



## **LFSA Home Training Program**

Week 3: April 13 - April 19

Week 4: April 20 - April 26

### **Keys to Success**

**Stay Positive & Have Fun:** To be successful with your daily activities it's important to focus & have a positive mindset.

### **Equipment Needed**

1. Soccer Ball
2. Space
3. Notebook
4. Cones or Objects (use whatever you have available)
5. Stopwatch (every phone has one)
6. Wall
7. Computer, Tablet or Phone

### **Training Guidelines**

1. There are **two** days of training per week. Feel free to repeat or do additional training on the off days.
2. Prioritize each training type equally, mental, physical, and technical.
3. Allow 30-40 minutes per training session.

### **Contact Information**

If you have trouble with an activity or need more direction you can contact your coach directly.

### **Links to Additional Training Resources & Coach Videos**

Utilize these if you are looking for more activities & inspiration.

- **Goalkeeper Training**
  - Warm-up: [Here are 100 good ones](#), just pick between (5-10 depending on level of challenge) to get going, change them up each week.
  - Here is the basement workout on [handling seen here](#).
  - [Working on low diving-](#) this can be done on your own. [If you have parent or sibling you can take it to the next level.](#)

## **TIPS FOR PARENTS w/”Coaching Talk”**

### *How do we help our young athletes grow in this unprecedented situation?*

- 1. Be there.** They don't need your 100 percent attendance, but they do need your 100 percent support. Be there as much as you possibly can, but don't guilt yourself if you miss a session here or there. If you have work, *who else might watch and support the training work?*
  - a. Use the packet as a resource as much possible and reach out questions--big our small**
  - b. As much as you can-- please go out and be present with your child as they do this work.**
  - c. Offer to record video of the work for a minute or two. (This has been homework already and most coaches did not receive any emails or text messages. But it's not too late!)**
- 2. Show your pride.** Wear that shirt with their name and number on it. Stand up and cheer when they make the shot--even in the backyard! Make a tape goal on your garage!. Let them know that you are their biggest fan.
  - a. Encourage LFSA practice gear, shin guards and cleats, whenever they are getting ready for their work out.*
  - b. Encourage the water bottle and the backpack to go out to the yard with them.*
  - c. Encourage sibling support as well. Have your kids play together as much as possible, allowing them to teach each other their favorite moves.*
- 3. Be a positive spectator.** *That sounds like:*
  - a. “I love that you are keeping the ball close!”*
  - b. “Wow, that work looks hard and you do it so well!”*
  - c. “I am proud of you for doing this work on your own.”*
- 4. Give your young athlete permission to have fun.** In your rush to teach kids the value of hard work, don't leave fun out of the equation. That's what keeps them in the game. *This might sound like:*
  - a. “Can you show me some of the moves you work on? And another? What is that called?”*
  - b. “What's your favorite move? Can you do it 10 times in a row?”*
  - c. “Can you put together as many moves as possible? Wow! That was awesome!”*
- 5. Give your young athlete permission to make mistakes.** How else will they learn? *Say:*
  - a. “What's the hardest move for you? Can you spend some time working on that?”*
  - b. “Is there support in the training document for that move? “*
  - c. “Should we find a video on youtube to help?”*
  - d. Share a quick story about a time you couldn't master something...*
- 6. Give your young athlete space.** After practices and games or when frustrated, your child may just need time to breath and process. He or she will talk when ready. *It might sound like:*
  - a. “It's ok to take a break. Don't you do that in practice? Grab some water.”*
  - b. “Look up to the sky to refocus yourself. You are doing great. Don't be so hard on yourself.”*
  - c. Teach them a power pose-- foot on the ball. Hands on their hips. Chest full. (Superman Pose)*
- 7. Express your pride, win or lose.** Your young athlete needs to know that you are proud of him or her no matter how he or she plays; You are proud of who he or she *is*, not just what he or she does. *You could say:*

- a. "I am sure this work is much more fun with your teammates. I am really proud of you for making this work."
  - b. "I know this work is hard. I can see you working hard and getting better."
  - c. "I can't wait to see you do that in a game later!"
8. **Be an active listener.** Pay attention when they talk. Use conversation as a way to understand and then respond, not just as a way to get your point across.

Modified from:

<https://blog.teamsnap.com/general-sports/15-intangible-ways-to-show-support-for-your-athlete>

		Tuesday, April 14th/21st	
<p><b><u>Psychosocial Development</u></b>  <i>Set Up:</i> notebook, anywhere with access to phone, tablet, or computer  <i>Time:</i> varies</p>	<p><u>Positive Mindset</u></p> <ul style="list-style-type: none"> <li>● "You have to fight to reach your dream. You have to sacrifice and work hard for it." – <b>Lionel Messi</b></li> <li>● Think of 3 things you are thankful for.</li> </ul>		
<p><b><u>Warmup</u></b>  <i>Set Up:</i> Open Space  <i>Time:</i> 5 minutes</p>	<ul style="list-style-type: none"> <li>● Dynamic Warmup + Stretch</li> </ul>		
<p><b><u>Juggling</u></b>  <i>Set Up:</i> Ball and an open space  <i>Time:</i> 5 minutes</p>	<p><b><u>Beginner - Video Example</u></b></p>	<p><b><u>Advanced - Video Example</u></b></p>	
	<ul style="list-style-type: none"> <li>● Juggle With Bounce (try to beat your highest score)</li> <li>● Try juggling without a bounce and see how many you can get</li> </ul>	<ul style="list-style-type: none"> <li>● Juggle With No Bounce (try to beat your highest score)</li> <li>● Practice any of the combos in the video or make up your own combo</li> </ul>	
<p><b><u>Technical Development</u></b>  <i>Set Up:</i> Ball, cones/markers  <i>Time:</i> 15 minutes</p>	<ul style="list-style-type: none"> <li>● <a href="#">Wall Passing</a> - 5 minutes</li> <li>● <a href="#">L Turn</a> - 5 minutes</li> <li>● <a href="#">Squeeze Push</a> - 5 Minutes</li> </ul>		
<p><b><u>Physical Development</u></b>  <i>Set Up:</i> Open space, cones/markers  <i>Time:</i> 5 minutes</p>	<ul style="list-style-type: none"> <li>● <a href="#">15 Agility Exercises</a> - pick any 5 exercises, perform for 30 seconds, rest for 30 seconds.</li> </ul>		

	Thursday, April 16th/23rd
<p><b><u>Psychosocial Development</u></b>  <i>Set Up:</i> notebook, anywhere with access to phone, tablet, or computer  <i>Time:</i> varies</p>	<p><u>Positive Mindset</u></p> <ul style="list-style-type: none"> <li>• “Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.” – <b>Mia Hamm</b></li> <li>• Share your favorite sports moment with your parents and ask them about theirs.</li> </ul>
<p><b><u>Warmup</u></b>  <i>Set Up:</i> Open Space  <i>Time:</i> 5 minutes</p>	<ul style="list-style-type: none"> <li>• Dynamic Warmup + Stretch</li> </ul>
<p><b><u>Juggling</u></b>  <i>Set Up:</i> Ball and an open space  <i>Time:</i> 5 minutes</p>	<ul style="list-style-type: none"> <li>• <a href="#">Juggling &amp; Trapping</a></li> </ul>
<p><b><u>Technical Development</u></b>  <i>Set Up:</i> Ball, cones/markers  <i>Time:</i> 15 minutes</p>	<ul style="list-style-type: none"> <li>• <a href="#">Pull a V</a>- 5 minutes</li> <li>• <a href="#">Triangles</a>- 5 minutes</li> <li>• <a href="#">Scissors</a> - 5 Minutes</li> </ul>
<p><b><u>Physical Development</u></b>  <i>Set Up:</i> Open space, cones/markers  <i>Time:</i> 5 minutes</p>	<ul style="list-style-type: none"> <li>• Go for a 5-10 minute run, try to keep a steady pace without stopping until the end.</li> </ul>

	<b>Saturday, April 18th/25th</b>
<b>Team Zoom Meeting:</b> Check with your coach for the exact time.	<ul style="list-style-type: none"><li>• Attend your scheduled team zoom meeting wearing your LFSA practice t-shirt or game jersey</li><li>• Be ready to share with the group your progress through the week, any homework that was assigned, or anything else (video, link).</li></ul>
<b>Homework For Next Week</b>	<ul style="list-style-type: none"><li>• Your coach will assign you something specific for the following week.</li></ul>