

# *Capital* **FOOTBALL**



## INDIVIDUAL HOME PROGRAMME **YOUTH U13-18**



INTERACTIVE DOCUMENT THROUGH INSTAGRAM  
@CAPFOOTBALL



## Overview:

This home programme is to support the development of players in the Capital Football federation. We have structured the home programme to cater towards Individual Technical Ball Mastery, Physical Development, Mental and Performance Analysis of World's Best Practice.

We have set up the programme for a 4-Week Block, and Capital Football recommends players to complete the full Home Programme as a minimum base of training. We encourage players to be proactive with planning their daily schedules, fitting the sessions around where they would normally train and keeping a log of their workload across next 4 weeks (see next page).

This programme has been created to be completed individually and does not require any contact with other players. We highly recommend that players maintain personal hygiene best practice at all times.

Timings are a guideline - ultimately how much work you put in is up to you, but the more you put in, the more you'll get out of it!

**Enjoy! And keep pushing yourself to be the best you can be!**

## HOME PROGRAMME THEMES



### Technical Development

- Ball Mastery / Control
- Changes of Direction & Turning with the Ball
- Passing & Receiving
- Running with the Ball at Speed



### Mental Skills Work

- Mindfulness
- Resilience
- Confidence
- Character



### Physical Development

- Core Work
- General Strength Training (own body)
- Extensive Actions
- Intensive Actions



### Video Analysis







- Studying Best Practice....
- Positional Profile
  - Technical Habits
  - Tactical Excellence
  - Kiwi Identity

# Weekly Schedule:








INDIVIDUAL HOME PROGRAMME  
YOUTH U13-18









## Week #1 Programme - March 23-March 29, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off						
	Ball Mastery & Control	Extensive Work #1	Positional Profile Analysis	Intensive Work #1	Ball Mastery & Control	Mental Skills Mindfulness
	45 mins	45 mins	30 mins	45 mins	45 mins	30 mins







## Week #2 Programme - March 30-April 5, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
Mental Skills	Changes of Direction & Turns	Extensive Work #1	Technical Habits Analysis	Core work & General Strength	Passing & Receiving	Social media challenge
Resilience	Passing & Receiving				Running with the ball	Stay tuned on Instagram
30 mins	60 mins total	45 mins	30 mins	30 mins	60 mins total	

## Week #3 Programme - April 6-April 13 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Off
Mental Skills	Ball Mastery & Control	Intensive Work #1	Tactical Excellence	Extensive Work #2	Changes of Direction & Turns	
Confidence	Running with the ball				Passing & Receiving	
30 mins	60 mins total	45 mins	30 mins	40 mins	60 mins total	

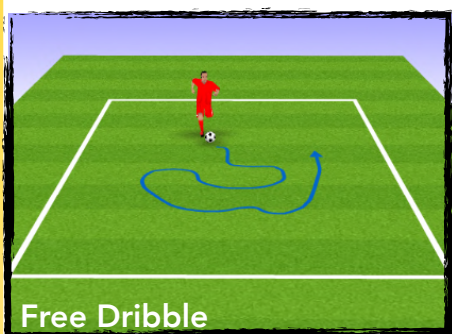
## Week #4 Programme - April 14-April 17 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Off
Mental Skills	Changes of Direction & Turns	Intensive Work #2	Kiwi Identity Analysis	Core work & General Strength	Passing & Receiving	
Character	Running with the ball				Ball Mastery & Control	
30 mins	60 mins total	45 mins	60 mins	45 mins	60 mins total	



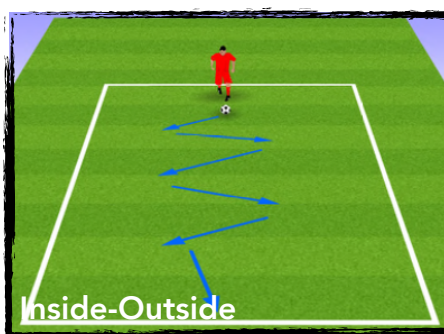
Activity	Total Time	Rest	Time Tempo
Free Dribble	5 Mins	1 Min Rest	Start Slow & Progress Speed
Inside – Outside	8 Mins	3 Min work – 1 Min Rest Repeat x 2	Medium to High
Sole Dribble	8 Mins	3 Min work – 1 Min Rest Repeat x 2	Medium to High
1v1 Moves	8 Mins	2 Min Work – 30 Secs Rest Repeat x 3	High
Juggling 8 Mins	8 Mins	Continuous	Low
Weave Dribble	8 Mins	3 Min Work – 1 Min Rest Repeat x 2	Medium to High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	45 Mins Activity	5 Mins Cool Down	

**Equipment:**  
1 Ball  
5 cones  
Open Area



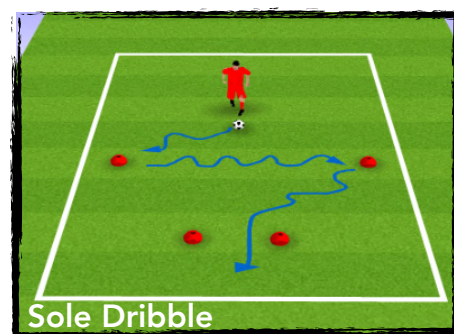
**Free Dribble**

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



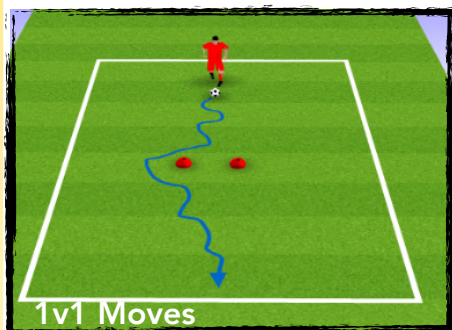
**Inside-Outside**

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



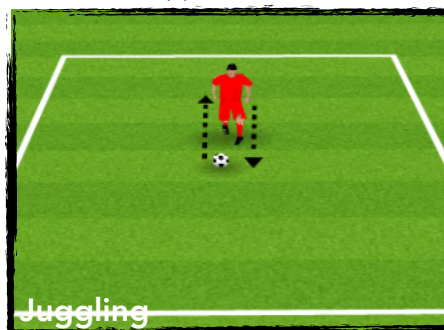
**Sole Dribble**

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



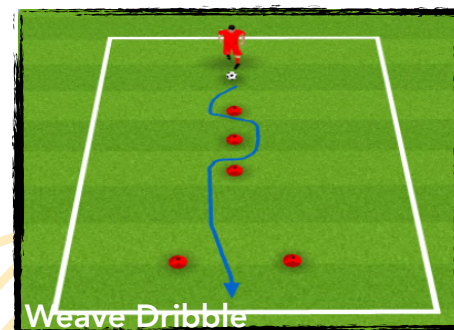
**1v1 Moves**

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



**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



**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

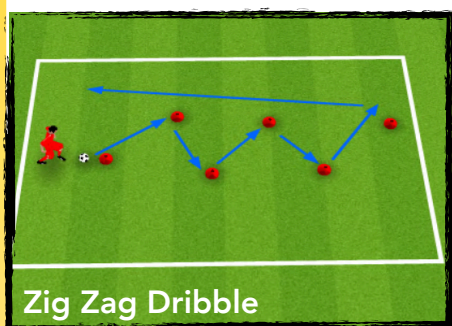
**Challenge yourself - What can you do that's new? How fast can you go?**  
**What else can you add, adjust or reduce?**



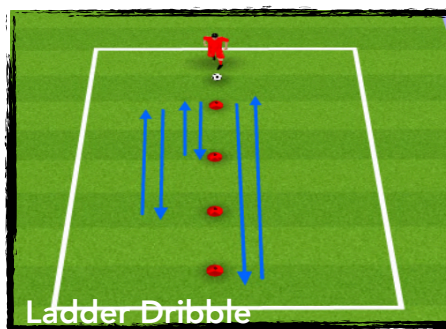


Activity	Total Time	Rest	Time Tempo
Free Dribble – Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Zig-Zag Dribble	8 Mins	3 Min work – 1 Min Rest Repeat x 2	Medium to High
Ladder Dribble	8 Mins	1 min Work – 1.5 Min Rest Repeat x 3	High
Figure 8 Dribble	8 Mins	2 Min Work – 30 Secs Rest Repeat x 3	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	25 Mins	5 Mins Cool Down	10 mins Warm Up

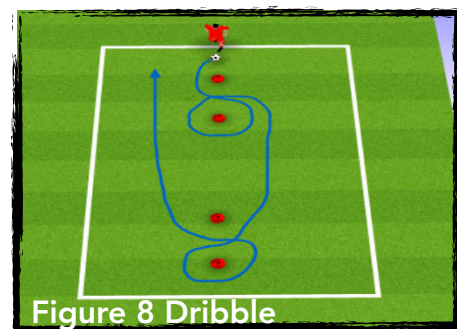
**Equipment:**  
1 Ball  
6 cones  
Open Area



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



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).

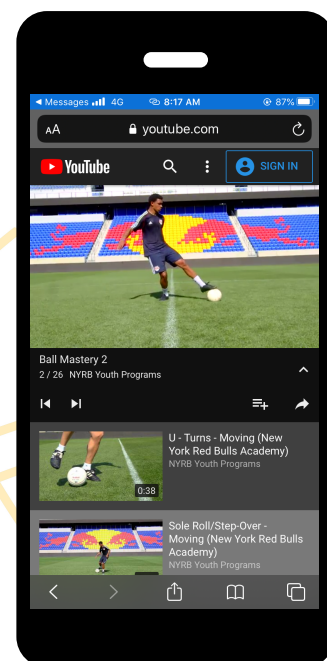


Player dribbles in Figure 8 Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot



For videos & detail or new ideas head to  
<https://www.youtube.com/user/NYRBTrainingPrograms/playlists>

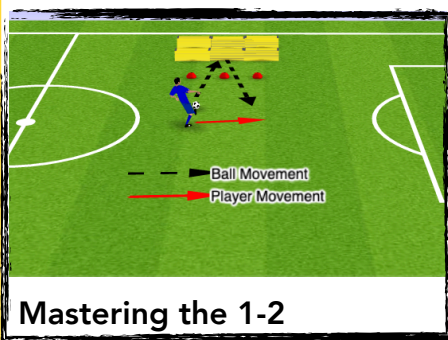
**Challenge yourself - What can you do that's new? How fast can you go?**  
**What else can you add, adjust or reduce?**





Activity	Total Time	Rest	Time Tempo
Free Dribble Warm Up	5 Mins	1 Min Rest	Start Slow & Progress Speed
Mastering the 1-2	8 Mins	Continuous	Medium
Receiving to Finish / Pass	8 Mins	Continuous	Medium
Adjusting to receive	8 Mins	Continuous	High
Receiving to Turn	8 mins	Continuous	Medium
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	45 Mins Activity		

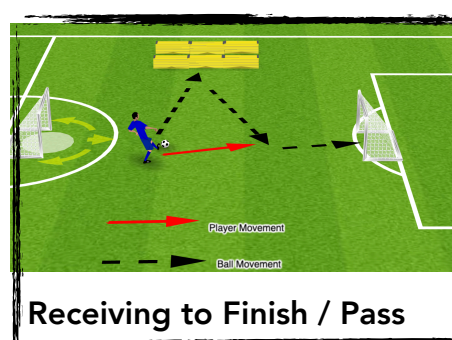
**Equipment:**  
1 Ball  
Wall / Rebounder  
Open Area



Start with the ball on the left side.  
Use inside left foot to pass the ball against the wall. Shuffle across to receive the ball on the right side with your back foot.  
Repeat

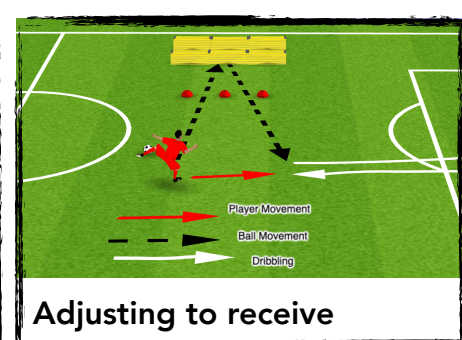
Accuracy, ball speed, movement  
& first touch

Extras - see how far back you can go whilst keeping control

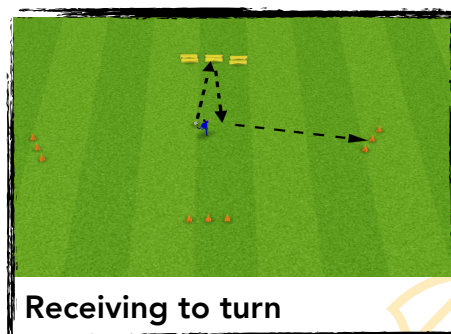


Same as before except now finish with a shot on goal, then race to get the ball and go back the opposite way to the opposite goal.

See how many you can complete in 3 minutes, then rest for 1 minute.



Same as first activity, except throw the ball up and volley it, adjust your body to receive the 1-2 and dribble away quickly, dribble back and go the opposite way.



Play the ball against the wall, get it back and turn right, left or backwards.

See how many passes it takes you to knock down all the targets.

**Part 1** use back foot & open hips to hit a target.

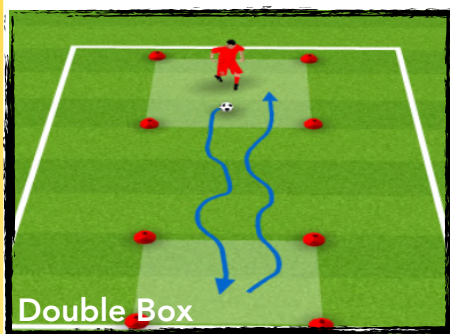
**Part 2** try different turns, rolling on front foot, cruyf turn, outside foot etc

**Challenge yourself - What can you do that's new? How fast can you go?**  
**What else can you add, adjust or reduce?**



Activity	Total Time	Rest	Time Tempo
Free Dribble	5 Mins	1 Min Rest	Start Slow & Progress Speed
Double Box	10 Mins	1.5 min work - 1 min rest Repeat x 4	High
Triangle	8 Mins	1.5 min work - 1 min rest Repeat x 4	High
Star	8 Mins	1.5 min work - 1 min rest Repeat x 4	High
Cool Down	5 Mins Light Stretching	Continuous	Low
Totals	45 Mins Activity	5 Mins Cool Down	10 mins Warm Up

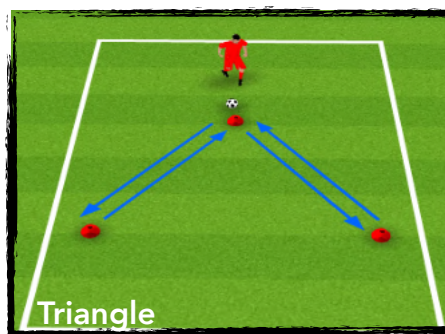
**Equipment:**  
1 Ball  
8 cones  
Open Area



Player **drives** 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

20m between boxes  
5x5m boxes

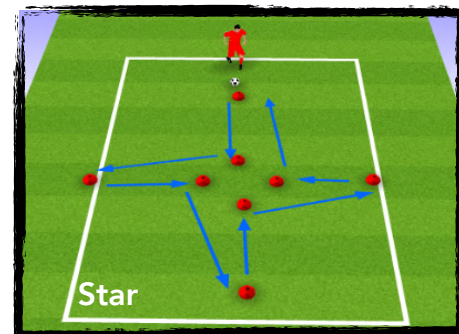
Make sure you accelerate at maximal effort with bigger touches



Player drives to the right side triangle point, once arriving at the cone the player turns and drives toward start point, cutting in front and accelerating again.  
Work for 1.5 mins & Rest for 1 min – Repeat Four Times

15m between cones

Make sure you accelerate at maximal effort with bigger touches



Dribble slowly to the middle, then cut and **drive** to the right 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

10m between cones

Make sure you accelerate at maximal effort with bigger touches

**Vary tricks during the exercises:**

- Ronaldo Cut
- Outside Cut / Inside Cut
- Scissor & Drive
- Stepover & Drive
- Other!

**Challenge yourself - What can you do that's new? How fast can you go?**  
**What else can you add, adjust or reduce?**





**Pick & choose a couple of tasks to complete each week. If you like it, stick with it and build it into your normal weekly routine!**

## Week #1 - Mindfulness

**Equipment:**  
Device  
Quiet Space  
Pen & Paper

### Task #1 Meditation

Download an app like CALM <https://www.calm.com/>, or HEAD SPACE <https://www.headspace.com/>  
Learn how to meditate, to improve the quality of your sleep and to improve your mental health and emotional well-being. Try out two/three examples across a few days to see what works for you.

### Task #2 Communication

Start an online group chat with team-mates and support each other, inspire each other. You're all in the same boat! Why not start every morning and end every day with an online chat with your team-mates and inspire each other to keep training, to stay well and to feel connected with and supported by each other.

### Task #3 Yoga

Work on flexibility - stretching and preparing your body. There's a lot of free and engaging Yoga videos on line for example, <https://www.youtube.com/watch?v=VaoV1PrYft4>. Start with simple, easy, basic yoga, working within your limits and in a few days, you'll feel great.

## Week #2 - Resilience

### Task #1 Reflection

Reflect on a time when you were faced with a challenge, (eg not making a team selection, working on a school project with someone that wasn't easy to work with, being sick for an extended period of time, moving and having to make new friends).

Questions:

**#1** What thoughts and behaviours did you show in those challenging times?  
Split that list into thoughts and behaviours that were **unhelpful**, and **helpful**?  
Explain why you've made that decision on each?

**#2** What are three thoughts / behaviours you can use in the next challenging time that you face?

**#3** What are some additional thoughts / behaviours that you could add in?  
Eg seeking support or advice from a professional/adult.

### Task #2 Stretch Challenge

Set a yourself a stretch challenge, something that you can't do immediately but can practice until you get it!

For example 20 keep ups on the toilet paper challenge, don't give up until you succeed. Film yourself doing the toilet paper challenge & upload it & TAG Capital Football on Instagram, twitter or Facebook.

Could be a different sport that you test yourself out with, or a tough sudoku, knitting or learning a new language.



## Equipment:

Device  
Quiet Space  
Pen & Paper

### Week #3 - Confidence

#### Task #1 X Factor

Write down your x factor as a footballer. If you've got some games that are clipped, create a playlist of your best x factor in action. If you don't have your own clips, find clips online of others doing it!

#### Task #2 Goal Setting

Write down your BHAG (big hairy ambitious goal). Where do you want to be in 5 years time. (GOAL)  
Write down some smaller steps that will help you get there (PROCESS)  
Write down how you can measure how you are tracking (TRACK)  
Make a note/reminder in your phone for 3 months and 6 months time to see how you are going towards your goal!

#### Task #3 Visualisation

Close your eyes and envision your best & most positive football memory.  
Have a think:  
How did it sound, what was the environment like, how did it feel emotionally & in your muscles?  
Why was it so good?  
What made it memorable?  
  
Write down how can you create that feeling again for yourself, or how you might create it for a teammate.

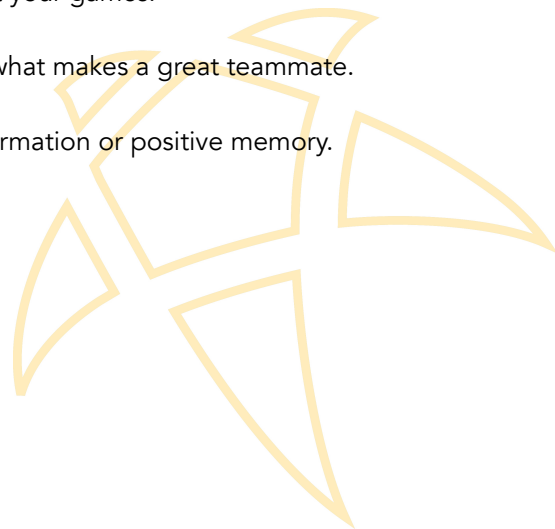
### Week #4 - Character

#### Task #1 Identity

Who are you as a person and a footballer?  
What positive attributes do you think your team mates and coaches see in you?  
What do you want to be remembered by in the future?  
eg good teammate, finisher,

#### Task #2 Support

Have a discussion with your Mum/Dad or both about how much it means to you to have them take you to trainings & support you at your games.  
  
Have a discussion with your Mum/Dad or both about what makes a great teammate.  
  
Support 3 teammates with a pep talk, or positive affirmation or positive memory.







**Equipment:**  
Small Space  
Ball

**REST 1 min between activities**  
**SLOW & CONTROLLED**  
Choose a level that suits you

**Listen to your body – If you feel pain,  
stop the activity immediately**



**Plank**

3 x 20-30 seconds  
Knee Hold - Level 1  
Normal Plank - Level 2  
Alternate Legs - Level 3



**Side Plank**

2 x 20-30 secs per side  
Knee Hold - Level 1  
Hip Raise & Lower - Level 2  
Leg Raise & Lower - Level 3



**Balance**

2 x 20-30 secs per side  
Ball Hold - Level 1  
Ball Throw - Level 2  
Partner Challenge - Level 3



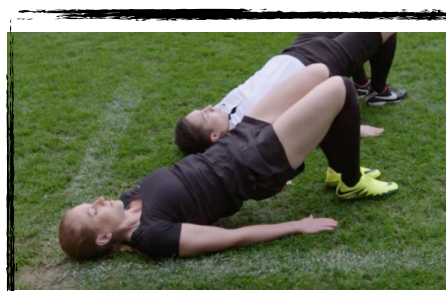
**Squats**

2 x 10 reps  
Squats with Toe Raise - Level 1  
Lunge - Level 2  
Single Leg Squats - Level 3



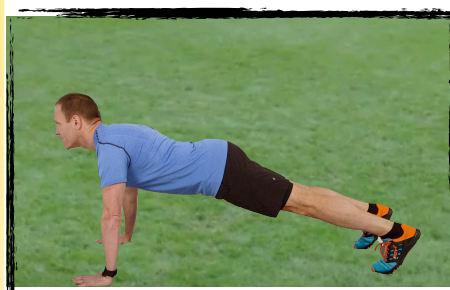
**Jumping**

2 x 20-30 secs per side  
Squat Jumps - Level 1  
Lateral Hop - Level 2  
Box Jumps - Level 3



**Bridge**

2 x 10 reps  
Both Hold - Level 1  
Extend Knee - Level 2  
Alternate Legs - Level 3



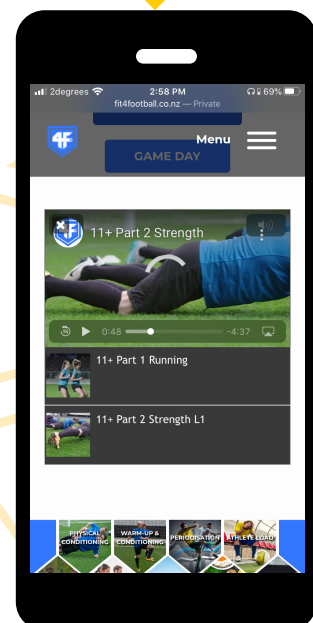
**Push Up**

2 x 10 reps  
Knee Push Up - Level 1  
Normal Push Up - Level 2  
Push Up Clap - Level 3



**Extra's for Experts**

**THOR CHALLENGE**  
Chris Hemsworth's (THOR) one  
minute body-weight training routine  
Click on the photo



## Extensive Work #1

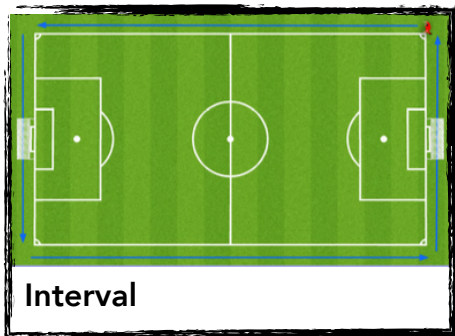


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YOUTH U13-18



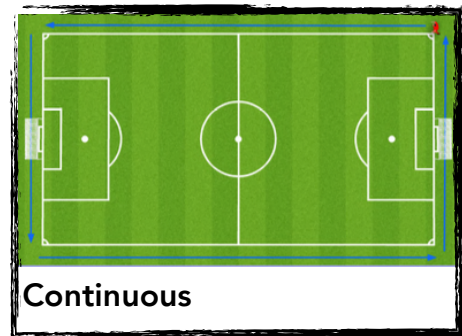
**Ensure isolation - this can be completed on any track/route/field**

**Equipment:**  
Small Space  
Ball  
Cones / shoes /  
objects  
Timer



**Interval**

Jog down the sideline.  
High Intensity runs across the goal lines  
5 Mins Continuous  
3 Mins Active Recovery  
(walking, juggling etc)  
Repeat Three Times



**Continuous**

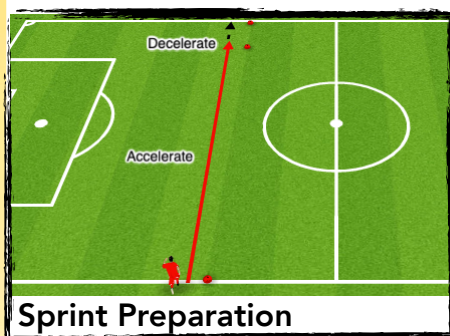
Jog around the pitch  
Continuous activity  
10 Mins Continuous  
1.5 Mins Active Recovery  
(walking, juggling etc)  
Repeat Two Times

**Listen to your body – If you feel pain,  
stop the activity immediately**

## Intensive Work #1

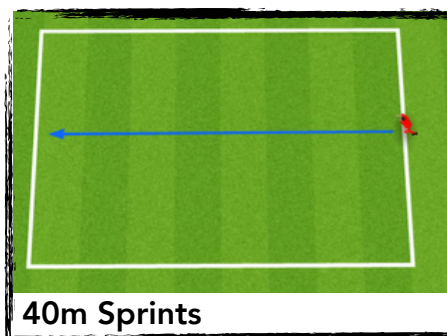


**Always warm up for a minimum of 12 minutes of continuous running before any extensive or intensive activity**



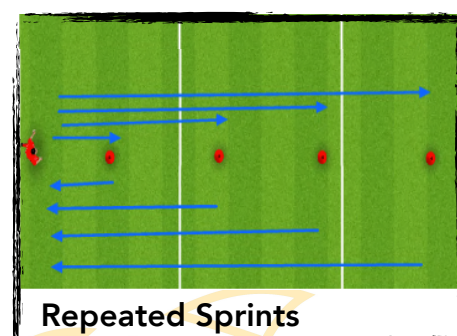
**Sprint Preparation**

50m acceleration to 70% of sprint  
5m deceleration, 50 second rest  
(walk back to the start).  
Repeat Five Times



**40m Sprints**

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



**Repeated Sprints**

Cones set up 8m apart,  
Sprint as fast as you can through the  
shuttles.  
2 min rest between reps  
Repeat exercise Three Times



## Equipment:

Device  
Quiet Space  
Pen & Paper

### 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 in your own team?

**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

### Equipment:

Device  
Quiet Space  
Pen & Paper

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 beat the high press – <https://temp-hudlvid.s3.amazonaws.com/641221/397180/d46/5e6db47ad21c4c0df4364d46/5e6db47ad21c4c0df4364d46.mp4>

Leeds Triangle 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 each 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 ?

## Task #4 - Kiwi Identity

Download the below video to begin task #4

Kiwi Identity - <http://www.hudl.com/notifications-tracking/tracker/BulkDownloadReady--0fb73fed-cbe0-496a-819a-cea21af1e742-13266025/email/landing?forward=https%3A%2F%2Ftemp30d-apse2-hudlvid.s3.amazonaws.com%2F956601%2F351558%2F16d%2F5e781e7b6899721414f6f16d%2F5e781e7b6899721414f6f16d.mp4>

**Question #1** – What elements do you see in these clips from a technical, tactical, mental or physical aspect that display a Kiwi Identity, and how are these elements used to be effective?

**Question #2** – Describe in 3 words the identity for the Football Ferns & All Whites

**Ongoing Task** - Over the next 6 months, follow one New Zealand player, Ryan Thomas, Abby Erceg, Chris Wood, Rebecca Stott, Sapreet Singh, Katie Bowen, Joe Bell or anyone other player. Find out everything you can about their background, their stats, training programme, what makes them THEM and why they are so passionate about being a Kiwi and representing NEW Zealand.







# ACTIVITY LOG

INDIVIDUAL HOME PROGRAMME  
YOUTH U13-18










## Week #1 Programme - March 23-March 29, 2020







NAME:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off						
Tick off once completed						
Notes / records / comments						







## Week #2 Programme - March 30-April 5, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						

## Week #3 Programme - April 6-April 13 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Off

## Week #4 Programme - April 14-April 19 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Off



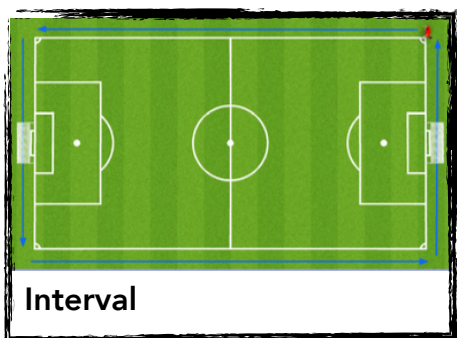
## Extensive Work #2



INDIVIDUAL HOME PROGRAMME  
YOUTH U13-18

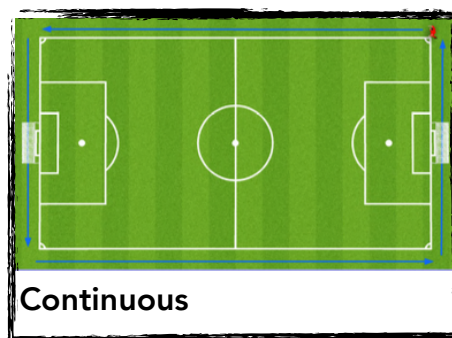


**Ensure isolation - this can be completed on any track/route/field**



**Interval**

Jog down the sideline.  
High Intensity runs across the goal lines  
5 Mins Continuous  
3 Mins Active Recovery  
(walking, juggling etc)  
Repeat Three Times



**Continuous**

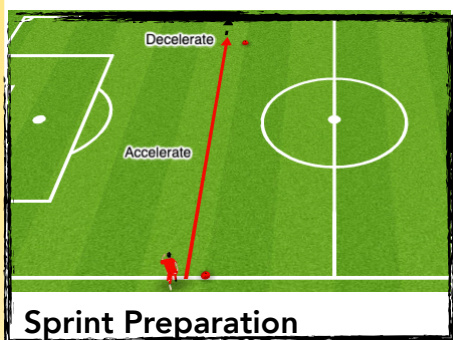
Jog around pitch / anywhere  
Continuous activity  
12 Mins Continuous as fast as you can  
2 Mins Active Recovery  
(walking, juggling etc)  
Repeat Two Times

**Listen to your body – If you feel pain, stop the activity immediately**

## Intensive Work #2

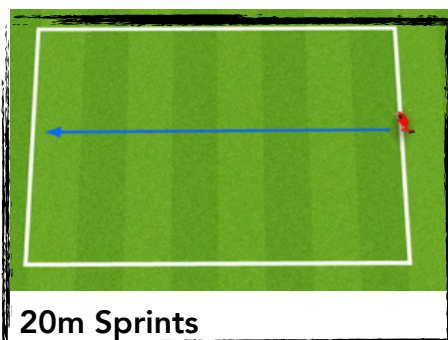


**Always warm up for a minimum of 12 minutes of continuous running before any extensive or intensive activity**



**Sprint Preparation**

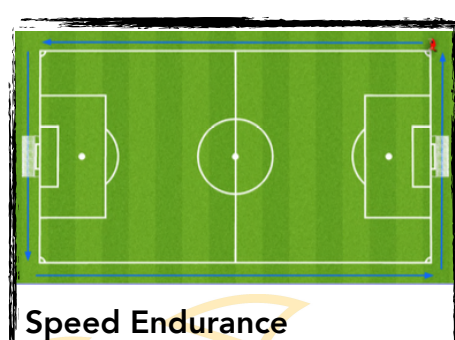
40m acceleration to 80% of sprint  
4m deceleration, 40 second rest  
(walk back to the start).  
Repeat Four Times



**20m Sprints**

20 Sprints - Maximal effort.  
30 second rest between sprints  
10 Reps with 2 min break  
between (1 Set)  
Repeat Set Two Times

Can finish with a shot on goal, or  
racing onto a pass.



**Speed Endurance**

On any field / track / route  
Run 1 min as hard as you can, then  
walk for one minute

Repeat for 12 x hard runs

Time yourself and try to reach the  
same distance each minute that you  
run hard