

INDIVIDUAL TRAINING PROGRAM

GGSC U15



INFO

This individual training program is based off a 7 day timetable format which you will see in the next page. Wednesday and Saturday's are your rest days. Some days will be longer than others with intensities varying based on your training load from the day before.

Train hard to ensure you're fully fit for when we return to training.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Conditioning Run 1	• Conditioning Run 2		• Conditioning Run 2	• Conditioning Run 1		• Conditioning Run 2
• Technical Training 1	• Technical Training 2		• Technical Training 2	• Technical Training 1		• Technical Training 2
• Strength Training 1			• Strength Training 1			• Strength Training 1
	• Individual extra work of your choice			• Individual extra work of your choice		
• 10-2-1 Challenge	• 10-2-1 Challenge		• 10-2-1 Challenge	• 10-2-1 Challenge		• Go for a kick with or without friends

TRAINING TIMETABLE

EXERCISES

In the next few slides you will see what is required of each training session and what you do on each day.

- Conditioning will have two programs.
- Technical training will have two programs.
- Strength training will have one program
- There will be one fun challenge to complete at the end of each session.
- You will also get the opportunity to do extra training of your choice on the specific day it's mentioned in the timetable.



CONDITIONING 1

20-30 minute run.

- First 10mins jog. 50% intensity.
- 1 min at 80% then 1 minute at 50%.

NOTE:

- Build up slowly especially if you're feeling unfit. Start off with a 20min run and your next one can be 21min and so on till you reach 30min depending how fit you feel.
- This can be done on a treadmill at home if you have one, local park, local football pitch, ideally somewhere you can go at length without changing direction too much.



CONDITIONING 2



12-15 minute run x2

- Based on your fitness levels you will conduct a 12-15 minute run in a form of laps.
- You will run at 60-65% with the intensity increasing in the second run.
- You will need to count the amount of laps in your first run & look to beat that amount in your second run.
- 2-3min break in between the runs.

NOTE:

- Ideally if you have cones or something to mark out a grid, you can setup a grid that is minimum 30 by 30 meters/steps.
- This would suit an open area that you can ride your bike too or walk too, even get dropped off if you need.
- Somewhere like a local football pitch, park or oval is ideal, or go around your block
- Mark a starting point and end point. That can help too.
- Constantly challenge yourself and look to beat the number of laps you do.

TECHNICAL TRAINING 1

This will be basic, but repetition is key.

- Passing against a wall one touch – 100 on your left, 100 on your right, 100 both (50 each) – 3 sets.
- Passing against a wall with a controlled first touch with back foot across body - 100 on your left, 100 on your right, 100 both (50 each) – 3 sets.
- Passing against a wall with a controlled first touch with front foot across body - 100 on your left, 100 on your right, 100 both (50 each) – 3 sets.
- Inside foot volleys against a wall - 100 on your left, 100 on your right, 100 both (50 each) – 3 sets.
- Laces foot volleys against a wall - 100 on your left, 100 on your right, 100 both (50 each) – 3 sets.

NOTE:

- This should be done 7-10 meters away from the wall.
- If you have a training partner, do this between the two of you.
- Challenge your self and add extra touches or skills moves if you want.



TECHNICAL TRAINING 2

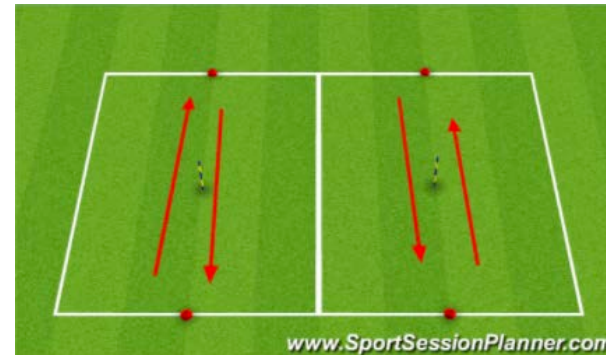
This will be more ball mastery focused.

Setup as show in the diagram with either cones or some type of marking. It's a total length of 30 meters/steps with a marker in between at 15 meters/steps as show on diagram.

- Sole taps backwards, change and go forwards at halfway.
- Inside, outside cut, change foot at halfway.
- 2x Toe taps, V drag & push, repeat.
- 2x Toe taps, ball roll, repeat.
- 2x Changes of direction, skill of your choice, then spring with ball to end cone.
- 2x Changes of direction, 2x step overs, move to your right on way and then left on your second repetition, alternate every time and then sprint with ball to end cone

NOTE:

- 4 min for each skill, 1-minute break in-between.



STRENGTH TRAINING 1

This will consist of a mixture of core strength exercises & a various larger muscle group exercises.

- Sit Ups - 3 sets of 20.
- Push Ups – 3 sets of 20.
- Squats – 3 sets of 20.
- Burpees – 3 sets of 20.
- Mountain Climbers – 3 sets of 30 seconds of work.
- Plank - 3 sets of 1-2 minutes (varies per player, 2 mins max per set)
- Side plank - 3 sets of 1 minute, each side.



10-2-1 CHALLENGE

The challenge here is to mark yourself and track your progression over time.

- The concept is simple. 10 drills, a 2x2 m grid and 1 minute for each drill.
- Print out a scorecard and mark how many repetitions you can get done in a minute.

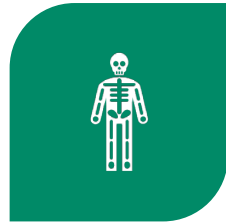
There's a lot to explain here so the best thing to do is head online and go to:

- <https://www.youtube.com/watch?v=2bsEhng7z-M>

THINGS TO REMEMBER!



IF YOU DON'T HAVE THE ENVIRONMENT OR ACCESS TO THE FACILITIES TO DO THIS PROGRAM, ALTERNATE AND CHANGE IT TO CATER TO WHAT YOU CAN DO.



MAKE SURE YOU'RE REACHING THE RIGHT INTENSITIES AND DOING THE CORRECT AMOUNT OF TRAINING IN WHATEVER SHAPE OR FORM YOU CHOOSE TO DO IT IN. THIS IS VITAL.



REMEMBER TO CONSTANTLY WASH YOUR HANDS EITHER IN BETWEEN DRILLS OR ON EVERY BREAK YOU HAVE.



I ENCOURAGE YOU TO HAVE A KICK WITH YOUR FRIENDS IN AN OPEN ENVIRONMENT BUT IF YOU DO, REMEMBER TO PRACTICE SOCIAL DISTANCING AND NOT TO TOUCH EACH OTHER.



FINALLY BE SAFE & STAY HEALTHY.

A group of young men, likely a soccer team, are posed in front of a goal. They are wearing green and white vertically striped jerseys, white shorts, and green socks. Some are standing in the back row, while others are kneeling or sitting in the front row. A man in a black shirt is also standing in the back row. The background shows a grassy field and trees. The entire image has a green color overlay.

SEE YOU WHEN WE GO BACK

Train hard & enjoy.