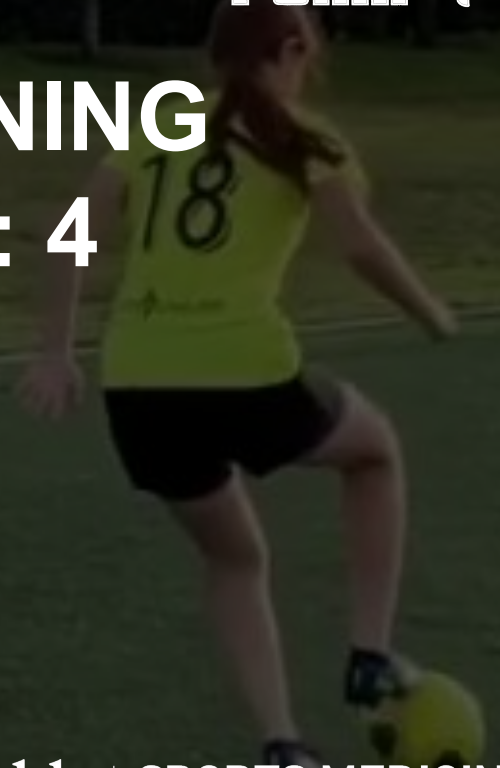




Sunrise Prime FC

AT HOME TRAINING PACKET WEEK: 4



gotinjured.com



SPORTS MEDICINE
INSTITUTE



WEEK 4
4/20 – 4/24

Themes

- *First Touch*
- *Dribbling*
- *Tactical Challenges*

DAY 1 ~ 1.5 HOURS

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

II. First Touch Ball Work (30 Mins)

- 5 Essential First Touch Exercises ~ 30 Minutes
 - [Click here for video](#) - spend 5 mins on each exercise

III. Dribbling (30 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, spend 5 minutes practicing each.

IV. Tactical Challenge (~20 mins)

Team Tactics

- Describe as many different kinds of runs that a player can make and where on the field they would make those runs.
- Submit your answer to your coach



DAY 2 ~ 1.5 HOURS

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

II. First Touch Ball Work (30 Mins)

- 5 Essential First Touch Exercises ~ 30 Minutes
 - [Click here for video](#) - spend 5 mins on each exercise

III. Dribbling (30 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, spend 5 minutes practicing each.

IV. Tactical Challenge (~20 mins)

Team Tactics

- <https://www.youtube.com/watch?v=EB1Hx6UA3KE>

• Please click the link above and watch entire 1st half of the match (half starts at the 28:50 mark). Pick one “unit” to analyze. You can analyze the backline (defenders + GK). You can analyze the midfield line OR you can analyze the forwards. Give your feedback of how ONE of those units performed. Submit your answer to your coach.



DAY 3 ~ 1.5 HOURS

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

II. First Touch Ball Work (30 Mins)

- 5 Essential First Touch Exercises ~ 30 Minutes
 - [Click here for video](#) - spend 5 mins on each exercise

III. Dribbling (30 Mins)

- [Click here for video](#) – Watch the video & learn each aspect of it. Once you have an understanding of each one, spend 5 minutes practicing each.

IV. Tactical Challenge (~20 mins)

Team Tactics

- Name as many principles as you can that are important for a team to be able to defend successfully.
- Submit your answer to your coach

