



Coral Springs Prime FC

AT HOME TRAINING PACKET WEEK: 1



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SPORTS MEDICINE
INSTITUTE



WEEK 1
3/30 – 4/3

Themes

- *Ball mastery*
- *Technical Skills*
- *Mental Skills*
- *Tactical Challenge*

DAY 1 ~ 1.5 HOURS

I. Warmup – Juggling (10 Mins)

II. **Ball Mastery** – Pick any 3 moves and spend 6 minutes on each move (18 mins total)

“Beginner” Exercises

- U – Turns – [Click here for video](#)
- Sole Roll – [Click here for video](#)
- Double V’s – [Click here for video](#)

“Intermediate” Exercises

- Laces, outside, inside – [Click here for video](#)
- V, L – [Click here for video](#)
- Cryuff Turns – [Click here for video](#)

“Expert” Exercises

- Backwards Triangles – [Click here for video](#)
- Outside, stop, L – [Click here for video](#)
- Forward L, Backward L, Switch – [Click here for video](#)

III. **Technical** – Spend 6 minutes on each move (18 mins total)

Individual Possession

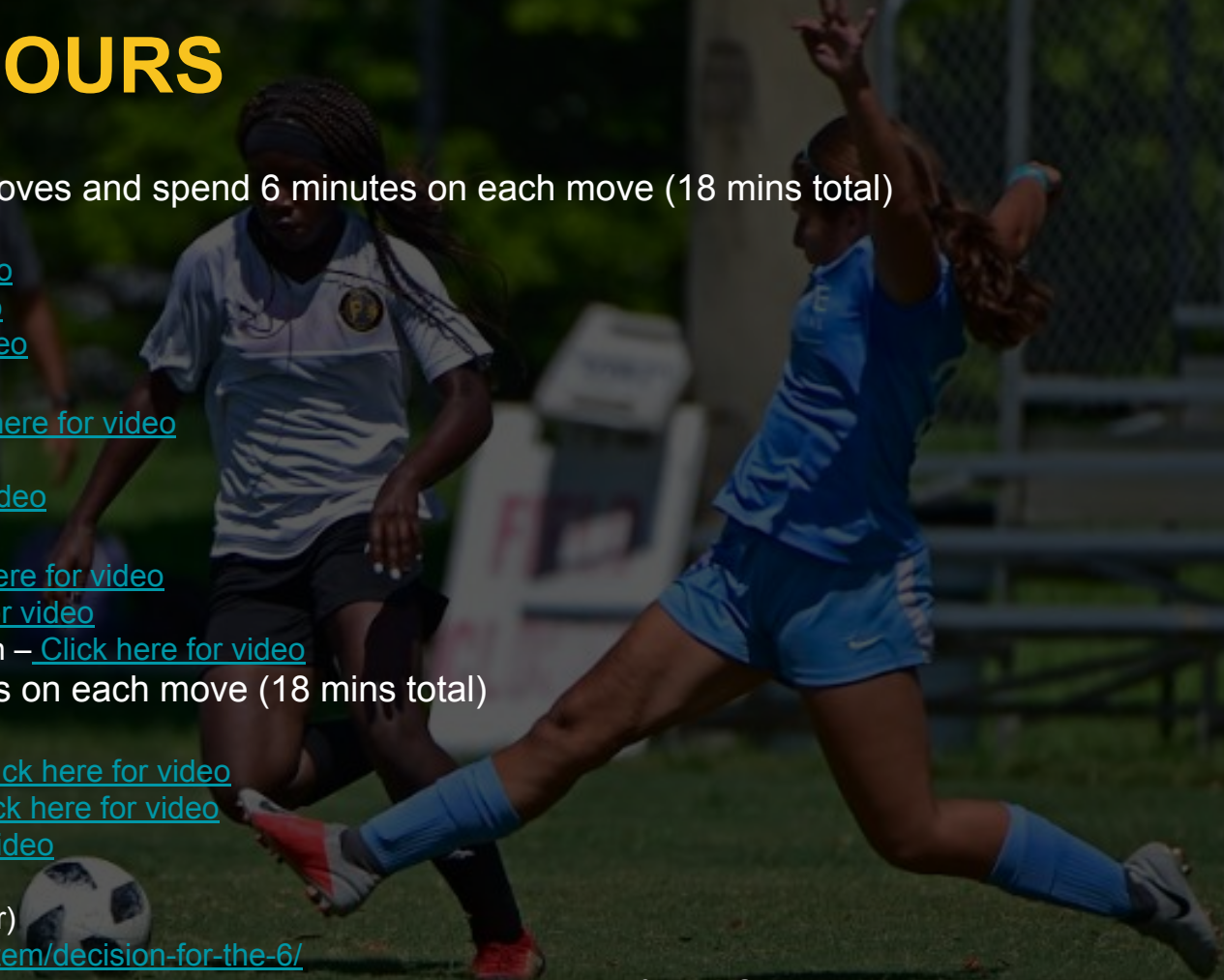
- Dribbling, outside twist off – [Click here for video](#)
- Dribbling, inside scissors – [Click here for video](#)
- Double Feint – [Click here for video](#)

IV. Tactical Challenge (20 - 30 mins)

Decision for the #6 (holding midfielder)

• https://unitedsoccercoaches.org/rl_item/decision-for-the-6/

• Please click the link above and write out which pass you think the #6 should make & why. Submit your answer to your coach.



DAY 2 ~ 1.5 HOURS

I. Warmup – Juggling (10 Mins)

II. **Ball Mastery** – Pick any 3 moves and spend 6 minutes on each move (18 mins total)

“Beginner” Exercises

- U – Turns – [Click here for video](#)
- Sole Roll – [Click here for video](#)
- Double V’s – [Click here for video](#)

“Intermediate” Exercises

- Laces, outside, inside – [Click here for video](#)
- V, L – [Click here for video](#)
- Cryuff Turns – [Click here for video](#)

“Expert” Exercises

- Backwards Triangles – [Click here for video](#)
- Outside, stop, L – [Click here for video](#)
- Forward L, Backward L, Switch – [Click here for video](#)

III. **Technical** – Spend 6 minutes on each move (18 mins total)

Individual Possession

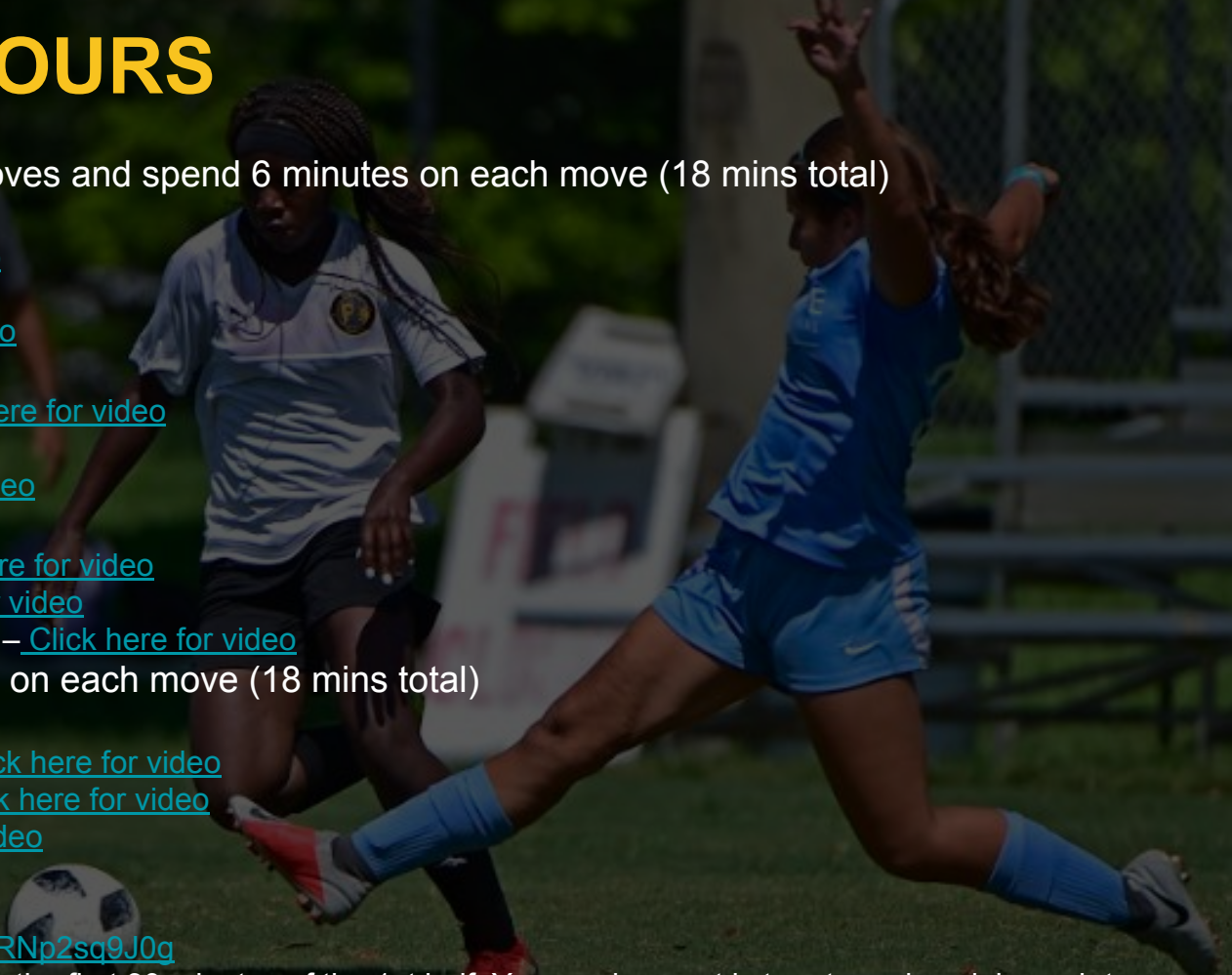
- Dribbling, outside twist off – [Click here for video](#)
- Dribbling, inside scissors – [Click here for video](#)
- Double Feint – [Click here for video](#)

IV. Tactical Challenge (20 - 30 mins)

Team Possession

• <https://www.youtube.com/watch?v=xRNp2sq9J0g>

• Please click the link above and watch the first 30 minutes of the 1st half. Your assignment is to rate and explain each teams ability to keep possession of the ball. Submit your answer to Coach.



DAY 3 ~ 1.5 HOURS

I. Warmup – Juggling (10 Mins)

II. **Ball Mastery** – Pick any 3 moves and spend 6 minutes on each move (18 mins total)

“Beginner” Exercises

- U – Turns – [Click here for video](#)
- Sole Roll – [Click here for video](#)
- Double V’s – [Click here for video](#)

“Intermediate” Exercises

- Laces, outside, inside – [Click here for video](#)
- V, L – [Click here for video](#)
- Cryuff Turns – [Click here for video](#)

“Expert” Exercises

- Backwards Triangles – [Click here for video](#)
- Outside, stop, L – [Click here for video](#)
- Forward L, Backward L, Switch – [Click here for video](#)

III. **Technical** – Spend 6 minutes on each move (18 mins total)

Individual Possession

- Dribbling, outside twist off – [Click here for video](#)
- Dribbling, inside scissors – [Click here for video](#)
- Double Feint – [Click here for video](#)

IV. Tactical Challenge (20 - 30 mins)

Decision Making In Possession

https://unitedsoccercoaches.org/rl_item/decisions-decisions/

- Please click the link above and analyze the decision that the player on the ball made with their pass and why it led to a goal. Submit your answer to your coach.

