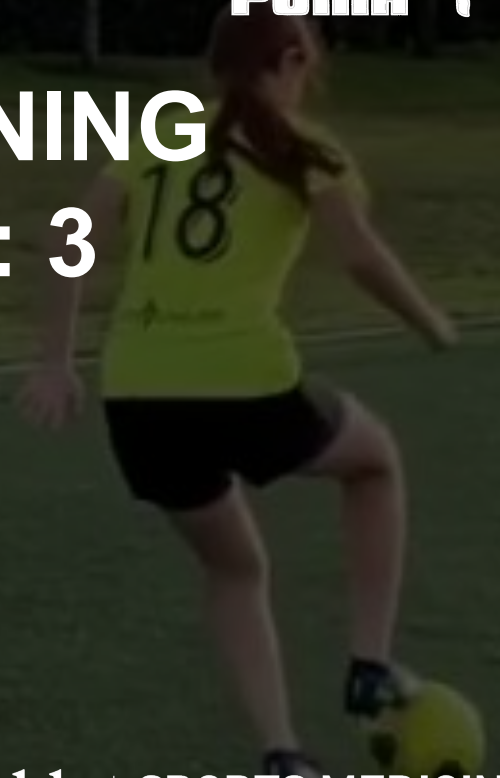




Sunrise Prime FC

# AT HOME TRAINING PACKET WEEK: 3



gotinjured.com



SPORTS MEDICINE  
INSTITUTE



**WEEK 3**  
**4/13 – 4/17**

*Themes*

- *Ball Work In Small Space*
- *Wall Exercises*
- *Tactical Challenge*

# DAY 1 ~ 1.5 HOURS

## I. Warmup – Juggling (feet only) (10 Mins)

## II. Ball work w/in small spaces (35 Mins)

- Ball Mastery ~ 10 Minutes
  - [Click here for video](#)
- Dribbling Drills ~ 25 minutes
  - [Click here for video](#) – Five different dribbling exercises for you to do. First, learn each drill then spend 5 mins mastering each one.

## III. Wall Work (11 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, go through the 11 minute workout described in the video

## IV. Tactical Challenge (~30 mins)

### Team Tactics

- What does team style of play mean & can you describe your favorite style of play?
- Submit your answer to your coach



# DAY 2 ~ 1.5 HOURS

## I. Warmup – Juggling (feet only) (10 Mins)

## II. Ball work w/in small spaces (35 Mins)

- Ball Mastery ~ 10 Minutes
  - [Click here for video](#)
- Dribbling Drills ~ 25 minutes
  - [Click here for video](#) – Five different dribbling exercises for you to do. First, learn each drill then spend 5 mins mastering each one.

## III. Wall Work (11 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, go through the 11 minute workout described in the video

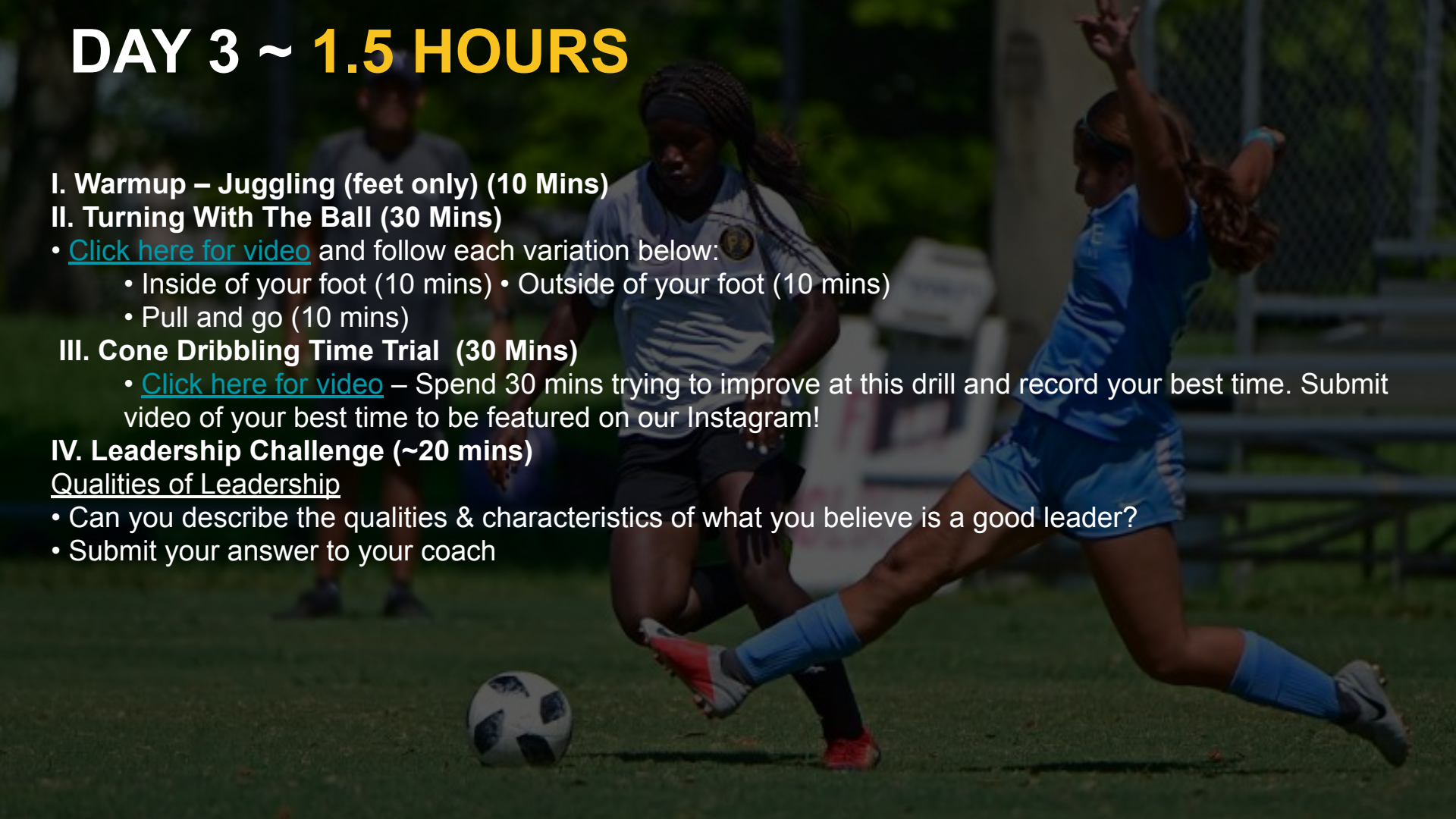
## IV. Tactical Challenge (45 mins)

### Video Analysis

- <https://www.youtube.com/watch?v=0uPBqzxxJPI>

- Please click the above link & watch the entire first half of the match. Your assignment is to give 3 main points that are specific to each team that you would expect to see addressed at half time. These can be points about areas of strength or weakness.

# DAY 3 ~ 1.5 HOURS



## I. Warmup – Juggling (feet only) (10 Mins)

## II. Ball work w/in small spaces (35 Mins)

- Ball Mastery ~ 10 Minutes
  - [Click here for video](#)
- Dribbling Drills ~ 25 minutes
  - [Click here for video](#) – Five different dribbling exercises for you to do. First, learn each drill then spend 5 mins mastering each one.

## III. Wall Work (11 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, go through the 11 minute workout described in the video

## IV. Tactical Challenge (45 mins)

### *Team Tactics*

- Name as many principles as you can that you believe are important to team possession. Explain why for each reason.