



## **GLG SOL AT HOME TRAINING PROGRAM**

We are still in season and due to health and safety circumstances, we have to train individually at home. As soon as we are able to return to the fields, we have to be ready to step on the field and play, as if we didn't miss any training time. Most importantly, we need to make sure we are getting touches on the ball and staying conditioned.

This training program will give you a chance to train multiple days a week on your own. This will give you the chance to get comfortable and confident with the ball at your feet and stay in shape.

We know that we have to stay at home or near home for the next couple weeks. So this training guide will allow you to train at home. This training will also allow you to train solo so we can respect safety recommendations of social distancing. All you need is a little space – whether it is on grass, cement, or a little space in your room and a ball – you can play.

Let's each put in the work that needs to be done individually, so we can come ready to work as a team when we can return to our regular season. Fitness is your responsibility. Log your training in your teamsnap and your journal to keep track of all that you've accomplished.

**GO SOL!**

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## WARM-UP

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### Dynamic Warm-Up 5 Minutes (10-15 yards)

- 1) Jog
- 2) High Knees
- 3) Butt Kicks
- 4) High Kicks
- 5) Back Kicks
- 6) Open the Gate
- 7) Close the Gate
- 8) High Skips
- 9) Side Shuffle
- 10) Carioca
- 11) Back Pedal
- 12) Sprint
- 13) Stretch

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## BALL WORK

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### STEP 1: 5-10 Minutes of Juggling

- Beginners: Start with thigh Juggling
- Intermediate: Start by dropping the ball from your hands and then juggling with both feet
- Moderate: Pick up the ball with your feet and juggle with both feet
- Advanced: Find a creative way to get the ball up from the ground to start juggling. Challenge yourself to juggle with every part of your body (foot, thigh, shoulder, head, chest)

### STEP 2: 10 Minutes of Footwork: Skill of the Week Challenge (Listed in order by week challenge skill)

1. Bell & toe taps
2. Juggling With Feet Only & Juggling Full Body & foot trap
3. Side to Side Rolls with One Foot
4. Inside-Outside Combo & V Shape Pull Back-Outside
5. Single Foot V Taps & Triangles
6. Forward/Backward rolls with One Foot
7. Chest Traps/Shoulders
8. Cruyff
9. Scissors In Place & Step Over In Place
10. Roll across Body and Step Over in Circle

### STEP 3: 15 Minutes Passing

Using a wall works best! But use a sibling or parent if necessary.

- 25 2 touch passes with right foot
- 25 2 touch passes with left foot
- 25 1 touch passes with right foot
- 25 1 touch passes with left foot
- 30 around the cone passes (each direction)

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## SHOOTING & POWER

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\*If you live near a soccer field or have a backyard with a net or a cement wall

Work on the right and left foot equally. <https://youtu.be/tcoRi1OxFmo>

- Tips for Shooting
  - No toe shooting, use the inside or laces part of your shoe
  - Plant one foot about a hand distance from the ball and slightly behind the ball
  - Give yourself a 2-3 step approach to the ball to build momentum
  - Reach the kicking foot and leg back and follow all the way through your shot
  - Use your arms for balance
  - Make sure you look up before you shoot to find your target and then back down at the ball to ensure contact

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## FITNESS & CONDITIONING

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### **STEP 1: Conditioning (Pick 1 conditioning exercise below each time you do this training)**

- 5 Yard Shuffle
  - Shuffle between the two markers as many times as you can for 45 seconds. Repeat 4 times. Take a 30 second break between each round.
- V-Shape Defensive Stance
  - In a V-Shape: Shuffle forward at an angle, then shuffle backward. So this as many times as you can in 1 minute.
  - Repeat 4 times. Take a 30 second break between each round.
- 10 Yard Triangle
  - Sprint forward, backpedal, side shuffle (in the shape of a triangle) as many times as you can for 2 minutes.
  - Repeat 4 times
- 15 Yard
  - Sprint forward, plant, and sprint back as many times as possible for 45 seconds.
  - Repeat 4 times. 30 second rest between rounds.
- HIIT
  - Do each exercise below for 45 seconds each. Repeat 4 times. Between each round rest for 1 minute.
  - Jump Rope (no jump rope needed), Sprint in place, High Knees, Lunges R leg, Lunges L leg, 2 foot hops forward/backward, Mountain Climbers, 2 foot hops side to side, squats
- 7 Up - 7 Down
  - 10 yards: Every time you run 10 yards one direction, that counts as 1 sprint/jog.
  - Sprint 1, jog 1, Sprint 2, jog 2, sprint 3, jog 3, sprint 4, jog 4, sprint 5, jog 5, etc. All the way up to 7. Then take a quick 45 second-1 minute break and then repeat starting with 7 and working your way down to 1.
- 52 Pick-Up
  - Place 23-30 cards or pencils, etc about 10 yards away from a starting line. Quickly do 10 of a certain exercise and then quickly get up, sprint to the cards and pick one up. Then repeat. See how many cards you can get in 30 seconds.
  - Round 1: Mountain Climbers
  - Round 2: Burpees
  - Round 3: Jumping Jacks
  - Round 4: High Knees

**STEP 2: Strength**

- 20 Crunches
- 20 Toe Touches
- 15 Push-ups, 10 Push-ups, 5 Push-ups
- 10-20-30 degrees

**STEP 3: Static Stretches 5min hold each pose on each side for 10 seconds**

- Quad stretch
- Butterfly stretch
- Calf stretch
- Leg twist stretch
- Down in middle stretch then to the left leg and then right leg
- Pigeon stretch
- Right leg over left bend stretch

Thank you for taking care of your body and mind with phsycial activity!

Girls Leading Girls Staff