



Sunrise Prime FC

AT HOME TRAINING PACKET WEEK: 5



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SPORTS MEDICINE
INSTITUTE




WEEK 5
4/27 – 5/1

Themes

- *Turning With The Ball*
- *Cone Dribbling Time Trial*
- *Tactical Challenges*
- *Leadership Challenge*

DAY 1 ~ 1.5 HOURS



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

II. Turning With The Ball (30 Mins)

- [Click here for video](#) and follow each variation below:
 - Inside of your foot (10 mins)
 - Outside of your foot (10 mins)
 - Pull and go (10 mins)

III. Cone Dribbling Time Trial (30 Mins)

- [Click here for video](#) – Spend 30 mins trying to improve at this drill and record your best time. Submit video of your best time to be featured on our Instagram!

IV. Tactical Challenge (~20 mins)

Team Tactics

- What are your strengths and weaknesses as a player? Are you working to enhance or improve at these areas?
- Submit your answer to your coach

DAY 2 ~ 1.5 HOURS

A background image of a soccer match. In the foreground, a player in a white jersey is being tackled by a player in a blue jersey. A soccer ball is on the ground near the players. The background shows a blurred crowd and stadium seating.

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

II. Turning With The Ball (30 Mins)

- [Click here for video](#) and follow each variation below:
 - Inside of your foot (10 mins)
 - Outside of your foot (10 mins)
 - Pull and go (10 mins)

III. Cone Dribbling Time Trial (30 Mins)

- [Click here for video](#) – Spend 30 mins trying to improve at this drill and record your best time. Submit video of your best time to be featured on our Instagram!

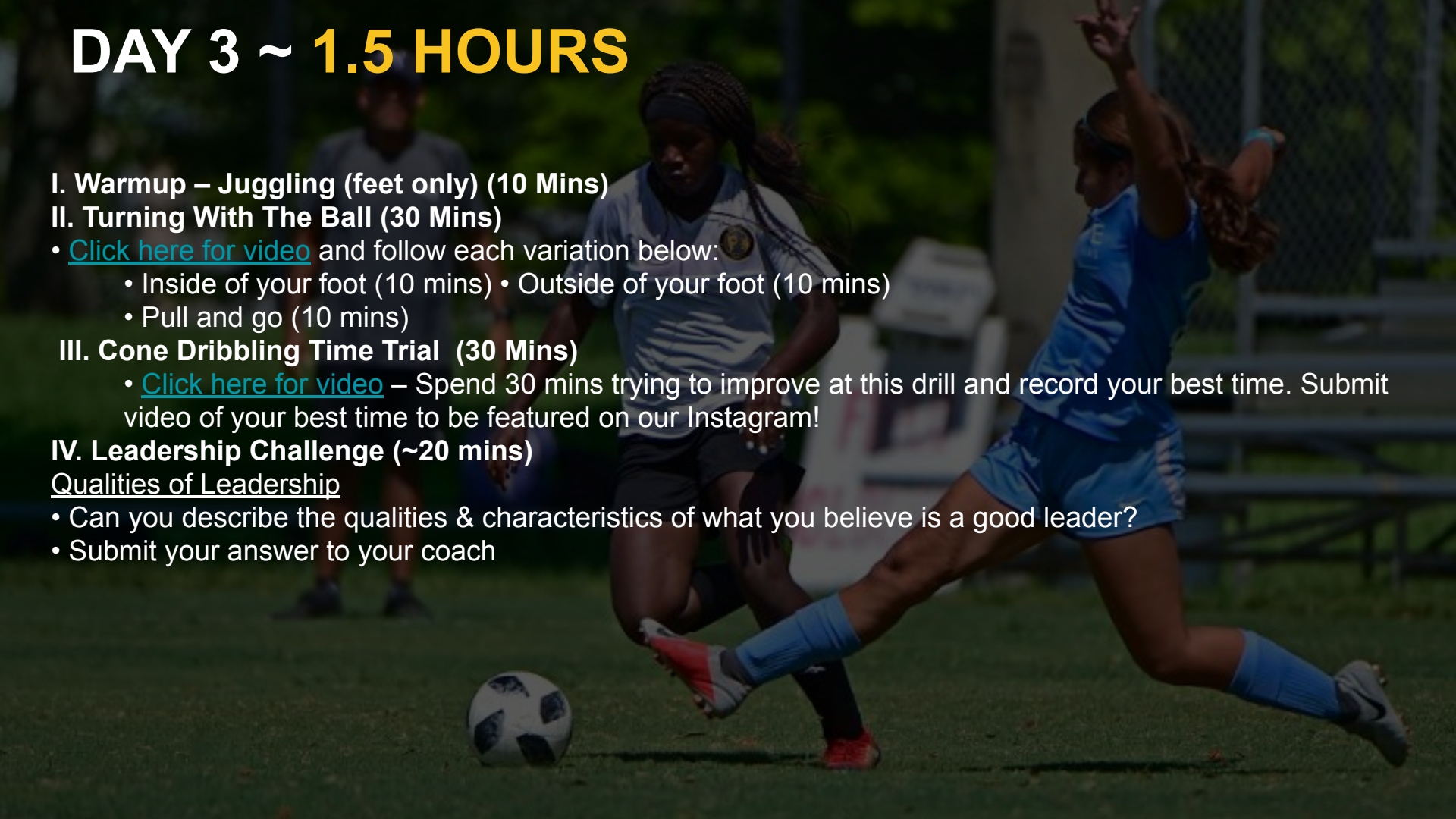
IV. Tactical Challenge (~20 mins)

Team Tactics

- <https://www.youtube.com/watch?v=9yjiEEzSei8>

- Please click the link above and watch entire 1st half of the match (half starts at the 14:45 mark). Describe the formation that the USA Women's team defends in. Can you name the players within that formation?
- Submit your answer to your coach

DAY 3 ~ 1.5 HOURS

A background image of a soccer game. A player in a white jersey is running with the ball, while a player in a blue jersey is sliding in to tackle her. The scene is outdoors on a grass field with a fence and trees in the background.

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

II. Turning With The Ball (30 Mins)

- [Click here for video](#) and follow each variation below:
 - Inside of your foot (10 mins)
 - Outside of your foot (10 mins)
 - Pull and go (10 mins)

III. Cone Dribbling Time Trial (30 Mins)

- [Click here for video](#) – Spend 30 mins trying to improve at this drill and record your best time. Submit video of your best time to be featured on our Instagram!

IV. Leadership Challenge (~20 mins)

Qualities of Leadership

- Can you describe the qualities & characteristics of what you believe is a good leader?
- Submit your answer to your coach