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Foot to Foot Crunches



20 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Leg Lifts



Active for 30 seconds
Rest for 1.5 Mins
Repeat 3 Times

Side Plank



Hold for 30 Seconds – Switch Sides for
another 30 Seconds
Rest for 1.5 Mins
Repeat 3 Times

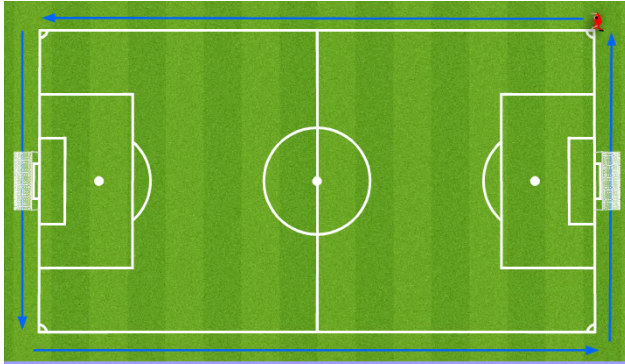
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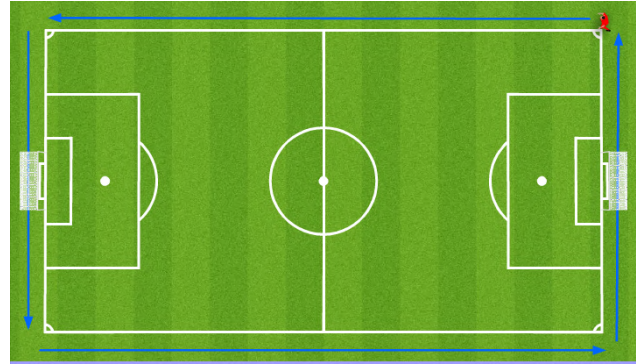
Extensive Training

Interval



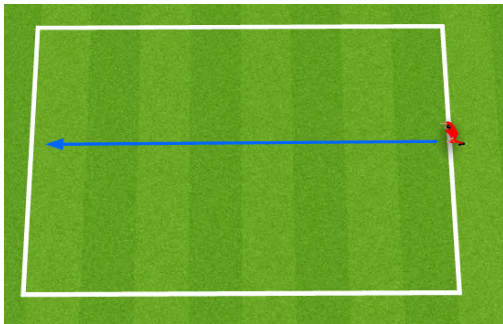
Jog around the Sideline
High Intensity runs across the end lines
5 Mins Continuous
3 Mins Active Recovery – Walking
Repeat Three Times

Continuous

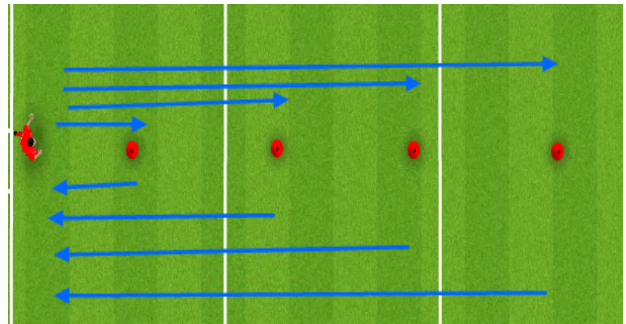


Jog around the pitch
Continuous activity
10 Mins Continuous
1.5 Mins Active Recovery – Walking
Repeat Two Times

Intensive Training



40m Sprints
45 second rest between sprints
8 Reps with 2 min break between (1 Set)
Repeat Set Three Times



Cones set up 8 yards apart
2 min rest between reps)
Repeat exercise Three Times

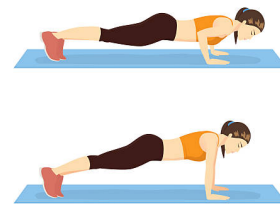


Lunges



**10 Lunges per leg
Rest for 1.5 Mins & Repeat
3 Sets**

Push Ups



**10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times**

Side Lunges



**10 Side Lunges per leg (Do both sides
before resting)
Rest for 1.5 Mins & Repeat
Repeat 3 Times**

Squats



**10-20 Repetitions
Rest for 2 Mins
Repeat 3 Times**

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Physical Program Overview

Activity	Reps / Time	Rest Time	Sets
Planks	30 Seconds	1.5 Mins	3
Core Crunches	10-30 Reps	1.5 Mins	3
Foot to Foot Crunches	20 Reps	1.5 Mins	3
Leg Lifts	30 Seconds Active	1.5 Mins	3
Side Plank	30 Seconds Each Side	1.5 Mins	3
Extensive – Interval	5 Mins Continuous	3 Mins Rest – Active Walking	3
Extensive – Continuous	10 Mins Continuous	1.5 Mins Rest – Active Walking	2
Intensive – 40m Sprints	8 Reps	2 Mins	3
Intensive - Intervals	30-60 Seconds	2 Mins	3
Lunges	10 per leg	1.5 Mins	3
Push Ups	10-30 Reps	1.5 Mins	3
Side Lunges	10 per leg	1.5 Mins	3
Squats	10-20 Squats	2 Mins	3

Always Warm up for a minimum of 12 minutes of continuous running before any extensive or intensive activity

Listen to your body – If you feel pain, stop the activity immediately

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Task #1 – Positional Profiles

Download the below videos to begin task #1:

- Suarez - <https://temp-hudlvid.s3.amazonaws.com/641221/397180/0ad/5e6db9abab9225093c5a50ad/5e6db9abab9225093c5a50ad.mp4>
- Pirlo - <https://temp-hudlvid.s3.amazonaws.com/641221/397180/3b5/5e6db809578df108b89793b5/5e6db809578df108b89793b5.mp4>
- Iniesta – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/a1b/5e6dbaf696800809f0f58a1b/5e6dbaf696800809f0f58a1b.mp4>
- **Question #1** – List the core habits that you identify in the 3 Clips ?
- **Question #2** – How can you apply these habits within your positional role at Brampton SC ?
- **Question #3** – What are the three areas that you will keep or start doing based on your analysis of the clips?

Task #2 - Technical Habits

Download the below videos to begin task #2

- Kante Defending Skills – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/535/5e6dc00cff032a08cc52f535/5e6dc00cff032a08cc52f535.mp4>
- Salah – Finishing Skills - <https://temp-hudlvid.s3.amazonaws.com/641221/397180/15a/5e6dba3015f5e00c302f515a/5e6dba3015f5e00c302f515a.mp4>
- Sane Dribbling Skills – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/878/5e6dbc5e3df5f512fc98a878/5e6dbc5e3df5f512fc98a878.mp4>
- **Question #1** – Describe each player that were highlighted with 3 words that describe their main strengths ?
- **Question #2** – List the top 5 areas for each habit (Defending, Finishing, Dribbling) ?
- **Question #3** – What are the three areas that you will keep or start doing based on your analysis of the clips ?

Task #3 – Tactical Excellence

Download the below videos to begin task #3

- Ajax Hunt – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/e9d/5e6db75b6899720b10c54e9d/5e6db75b6899720b10c54e9d.mp4>
- Ajax Adaptability – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/fd8/5e6db71715f5e00c302f4fd8/5e6db71715f5e00c302f4fd8.mp4>
- MCI U18's beat the high press – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/d46/5e6db47ad21c4c0df4364d46/5e6db47ad21c4c0df4364d46.mp4>
- Leeds Triangle Support - <https://temp-hudlvid.s3.amazonaws.com/641221/397180/e79/5e6db1446899720b10c54e79/5e6db1446899720b10c54e79.mp4>
- **Question #1** – List 3 tactical strategies that were used in each video and explain their effectiveness ?
- **Question #2** – Describe in 3 words the identity for Ajax, Manchester City U18's and Leeds United ?
- **Question #3** - What are the three areas that your TEAM will need to keep or start doing based on your analysis of the clips ?





1. Calf Flexibility



- Keep heel on the floor

Sets: 2 Rest: 30 sec.

2. Flexibility / Back Stretching



- Keep back straight Foot on the inside of the knee

Sets: 2 Rest: 30 sec.

3. Thigh Flexibility / Quadriceps



- Keep back straight

Sets: 2 Rest: 30 sec.

4. Flexibility / Thigh Stretching



- Flexibility / Thigh Stretching

Sets: 2 Rest: 30 sec.

5. Flexibility / Thigh Stretching



- Flexibility / Thigh Stretching

Sets: 2 Rest: 30 sec.

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6. Gluteal Back Flexibility

- Keep back straight and flat on the floor

Sets: 2 Rest: 30 sec.



7. Flexibility / Shoulder Stretching

- Flexibility / Shoulder Stretching

Sets: 2 Rest: 30 sec.



8. Flexibility / Calf Stretching

- Flexibility / Calf Stretching

Sets: 2 Rest: 30 sec.



9. Flexibility / Thigh Stretching

- Keep legs straight Pull foot toward you

Sets: 2 Rest: 30 sec.



10. Flexibility / Quadriceps Stretching

- Keep abs tight

Sets: 2 Rest: 30 sec.



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11. Flexibility / Thigh Stretching



- Flexibility / Thigh Stretching

Sets: 2 Rest: 30 sec.

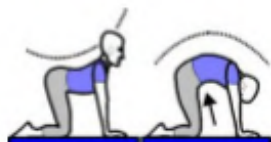
12. Flexibility / Thigh Stretching



- Flexibility / Thigh Stretching

Sets: 2 Rest: 30 sec.

13. Flexibility / Back Trunk Stretching



- Flexibility / Back Trunk Stretching

Sets: 2 Rest: 30 sec.

14. Flexibility / Shoulders Stretching



- Flexibility / Shoulders Stretching

Sets: 2 Rest: 30 sec.

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Brampton SC – Additional Exercises (Reference)

1. Front bridge



- Place the elbows directly under the shoulders and prop yourself on the elbows, keeping a neutral back and head aligned with the spine.
- Hold the position.

Sets: 2 Rest: 30 sec.

2. Side plank (up and down)



- Lay on your side.
- Prop yourself on the elbow to lift the hips off the ground.
- In the top position, you should be in a straight line: head, hips and feet aligned.
- Repeat this up and down movement.
- Keep the head in line with the spine.

Sets: 2 Repetition: 15

3. Back Extension



- Keep buttocks tight

Sets: 2 Rest: 30 sec.

4. Abdominals / Crunch



- Abdominals / Crunch

Sets: 2 Repetition: 20

5. Hip thrust



- Sit down on the floor with your upper back on a bench as a pivot point.
- Push the hips up by squeezing the glutes so your thighs are in line with the torso.
- At the high point, your knees should be at 90°.

Sets: 2 Rest: 30 sec.

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6. Superman / Trunk Stabilization

- Keep abs tight Elevated arm and with opposite leg

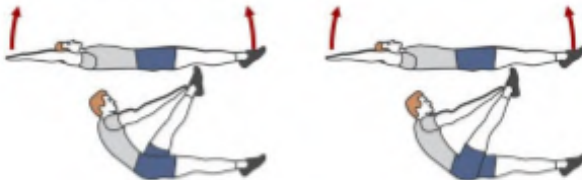
Sets: 2 Repetition: 16



7. Jack Knife Alternated Leg

- Keep your abs tight and your legs straight The body lying on the floor, move up touch one leg and go down Alternate

Sets: 2 Repetition: 20



8. Push-ups

- Put your feet together and place your hands slightly outside of your shoulders.
- Lower yourself all the way down so your chest almost makes contact with the ground and push back up.
- Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.
- Do not let your chin move forward. Keep your head in line with your spine.

Sets: 2 Repetition: 20



9. One Leg Front Plank

- Keep the abs tight and back straight Raise 1 leg and keep position
- Alternate

Sets: 2 Repetition: 16



10. Leg Abduction

- Keep the leg aligned with the body Keep the leg straight, lift the leg keeping it straight with the body

Sets: 2 Repetition: 20





11. Reverse extension on bench



- Lay on your stomach on a bench so that your hips and legs are hanging over the edge.
- Hold the bench to steady yourself.
- Keeping your back straight and the head in line with the spine, squeeze the glutes and lift your legs, extending at the hips, until your torso and thighs are aligned.
- Do not over extend at lumbar or cervical level.
- Lower your legs down toward the floor and repeat.

Sets: 2 Repetition: 12

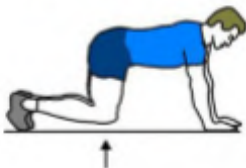
12. Side Crunch



- Keep abs tight Lead shoulder to the opposite knee

Sets: 2 Repetition: 20

13. Abdominal Plank On 4 Feet



- Keep your abs tight, back straight and head aligned with the body
- Position on four feet, knees do not touch the ground
- Maintain position

Sets: 2 Rest: 30 sec.

14. Abdominals / Crunch



- Abdominals / Crunch

Sets: 2 Repetition: 20

15. Abdominal Oblique



- Keep abs tight and hip straight

Sets: 2 Repetition: 15



1. Decline push-up



- Put your feet on a bench or something similar. Lower yourself on the ground, bringing the chest first and push back up.
- Make sure your chin is tucked at all time.

Sets: 3 Repetition: 20

2. Biceps curl with medball



- Hold the medball with a neutral grip (palms facing each other) and curl the medball up.
- Do not swing your arms. Keep your shoulders and shoulder blades in the neutral position.
- Extend your elbows completely in the bottom position.

Sets: 3 Repetition: 20

3. Shoulder press with medball



- In standing, hold a medball in front of your chest.
- Press the ball up all the way over your head and lower it under control back in front of your chest without using any leg drive.

Sets: 3 Repetition: 20

4. Triceps Extension



- Keep back straight and head up

Sets: 3 Repetition: 15

5. Rubberband shrugs



- Hold the ends of a band on your sides with arms straight, and step on the slack.
- Keep the torso upright and elevate the shoulders without swinging or driving with the legs.
- Do not move the head during the movement.

Sets: 3 Repetition: 20

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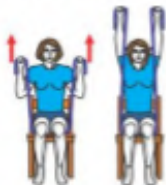
6. Incline Push-up close grip



- Put your feet together and hands shoulder width on a bench or step.
- Lower yourself all the way down so your chest almost makes contact with the bench and push back up.
- Make sure to brace the abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all time.
- Do not let the chin move forward. Keep the head in line with the spine.

Sets: 3 Repetition: 20

7. Seated Rubber Band Shoulder Press



- Rubber band under the buttocks Keep your back straight and abs tight Push vertically

Sets: 3 Repetition: 20

8. Band kickbacks



- Anchor the middle of the band in front at eyes-height.
- In split stance, grasp both ends of the band and extend the elbows without moving the shoulders/upper arms.
- Keep the head in line with the spine.

Sets: 3 Repetition: 20

9. On Knee Power Throw With Heavy Ball



- Keep back straight, head up

Sets: 3 Repetition: 15

10. Elastic Shoulders Lateral Raise Elbow Be



- Keep back straight Knees bent Elbow 90°

Sets: 3 Repetition: 20

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