

Brampton Soccer Club

Individualized Home Program





Overview:

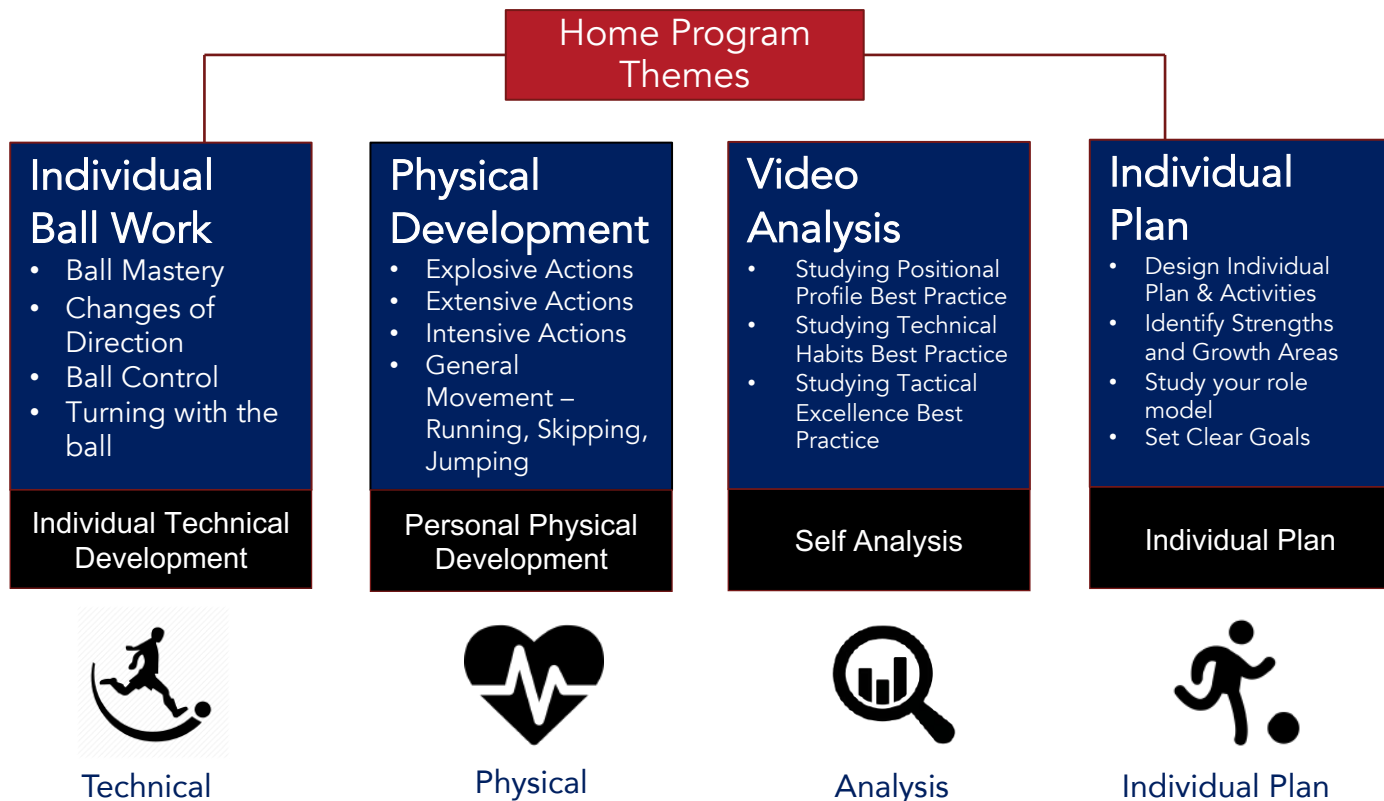
This home program (HP) is to support the development of Brampton SC players outside of the current training program. We have structured the home program to cater towards Individual Technical Ball Mastery, Physical Development and Performance analysis of World's Best Practice. Moving into April, players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





	Theme	Download Link
Training Videos	BSC Home Program Week #1 Highlights	https://rebrand.ly/HP_Week1
	BSC Home Program Week #2 Highlights	https://rebrand.ly/HP_Week2
	Coerver Skills Home Program – Refence Material	https://rebrand.ly/Coerver_HP
	Coerver Ball Mastery – Beginner Program	https://rebrand.ly/Coerver_BM_BGR
	Coerver Ball Mastery – Intermediate Program	https://rebrand.ly/Coerver_BM_ITM
	Coerver Ball Mastery – Advanced Program	https://rebrand.ly/Coerver_BM_ADV
	Simon Smith FA Goalkeeper Skills Training Video	https://rebrand.ly/SS_GK
	Man United Skills Program	https://rebrand.ly/Man_UTD
Best Practice Positional Videos	GK – Alisson Distribution – Positional Profile	https://rebrand.ly/GK_Alisson
	CB – Gary Cahill – Positional Profile	https://rebrand.ly/Cahill
	CB – Sergio Ramos – Positional Profile	https://rebrand.ly/CB_Ramos
	RB – Kyle Walker – Positional Profile	https://rebrand.ly/Walker
	LB – Marcelo – Positional Profile	https://rebrand.ly/LB_Marcelo
	HMF – Sergio Busquets – Positional Profile	https://rebrand.ly/Busquets
	AMF – Kevin De Bruyne – Positional Profile	https://rebrand.ly/DeBruyne
	AMF – Toni Kroos – Positional Profile	https://rebrand.ly/Kroos
	WFWD – Neymar – Positional Profile	https://rebrand.ly/Neymar
	WFWD – Salah – Positional Profile	https://rebrand.ly/LW_Salah
	CFWD – Luis Suarez – Positional Profile	https://rebrand.ly/FWD_Suarez
Best Practice Individual Skill Videos	Angel Di Maria – Skills Video	https://rebrand.ly/SK_DiMaria
	Neymar – Skills Video	https://rebrand.ly/SK_Neymar
	Eden Hazard - Skills Video	https://rebrand.ly/SK_Hazard
	Lionel Messi – Skills Video	https://rebrand.ly/SK_Messi
	Nicholas Pepe – Skills Video	https://rebrand.ly/SK_Pepe
	Christian Pulisic – Skills Video	https://rebrand.ly/SK_Pulisic
	Allan Saint Maximin – Skills Video	https://rebrand.ly/SK_SaintMaximin
	Jadon Sancho - Skills Video	https://rebrand.ly/SK_Sancho
	Adama Traore – Skills Video	https://rebrand.ly/SK_Traore
	Wilfried Zaha – Skills Video	https://rebrand.ly/SK_Zaha





ISP = Individual Skills Plan
IDP = Individual Development Plan

Weekly Schedule:

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

Total Time – 3.25 Hours

Monday Mar 30	Tuesday Mar 31	Wednesday Apr 1	Thursday Apr 2	Friday Apr 3	Saturday Apr 4	Sunday Apr 5
Off	Individual Ball Work Program Ball Mastery Exercises – 45 Mins	Physical Development Program Running & Movement – 30 Mins	Video Analysis Task #3 Tactical Excellence Analysis – 30' Mins	Physical Development Program Running & Movement – 30 Mins	Individual Ball Work Program Changes of Direction – 25 Mins Ball Control – 25 Mins	ISP or IDP Window

Week #4 Program – April 6 to April 12, 2020

Total Time – 3.45+ Hours

Monday Apr 6	Tuesday Apr 7	Wednesday Apr 8	Thursday Apr 9	Friday Apr 10	Saturday Apr 11	Sunday Apr 12
ISP or IDP Window	Individual Ball Work Program Changes of Direction – 30 Mins Turning with the Ball – 30 Mins	Physical Development Program Running & Movement – 30 Mins	Video Analysis Task #4 Man City Analysis – 30' Mins	Physical Development Program Running & Movement – 30 Mins	Individual Ball Work Program Turning with the ball – 30 Mins Ball Control – 30 Mins	ISP or IDP Window

Week #5 Program – April 13 to April 19, 2020

Total Time – 3.5+ Hours

Monday Apr 13	Tuesday Apr 14	Wednesday Apr 15	Thursday Apr 16	Friday Apr 17	Saturday Apr 18	Sunday Apr 19
ISP or IDP Window	Individual Ball Work Program Ball Mastery Exercises – 60 Mins	Physical Development Program Running & Movement – 30 Mins	Video Analysis Task #5 Liverpool Analysis – 30' Mins	Physical Development Program Running & Movement – 30 Mins	Individual Ball Work Program Changes of Direction – 30 Mins Ball Control – 30 Mins	ISP or IDP Window





ISP = Individual Skills Plan
IDP = Individual Development Plan

Weekly Schedule:

Week #6 Program – April 20 to April 26, 2020

Total Time – 3.75+ Hours

Monday Apr 20	Tuesday Apr 21	Wednesday Apr 22	Thursday Apr 23	Friday Apr 24	Saturday Apr 25	Sunday Apr 26
ISP or IDP Window	Individual Ball Work Program Ball Mastery Exercises – 60 Mins	Physical Development Program Running & Movement – 30 Mins	Video Analysis Task #6 Leeds United Analysis – 30' Mins	Physical Development Program Running & Movement – 30 Mins	Individual Ball Work Program Changes of Direction – 30 Mins Ball Control – 30 Mins	ISP or IDP Window

Week #7 Program – April 27 to May 3, 2020

Total Time – 3.75+ Hours

Monday Apr 27	Tuesday Apr 28	Wednesday Apr 29	Thursday Apr 30	Friday May 1	Saturday May 2	Sunday May 3
ISP or IDP Window	Individual Ball Work Program Changes of Direction – 30 Mins Turning with the Ball – 30 Mins	Physical Development Program Running & Movement – 30 Mins	Video Analysis Task #7 Chelsea Analysis – 30' Mins	Physical Development Program Running & Movement – 30 Mins	Individual Ball Work Program Ball Mastery – 30 Mins Ball Control – 30 Mins	ISP or IDP Window



Mental Skills



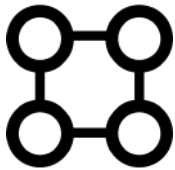
- **Theme - Mental Skills**
- Date – Friday April 3, 2020
- Time – 6:30pm
- Location – Virtual Meeting
- Meeting Link - <https://zoom.us/j/978398195>

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>

Brampton Soccer Club

Individual Ball Mastery



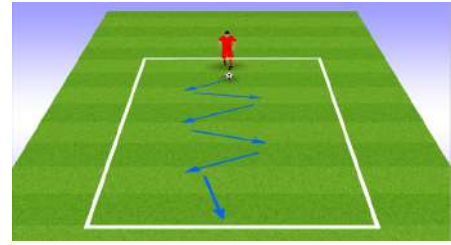
Free Dribble



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

5 Minutes

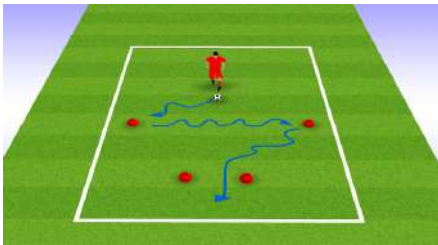
Inside-Outside



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

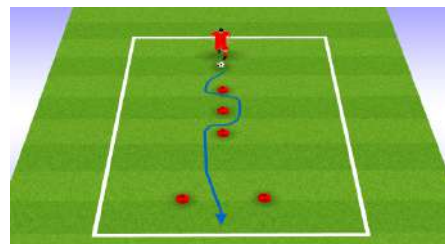
Juggling



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

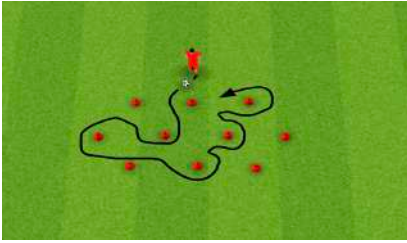


Player Dribbles and weaves through the cones, once past the cones the player will change speed through the gate – Use Right Foot and Then Left foot

8 Minutes



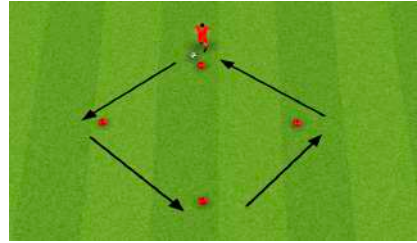
Evasion



Set up cones in a staggered shape (very tight & close together) – Player dribbles and evades the cones using various ball manipulation skills – Use both feet & use different surfaces

8 Minutes

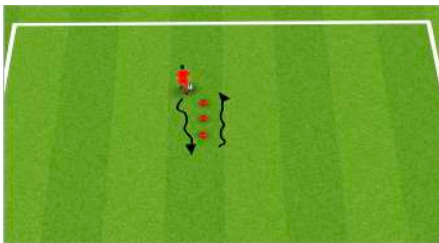
Weak Foot – Strong Foot



Player dribbles and changes direction at each cone (shaped in a diamond). When dribbling, player only uses their weak foot for 4 repetitions (2x both directions) and then switches for 4 repetitions with strong foot. Challenge yourself to go as fast as you can while maintaining control.

8 Minutes

Around the World



Player sets up 3 Cones tight together in a line – Player must dribble backwards using their sole and go around the line of cones – Challenge yourself to count how many times you can around the cones in 45 seconds – Try to beat your record every time

8 Minutes





Ball Mastery Training Overview

Choose your exercises for 60 min session

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 – 1 min 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
Evasion	8 Mins	45 sec work – 30 sec rest Repeat Six Times	High
Weak Foot – Strong Foot	8 Mins	45 sec work – 30 sec rest Repeat Six Times	High
Around the world	8 Mins	90 sec work – 30 sec rest Repeat Four Times	Medium
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	60 Mins Activity + 10 Mins Warm Up & Cool Down		

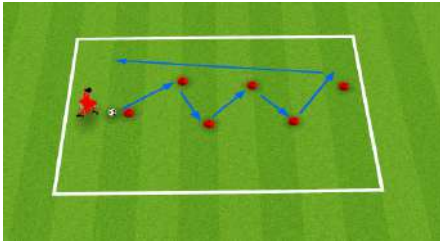
Equipment:

1 Ball
5 Cones
Open Area (Indoor or Outdoor)

PARTNERS & ACCREDITATIONS



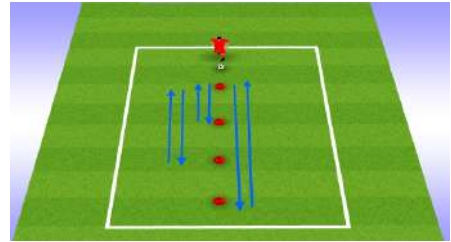
Zig Zag Dribble



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

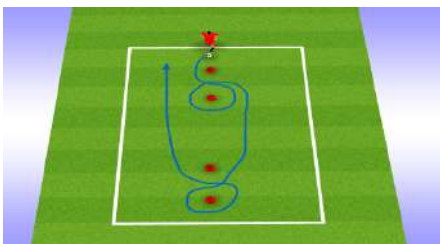
Ladder Dribble



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

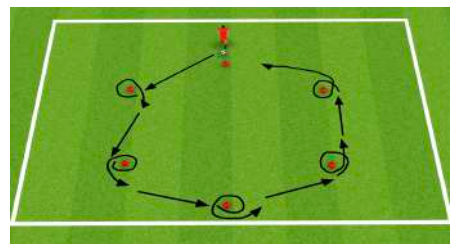
Figure 8



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

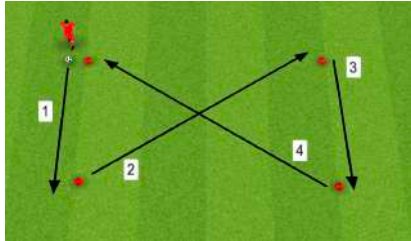
360 Degree



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

“X” Dribble

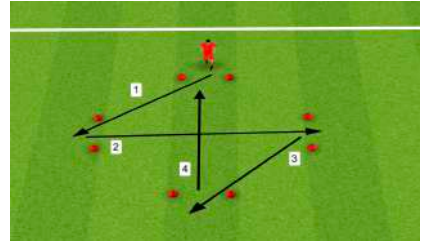


Player in the sequence shown in the diagram (1-4).

At each corner of the square, the player is to perform a change of direction (Chop or Turn). Repeat 10 Times & Use both feet.

8 Minutes

4 Gates



Player Dribbles through the gate and Changes Direction/Speed to attack another gate – Change up the pattern of the 4 Gates you dribble through and track your time – Repeat 10 Times & Use both feet.

8 Minutes



Changes of Direction Overview

Choose your exercises for 30 Min Session

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	Medium to High
360 Degree	8 Mins	30 Seconds work – 15 Seconds Rest Repeat 6 Times	High
“X” Dribble	8 Mins	30 Seconds work – 15 Seconds Rest Repeat 6 Times	High
4 Gates	8 Mins	30 Seconds work – 15 Seconds Rest Repeat 6 Times	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	30 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball

8 Cones

Open Area (Indoor or Outdoor)

PARTNERS & ACCREDITATIONS



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

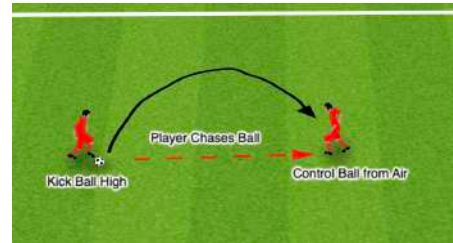
Juggling



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

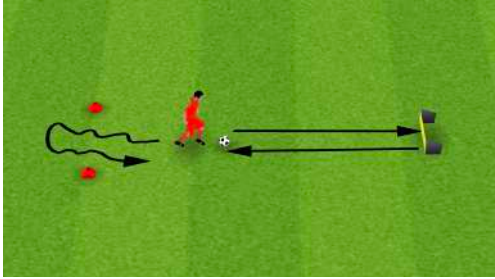
Aerial Challenge



Player kicks the ball high into Air – Player then chases the ball down and must control the ball with their first touch before the ball drops to the ground – Use different controlling surfaces – Aim is to control the ball on first touch and keep the ball close to you after receiving.

8 Minutes

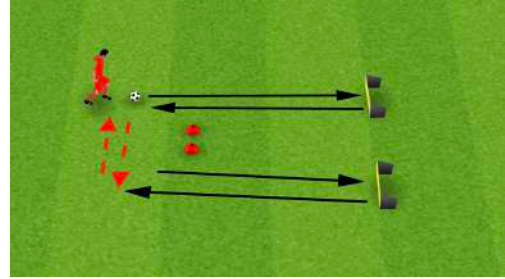
First Touch Challenge



Player passes the ball against the wall –
Player then turns on 1st touch from the rebound pass and dribbles through the gate to then repeat the action – Use both feet – Vary first touch turn (Inside foot, outside foot, flick turns)

8 Minutes

The Rebounder



Player passes the ball against the wall –
Player then controls the ball across the two cones to pass against the wall again and repeat the action – Try to control the ball with one foot and pass with the other – Vary controlling surface using both feet

8 Minutes



Ball Control Overview

Choose your exercises for 30 Min Session

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
Aerial Challenge - Outdoor	8 Mins	Continuous	Low
First Touch Challenge	8 Mins	3 Mins Work – 1 Min Rest Repeat Twice	Medium
Rebounder	8 Mins	3 Mins Work – 1 Min Rest Repeat Twice	Medium
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	30 Mins Activity + 10 Mins Warm Up & Cool Down		

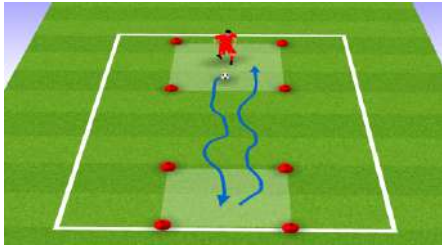
Equipment:

1 Ball

Wall or Rebounder
Open Area (Indoor or Outdoor)



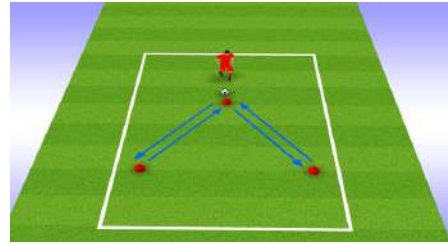
Double Box



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

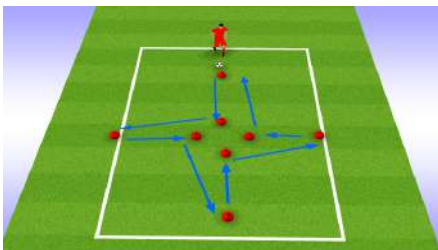
Triangle



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

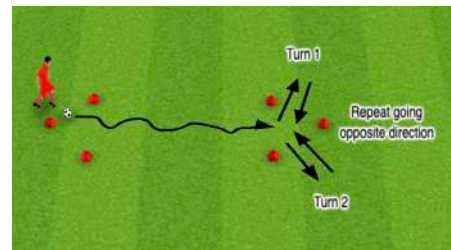
Star



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

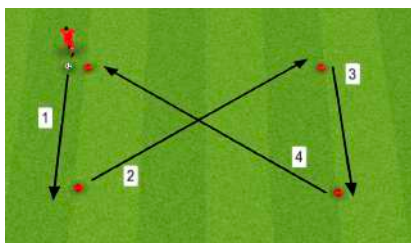
Double Triangle



Player dribbles to opposite side triangle – Once inside the triangle player performs two turns through the sides of the triangle – Once the turns are complete, player dribbles to opposite side to repeat the action

10 Minutes

“X” Dribble



Player in the sequence shown in the diagram (1-4). At each corner of the square, the player is to perform a change of direction (Chop or Turn). Repeat 10 Times & Use both feet.

8 Minutes

Vary Turns during the exercises:

- Cruyff Turn
- Outside Turn
- Inside Turn
- Sole Turn
- Overstep & Turn
- Drag Back
- Outside/Inside Chops
- "V" Drags



Turning with the ball Overview

Choose your exercises for 30 Min Session

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
Double Triangle	8 Mins	30 Seconds work – 15 Seconds Rest Repeat 6 Times	High
“X” Dribble	8 Mins	30 Seconds work – 15 Seconds Rest Repeat 6 Times	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	30 Mins Activity + 10 Mins Warm Up & Cool Down		

Equipment:

1 Ball

8 Cones

Open Area (Indoor or Outdoor)



Brampton Soccer Club

Video Analysis





Respond via email to your Team Coach

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 Build Up** – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/d46/5e6db47ad21c4c0df4364d46/5e6db47ad21c4c0df4364d46.mp4>
- **Leeds 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 ?





Respond via email to your Team Coach

Task #4 – Man City Game Analysis

Download the below videos to begin task #4:

Game	Team to Analyze	Game Moment	Download Link
Man City vs Aston Villa	Manchester City	Attacking Organization	https://rebrand.ly/MCivAVI

Task #4 - Game Analysis Task:

What is the Identity of Man City – List 3 Points?	What Skills/Habits do Man City Players demonstrate to effectively build their attacks – List 3 points?	What are the 3 Biggest Learnings from this analysis that you can apply in your own performance?
1. - 2. - 3. -	1. - 2. - 3. -	1. - 2. - 3. -

Task #5 – Liverpool Game Analysis

Download the below videos to begin task #4:

Game	Team to Analyze	Game Moment	Download Link
Liverpool vs Wolves	Liverpool	Attacking Transition	https://rebrand.ly/LIVvWOL

Task #5 - Game Analysis Task:

What is the Identity of Liverpool – List 3 Points?	What Skills/Habits do Liverpool Players demonstrate to effectively transition to Attack – List 3 points?	What are the 3 Biggest Learnings from this analysis that you can apply in your own performance?
1. - 2. - 3. -	1. - 2. - 3. -	1. - 2. - 3. -





Respond via email to your Team Coach

Task #6 – Leeds United Game Analysis

Download the below videos to begin task #4:

Game	Team to Analyze	Game Moment	Download Link
Leeds vs Arsenal	Leeds (Light Blue)	Defensive Transition	https://rebrand.ly/LEUvARS

Task #4 - Game Analysis Task:

What is the Identity of Leeds United – List 3 Points?	What Skills/Habits do Leeds Players demonstrate to effectively transition to Defend – List 3 points?	What are the 3 Biggest Learnings from this analysis that you can apply in your own performance?
1. - 2. - 3. -	1. - 2. - 3. -	1. - 2. - 3. -

Task #7 – Chelsea Game Analysis

Download the below videos to begin task #4:

Game	Team to Analyze	Game Moment	Download Link
Chelsea v Brighton	Brighton	Defensive Organization	https://rebrand.ly/CHEvBR

Task #5 - Game Analysis Task:

What is the Identity of Chelsea – List 3 Points?	What Skills/Habits do Chelsea Players demonstrate to effectively pressure the opponent – List 3 points?	What are the 3 Biggest Learnings from this analysis that you can apply in your own performance?
1. - 2. - 3. -	1. - 2. - 3. -	1. - 2. - 3. -



Brampton Soccer Club

Physical Development





Special Thanks to Ahj Roberts from 180 Degree
for the below video library



Warm up

https://www.youtube.com/watch?v=cqXXcl_M5yE



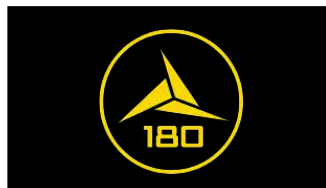
Session #1 Playlist

<https://www.youtube.com/playlist?list=PLNaXKuf3HWiGOHihEnckhFVK333jgqfpM>



Session #2 Playlist

<https://www.youtube.com/playlist?list=PLNaXKuf3HWiFbZLuO0Z1jbFyF4DsbCht6>



180 Degree YouTube Channel

<https://www.youtube.com/channel/UCU2TXtBQiaUTpjo6eIFGtow>

Planks



Hold for 30 seconds
Rest for 1.5 Mins
Repeat 3 Times

Core Crunches



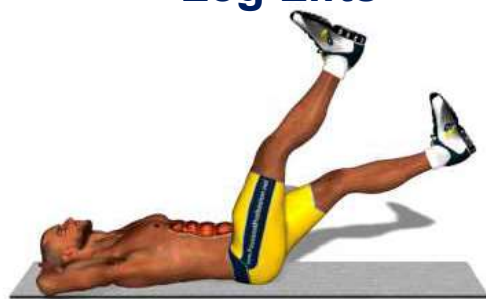
10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

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

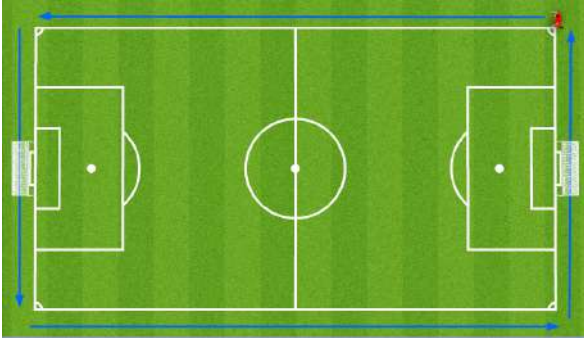
Side Plank



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

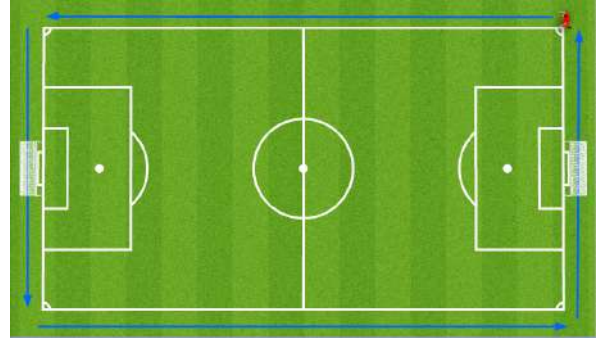
Extensive Training

Interval



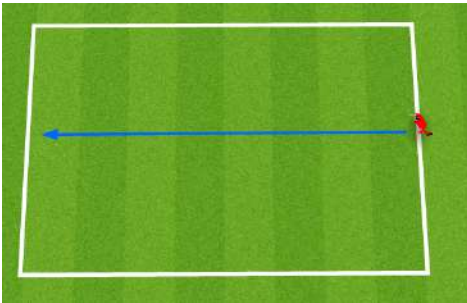
Jog around the Sideline
High Intensity runs across the end lines
5 Mins Continuous
3 Mins Active Recovery – Walking
Repeat Three Times

Continuous

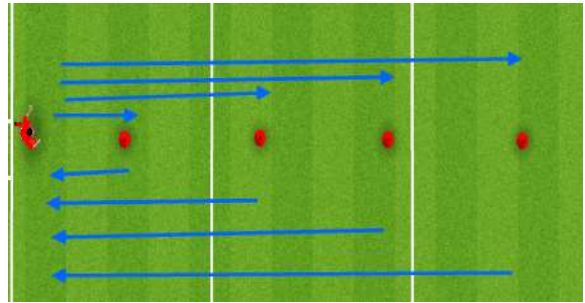


Jog around the pitch
Continuous activity
10 Mins Continuous
1.5 Mins Active Recovery – Walking
Repeat Two Times

Intensive Training



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



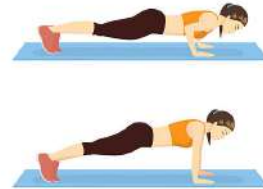
Cones set up 8 yards apart
2 min rest between reps
Repeat exercise Three Times

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

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.

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.



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.



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.

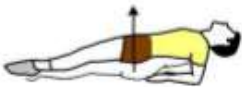
2. Side plank (up and down)



- 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.

6. Superman / Trunk Stabilization

- Keep abs tight Elevated arm and with opposite leg

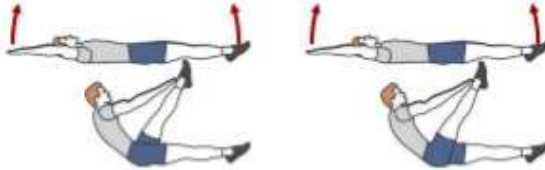
Sets: 2 Repetition: 16



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

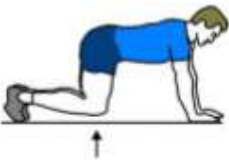
12. Side Crunch



- 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.

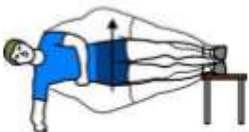
14. Abdominals / Crunch



- Abdominals / Crunch

Sets: 2 Repetition: 20

15. Abdominal Oblique



- Keep abs tight and hip straight

Sets: 2 Repetition: 15