



U08 - U09 LFSA Home Training Program

Week 3: April 13th-April 19th

Week 4: April 20-April 26th

Dear Players and Parents,

Thank you for your continued support and efforts as we work with our players remotely. There have been many positives in the past two weeks. To be sure, our athletes have had to be creative and committed to keep doing the sports they love.

In this new packet, there are many things that are *identical* to weeks 1 & 2. Our philosophy in keeping the training very similar is to create a sense of predictability and allow the kids to feel like “they’ve got this”. However, when we have added complexity or new work, **we highlighted it in YELLOW**. As always, we want the players to try and do the best they can under the circumstances. For example, if you don’t have cones, you can use a backpack or a water bottle instead. Please feel free to contact your coach if you cannot do a specific exercise or need any help.

“Do what you can, with what you have, where you are.”

Theodore Roosevelt

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.

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		
<u>Psychosocial Development</u> <i>Set Up:</i> notebook, anywhere with access to phone, tablet, or computer <i>Time:</i> varies	<u>Positive Mindset</u> <ul style="list-style-type: none"> “Practice puts brains in your muscles.” Samuel Snead <ul style="list-style-type: none"> Share this quote with one person (sibling, teammate, parent) to inspire them this week! What are 2 skills you want to focus on this week? What are YOU going to do to improve today? <i>Write down your 2 skills & share them with your coach.</i> 	
<u>Warmup</u> <i>Set Up:</i> Two cones or markers 10 yards apart <i>Time:</i> 5 Minutes	Jog High Knees Side to Side Carioca Skips Open The Gate	Close The Gate 2 Step Shuffle Backward 2 Step Shuffle Sprint Lunges Stretch
<u>Juggling</u> <i>Set Up:</i> Ball and an open space <i>Time:</i> 5 minutes	<u>Beginner - Video Example</u> Juggle With Bounce (remember your highest score) R + R + Catch L + L + Catch R + L + Catch R + L + R + Catch OR L + R + L + Catch	<u>Advanced - Video Example</u> Juggle With No Bounce (remember your highest score) L + R + Catch L + R + L + Catch Inside + Laces + Outside + Catch RF + RT + LF + LT + Catch (F= foot, T= thigh)
<u>Technical Development</u> <u>Foot Skills</u> <i>Set Up:</i> Ball, cones/markers Make a diamond with 4 cones approx 5 yards between each cone <i>Time:</i> 10 minutes	Use the Videos to add to your foot skill work for week 3. Video of <u>Diamond Dribbling Work (Inside & Outside of the Foot) TO THE CONE</u> <ul style="list-style-type: none"> Close up <u>Video of the CHOP CUT (INSIDE of the FOOT)</u>. Close up <u>Video of CHOP CUT (OUTSIDE of the FOOT)</u>. Video of <u>Diamond Dribbling Work (Inside & Outside of the Foot) AROUND THE CONE</u> <ul style="list-style-type: none"> <u>Close up Video of 360 Turn (INSIDE of the FOOT)</u>. <u>Close up Video of 360 Turn (OUTSIDE of the FOOT)</u>. 	
<u>Technical Development</u> <u>Shooting</u> <i>Set Up:</i> Ball, <i>Time:</i> 10 minutes	<u>Watch this Video to Review Proper Shooting Technique</u> <ul style="list-style-type: none"> What are the FIVE steps to taking a great shot? <u>Easy Shooting Work for the Backyard</u> <ul style="list-style-type: none"> Can you set up this easy work in your backyard? 	
<u>Homework Video Training</u>	Watch this video. If you can learn more about how to become a powerful shooter, good for you! <u>PRESEASON SHOOTING WORK VIDEO</u>	

Thursday, April 16th

<p><u>Psychosocial Development</u></p> <p>Set Up: notebook, anywhere with access to phone, tablet, or computer</p> <p>Time: varies</p>	<p>Positive Mindset</p> <ul style="list-style-type: none"> ● Repeat 3 Affirmations before you start your session. Daily affirmations are simple, positive statements declaring specific goals in their completed states. i.e. "I am happy and enjoying the completion of my daily workout! "I am satisfied that I gave my full effort and completed all my daily goals." 	
<p><u>Warmup</u></p> <p>Set Up: Two cones or markers 10 yards apart</p> <p>Time: 5 Minutes</p>	<p>Jog High Knees Side to Side Carioca Skips Open The Gate</p>	<p>Close The Gate 2 Step Shuffle Backward 2 Step Shuffle Sprint Lunges Stretch</p>
<p><u>Juggling</u></p> <p>Set Up: Ball and an open space</p> <p>Time: 5 Minutes</p>	<p>Beginner - Video Example</p> <p>Juggle With Bounce (try to beat your score from last session) R + R + Catch L + L + Catch R + L + Catch R + L + R + Catch OR L + R + L + Catch</p>	<p>Advanced - Video Example</p> <p>Juggle With No Bounce (try to beat your score from last session) L + R + Catch L + R + L + Catch Inside + Laces + Outside + Catch RF + RT + LF + LT + Catch (F= foot, T= thigh)</p>
<p><u>Technical Development</u></p> <p><u>Foot Skills</u></p> <p>Set Up: Ball, cones/markers Make a diamond with 4 cones approx 5 yards between each cone --and put one cone in the middle.</p> <p>Time: 10 Minutes</p>	<p>Use the Videos to add to your foot skill work for week 3.</p> <p><i>Diamond Dribbling Progression (Add a fifth cone in the MIDDLE of your diamond today)</i> Video of Diamond Foot Skill Work Cruyff with a Pull Back <ul style="list-style-type: none"> ● (Slow Motion Cruyff) Video of Diamond Foot Skill Work Charlie Peck Does Stepper w/ Cut Back <ul style="list-style-type: none"> ● Slow Motion Step Over With A Cut Back </p>	
<p><u>Technical Development</u></p> <p><u>Shooting</u></p> <p>Set Up: Ball,</p> <p>Time: 10 minutes</p>	<p>Watch this Video to Review Proper Shooting Technique</p> <ul style="list-style-type: none"> ● What are the FIVE steps to taking a great shot? <p>Easy Shooting Work for the Backyard</p> <ul style="list-style-type: none"> ● Can you set up this easy work in your backyard? 	
	<p><i>No Homework</i></p>	

Tuesday, April 21st		
<u>Psychosocial Development</u> Set Up: Notebook, anywhere with access to phone, tablet, or computer Time: varies	<u>Positive Mindset</u> <ul style="list-style-type: none"> “Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” -Michael Jordan What did you get better at last week? What are going to do differently THIS WEEK? <p><i>Write down your thoughts & share them with your coach</i></p>	
<u>Warmup</u> Set Up: Two cones or markers 10 yards apart Time: 5 Minutes	Jog High Knees Side to Side Carioca Skips Open The Gate	Close The Gate 2 Step Shuffle Backward 2 Step Shuffle Sprint Lunges Stretch
<u>Juggling</u> Set Up: Ball and an open space Time: 5 minutes	<u>Beginner - Video Example</u> Juggle With Bounce (remember your highest score) R + R + Catch L + L + Catch R + L + Catch R + L + R + Catch OR L + R + L + Catch	<u>Advanced - Video Example</u> Juggle With No Bounce (remember your highest score) L + R + Catch L + R + L + Catch Inside + Laces + Outside + Catch RF + RT + LF + LT + Catch (F= foot, T= thigh)
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<u>Technical Development</u> <u>Shooting</u> Set Up: Ball, Time: 10 minutes	<u>Watch this Video to Review Proper Shooting Technique</u> <ul style="list-style-type: none"> What are the FIVE steps to taking a great shot? <u>Easy Shooting Work for the Backyard</u> <ul style="list-style-type: none"> Can you set up this easy work in your backyard? 	
<u>Homework Video</u> <u>Training</u>	Watch this video. If you can learn more about how to become a powerful shooter, good for you! <u>MORE SHOOTING WORK TO TRY</u>	

	Thursday, April 23rd	
Psychosocial Development <i>Set Up:</i> phone, etc. <i>Time:</i> varies	<u>Positive Mindset: Rewind & Repeat!</u> <ul style="list-style-type: none"> Choose your favorite pre-game warm-up song. Play it loud! 	
Warmup <i>Set Up:</i> Two cones or markers 10 yards apart <i>Time: 5 Minutes</i>	Jog High Knees Side to Side Carioca Skips Open The Gate	Close The Gate 2 Step Shuffle Backward 2 Step Shuffle Sprint Lunges Stretch
Juggling <i>Set Up:</i> Ball and an open space <i>Time: 5 Minutes</i>	<u>Beginner - Video Example</u> Juggle With Bounce (try to beat your score from last session) R + R + Catch L + L + Catch R + L + Catch R + L + R + Catch OR L + R + L + Catch	<u>Advanced - Video Example</u> Juggle With No Bounce (try to beat your score from last session) L + R + Catch L + R + L + Catch Inside + Laces + Outside + Catch RF + RT + LF + LT + Catch (F= foot, T= thigh)
Technical Development Foot Skills <i>Set Up:</i> Ball, cones/markers Make a diamond with 4 cones approx 5 yards between each cone --and put one cone in the middle. <i>Time: 10 Minutes</i>	Use the Videos to add to your foot skill work for week 3. <i>Diamond Dribbling Progression (Add a fifth cone in the MIDDLE of your diamond today)</i> Video of Diamond Foot Skill Work <u>Cruyff with a Pull Back</u> <ul style="list-style-type: none"> (<u>Slow Motion Cruyff</u>) Video of Diamond Foot Skill Work <u>Charlie Peck Does Stepover w/ Cut Back</u> <ul style="list-style-type: none"> Slow Motion <u>Step Over With A Cut Back</u> 	
Technical Development Shooting <i>Set Up:</i> Ball, <i>Time: 10 minutes</i>	<u>Watch this Video to Review Proper Shooting Technique</u> <ul style="list-style-type: none"> What are the FIVE steps to taking a great shot? <u>Easy Shooting Work for the Backyard</u> <ul style="list-style-type: none"> Can you set up this easy work in your backyard? 	
	<i>No Homework</i>	

Stay in Touch

- If you have trouble with any of the activities contact your coach directly via e-mail for clarification
- Continue to submit any videos & photos to soccer@lfsa.org
- Call your teammates to check-in with them!
- Your coaches will host weekly Zoom calls to hear how you're doing & see your smiling faces
- We will send regular updates with additional training, video links & inspiration

Additional Links

- [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](#).
- [Beat Defenders](#)
- [50 Ball Mastery Exercises](#)