



Creating an Individualized Home Training Program

FROM THEORY INTO REALITY
PART OF THE FUSION SEMINAR SERIES
GREG RUBENDALL – DIRECTOR OF PROGRAMS



Seminar Overview

- Why You Need to Hear this NOW
- Formation of a Player – What does it take?
- Your IDP and Goal Setting
- Planning Basics – From Assessment to Action
- Sample Periodizations



Purpose of this Seminar

- To Provide an Overview of WHAT to train and HOW to schedule your Individual Training Program to Optimize your Abilities



Knowing Who You Are, And Where You Want to Go

- Embrace the Growth Mindset
- Think of Long-Term Goals
- Create Backwards Planning Models
- Surround Yourself with Like-Minded People
- Do Your Research
- Remember to Stay Balanced

The Formation of a Player

- **Technical Ability**
 - Mastering the Basics
 - Developing Your Special Skills
- **Tactical Knowledge**
 - Understanding the Game
- **Physical Qualities**
 - Improving Your Fitness Profile
- **Psychological**
 - Strengthening Your Mental Game
- **Social**
 - Embracing Your Personality



Conduct a Needs Analysis

Match Analysis

- Actions Involved
 - Positional/Tactical Variations
- Physical Requirements
 - Distance - 6-7 miles per 90 Minutes
 - 55% walking
 - 15% slow jogging
 - 20% moderate jogging
 - 10% sprinting
- Energy Systems
 - Phosphogenesis 10-20%
 - Glycolysis 60-70%
 - Oxidative Phosphorylation 20-30%

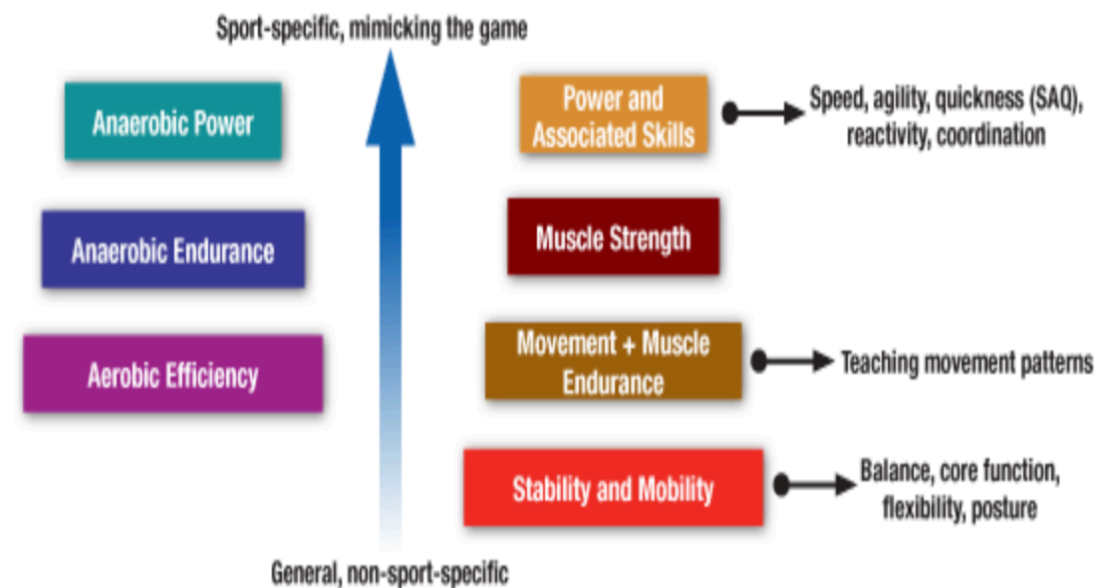
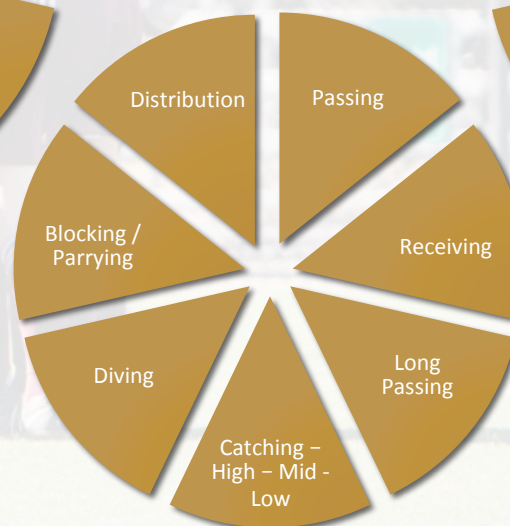
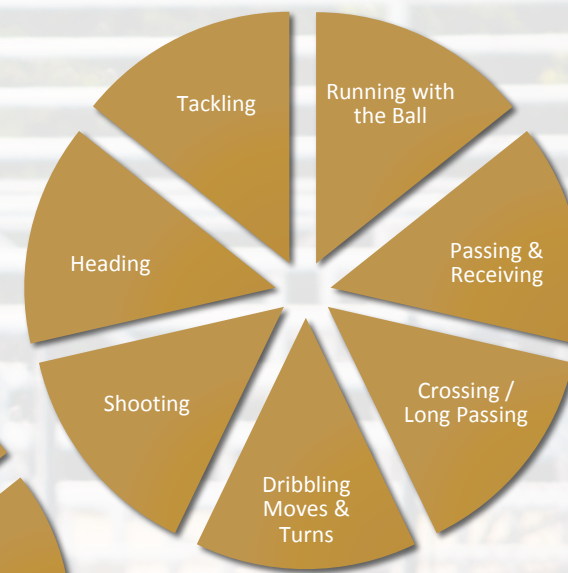


Figure 1: Required Health- and Skill-related Parameters for Soccer

Physical & Technical Requirements

Positional Variation

- Physical
 - All Positions
- Technical
 - Field Player
- Technical
 - Goalkeeper



Goalkeeper

- Focus on:
 - Technical
 - Catching & Diving
 - Passing & Receiving
 - Physical
 - Power / Explosiveness
 - Speed
 - Footwork & Agility

#1 GOALKEEPER

- + Collecting, handling & serving with hands & feet.
- + Receiving aerial service (all angles, distances)
- + Tackle, regain possession one v one

- + Command, direct team during re-starts
- + Organize, direct team actions in own half
- + Transition to attack- possess or penetrate

- + Power, acceleration and explosive movement
- + Aerial mobility maximize height and reach
- + Maximal Speed of Reaction

- + Alert and focused, constant assessment of play
- + Lead- confident, decisive mentality
- + Resilient- re-focus on targets, objectives



Central Defender

- Focus on:
 - Technical
 - Tracking & Tackling
 - Passing & Receiving
 - Aerial Service (Volley/Heading)
 - Physical
 - Lower Body Power
 - Jumping Ability
 - Negative Movement Mechanics
 - Reactive & Anticipatory Speed
 - Agility

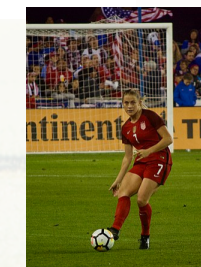
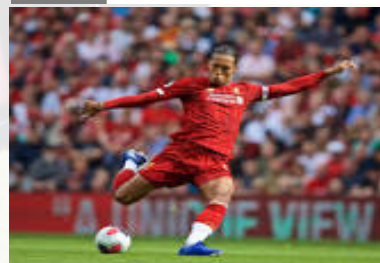
#4, 5 CENTER BACKS

- + Marking, tracking, intercepting and tackling
- + Heading, 1-touch passing on aerial serves
- + Passing to penetrate (all service types)

- + Decide, execute- mark opponent or mark space
- + Build-out, possession, tempo in central channel
- + Organize, direct outside backs and c. midfielders

- + Aerial- max. use of height, explosive movement
- + Rx Speed- adjust to ball, opponent movement
- + Agility- change direction in response to cues

- + Decisive leader- command and direct teammates
- + Control and composure under pressure
- + Focus- assess and prepare when ball is away



Outside Back

- Focus on:
 - Technical
 - RWB / Dribbling
 - Passing & Crossing
 - Tackling
 - Physical
 - Anaerobic Power
 - Acceleration Speed
 - Negative Mechanics
 - Aerobic Power

#2, 3 OUTSIDE BACKS

- + Collecting the ball efficiently, serve, run fwd.
 - + Full passing range, crosses from flank channel
 - + Tackle, intercept, regain possession of ball
- + Recognize, execute penetration on flanks
 - + Organize and direct #7, #11 in defending role
 - + Central channel balance, cover for #4, #5
- + Speed endurance- repeated explosive runs
 - + Acceleration- change speed response to ball
 - + Endurance, box-box range for the full match
- + Confident competitor in one-one isolation
 - + Confident in attacking and defending roles
 - + Alert, immediate response in transition



Holding Midfielder

- Focus on:
 - Technical
 - Passing & Receiving
 - Long Passing
 - Marking & Tackling
 - Physical
 - Agility
 - Anaerobic Power
 - Aerobic Endurance
 - Linear/Non-Linear Speed

#6, 8 CENTER MIDFIELDER

+ Marking, tracking, intercepting and tackling
+ Collect, turn, re-direct to all regions of field (360)
+ Passing to penetrate (all service types)

+ Primary option for build out and possession
+ Defensive control centrally in front of backs
+ Penetrate- movement, passing or running w/ ball

+ Mobility- multi-directional, box-box, centrally
+ Speed endurance- intermittent, intense actions
+ Explosive movement- max. acceleration

+ Energized- maximal effort to connect the team
+ Game Awareness- control tempo & speed of play
+ Self-less- effort to connect all parts of the team



Attacking Midfielder

- Focus on:
 - Technical
 - Passing & Receiving
 - Long Passing
 - Shooting
 - RWB & 1v1 Ability
 - Physical
 - Anaerobic Power
 - Acceleration
 - Agility & Mobility
 - Aerobic Power / Endurance

#10 ATTACK C. MIDFIELDER

- + Collect and turn under pressure.
- + Passing- penetration and goal-scoring chances
- + Dribbling or striking to score goals.

- + Mobility- create separation from opponent
- + Create scoring opportunities for teammates
- + Transition- join 1st line of defending pressure

- + Explosive movement- separation from opponent
- + Acceleration- change direction or change speed
- + Strength- shoot from distance, challenge for ball

- + 360 degree awareness- mental focus
- + Ambitious attacking mentality
- + Perception- focus on multiple, complex cues



Winger

- Focus on:
 - Technical
 - Crossing & Finishing
 - RWB and 1v1 Ability
 - Passing & Receiving
 - Physical
 - Anaerobic Power
 - Acceleration
 - Agility

#7, 11 WINGERS

+ Flank service at high pace w/ either foot
 + Running with the ball, high pace (penetration)
 + Ball preparation, dribbling and ball manipulation

+ Transition- react, recover as 1st flank defender
 + Mobility to create team crossing opportunities
 + Mobility, timing of runs for central goal scoring

+ Speed endurance, high pace, frequent transition
 + Acceleration- with and without the ball
 + Agility- efficiency in changing direction

+ Ambitious penetrating attitude
 + Patience- prepared to max opportunities w/ ball
 + Focus- constant attention to game cues w/o ball



Striker

- Focus on:
 - Technical
 - Shooting & Heading
 - RWB & 1v1 Ability
 - Physical
 - Anaerobic Power
 - Linear/ Non-Linear Speed
 - Agility
 - Strength

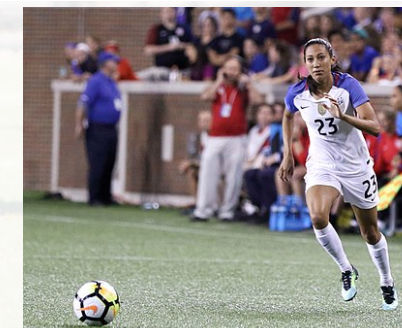
#9 CENTER FORWARD

+ Scoring- one-touch on demand (head and feet)
 + Receive, secure ball under pressure
 + Able to turn and face the goal (Penetrate)

+ Mobility, timing to optimize scoring chances
 + Recognize, attack the spaces behind the defense
 + Pressure, contain opponents' build out

+ Speed Endurance- repetitive explosive runs
 + Strength- compete for possession
 + Explosive movement- compete for aerial service

+ Persistence- remain in advanced position
 + Aggressive attitude to compete for the ball
 + Alert, anticipate positive opportunities





Elements Setting Up Your Schedule

- Reviewing your Individual Development Plan
- Determining your Short Term Goals
- Evaluating your Weekly Schedule
- Prioritizing your Workouts
- Keeping Accountability



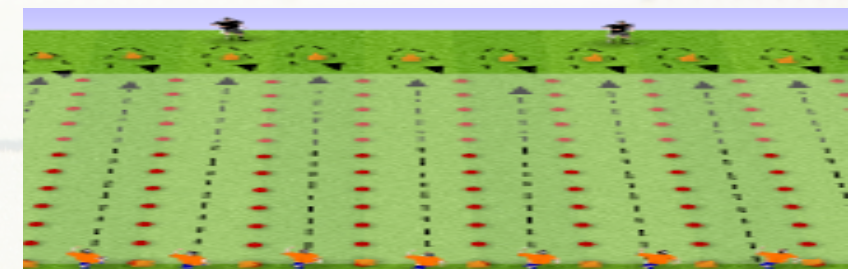
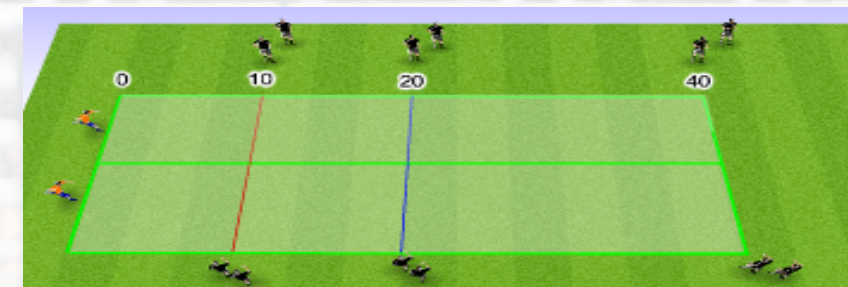
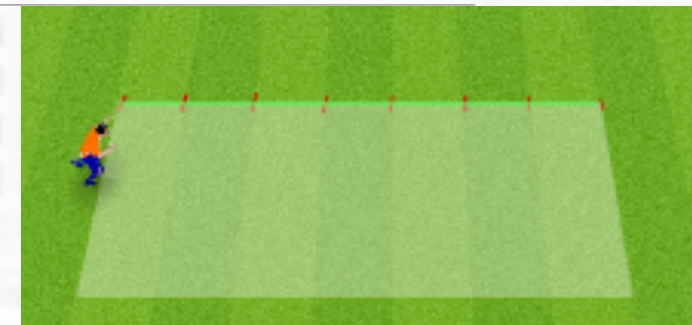
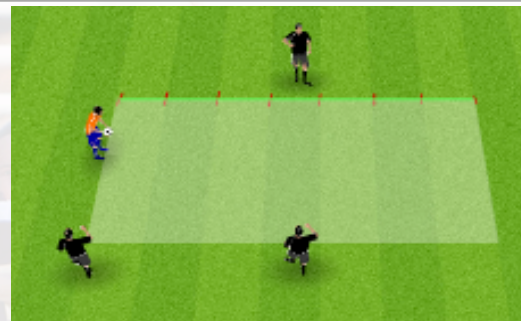
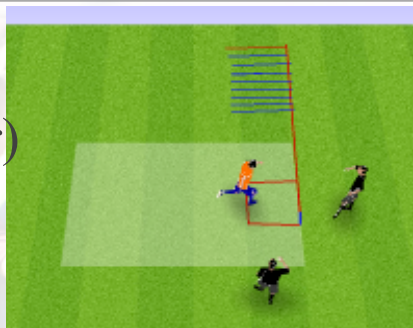
Your Individual Development Plan

- Modeling
- Assessment
- Goals
- Scheduling
- Periodic Reviews
 - 360 Degree Assessment

PHOTO	Individual Development Objectives	
	Short-Term - 1 - 3 Months	Long Term - 6 - 12 Months
PLAYERS TO WATCH		
Match & Training Sessions		
Month	Matches	Trainings
September		
October		
November		
December		
January		
February		
March		
April		
May		
June		
July		
March		
PLAN FOR TRAININGS		
PLAN FOR GAMES		
NEXT EVALUATION MEETING		
ACTION PLAN		
SHORT TERM INDIVIDUAL DEVELOPMENT OBJECTIVE #1		
SHORT TERM INDIVIDUAL DEVELOPMENT OBJECTIVE #2		
SHORT TERM INDIVIDUAL DEVELOPMENT OBJECTIVE #3		
ADDITIONAL NOTES		

Player Assessments - Physical

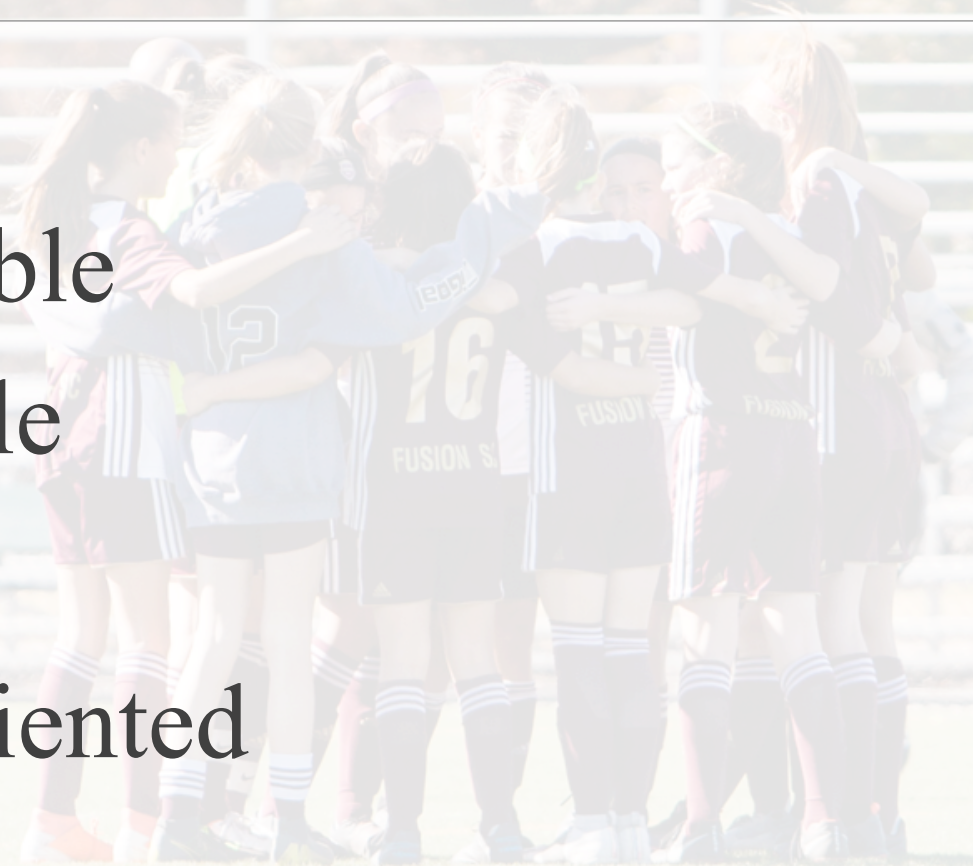
- Vertical Jump (Lower Body Power)
- Med Ball Throw (Upper Body Power)
- Broad Jump (Lower Body Power)
- 5-10-5 Drill (Agility)
- 10-20-40 Sprint (Acceleration, Speed)
- 300 Yard Shuttle (Test-Retest)
 - Anaerobic Power
- Beep Test Level 1 (Anaerobic Capacity)
- Cooper Test (Aerobic Power)





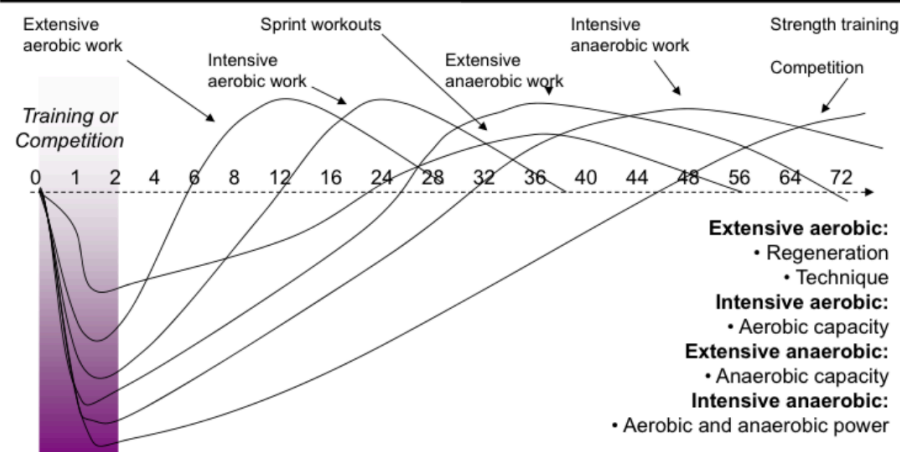
SMART Goal Setting

- Specific
- Measurable
- Attainable
- Realistic
- Time-Oriented

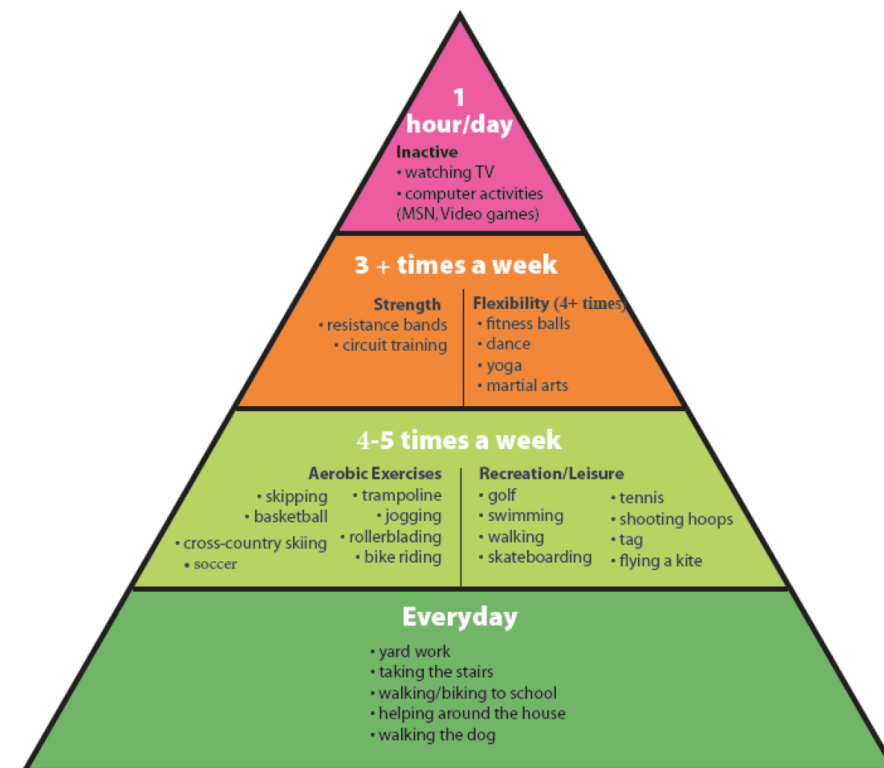


Training Pyramid

TIMING OF SUPER-COMPENSATION (Overload)



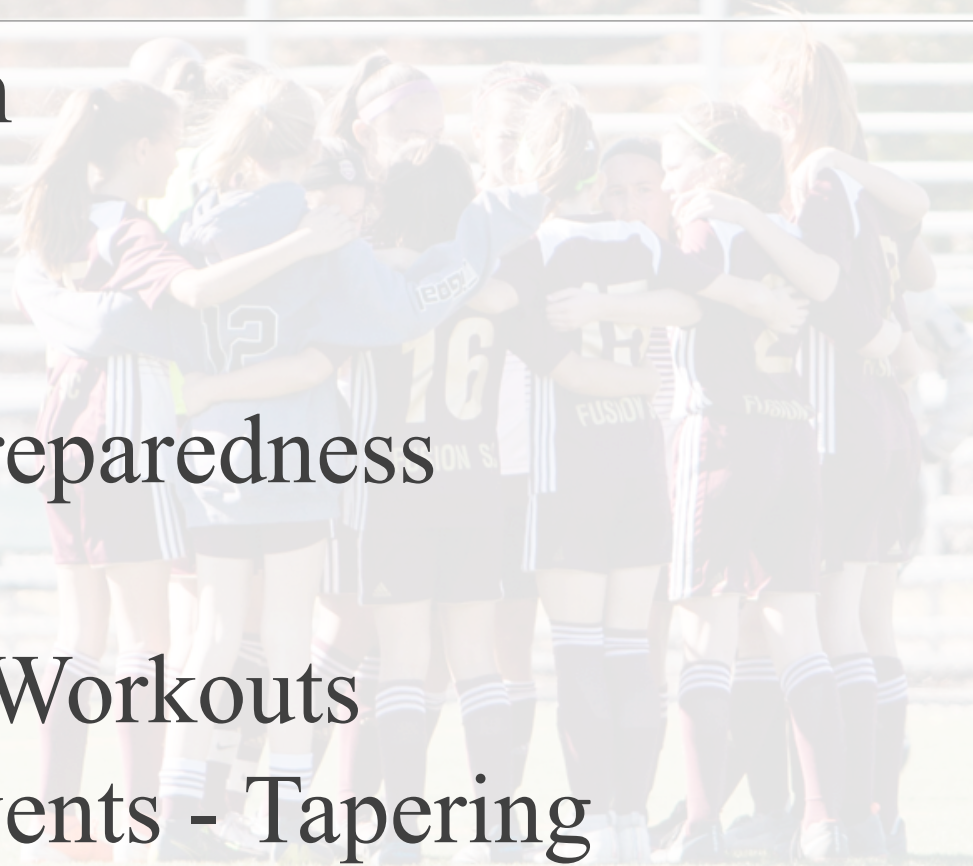
Training Types	Extensive Endurance	Intensive Endurance	Sprints/ Short Sets	Extensive Anaerobic Training	Extensive Strength Training	Intensive Anaerobic Training	Intensive/ Strength Training/ Competition
From	8	24	30	36	40	40	48
To	12	30	40	48	60	60	72





Your Daily Readiness Score

- Hydration
- Nutrition
- Sleep
- Mental Preparedness
- Soreness
- Previous Workouts
- Future Events - Tapering





Equipment Options

- Soccer Ball
 - Size 1, 2, 3, 4, 5
 - Futsal
 - Tennis Ball
- Bodyweight Exercises
- Free Weights
 - Dumbbells
 - Barbells
- Kettlebells
- Medicine Balls
- Resistance Bands
- Jump Rope
- Plyo Boxes
- Foam Rollers
- Hurdles
- Ladders
- Cones
- Other Equipment



Technical Skill Development Pyramid



Heading

Tackling

1v1 Moves / Turns

Shooting, Crossing

Dribbling, Passing, Receiving

Dribbling

Tackling

Passing

Complete Footballer

Heading

Receiving

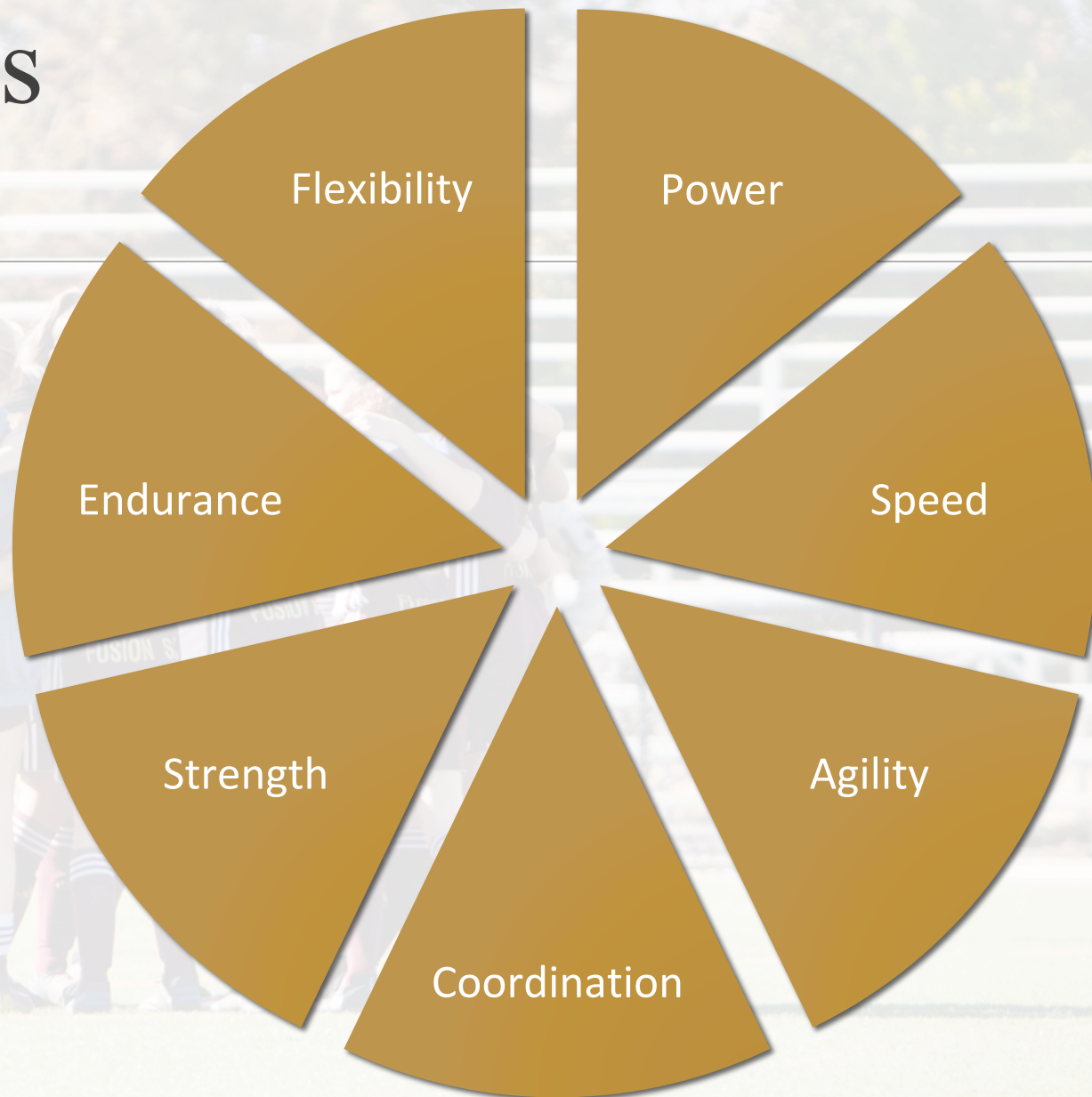
Shooting

Crossing



Areas of Fitness Development

- Power
- Speed
- Agility
- Coordination
- Strength
- Endurance
- Flexibility





Planning & Execution

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Technical							
Tactical							
Psychological							
Physical							
Social							



Power Training

Improving Jumping Ability

Warm-Up

1. Two-legged Jumprope (JR) x 100
2. Two-legged JR FW-BW x 50
3. Two-legged JR Side to Side x 50
4. One-legged JR x 25 each leg
5. One-legged JR FW-BW x 25 each leg
6. One-legged JR Side to Side x 25 per leg
7. One-legged JR Alternating Legs x 100
8. Scissor Jumps x 20
9. Slalom Jumps x 50

20-yard Workout

1. Skipping x 4
2. Lateral Skipping x 4
3. One-legged hops for speed x 4
4. One-legged hops for distance x 4
5. Alternating leg bounds FW x 4
6. Alt. leg bounds diagonal x 2
7. Alt. leg bounds w/ hold x 2
8. Diagonal double bounds x 2
9. Two-legged broad jumps for speed x 2
10. Two-legged broad jumps for distance x 2
11. Two-legged skier jumps x 2

Improving Upper Body Strength and Power

Warm-Up

1. General Dynamic Warm-up
2. Skipping w/ Arm Circles
3. Skipping w/ Twists
4. Skipping w/ Lateral Bends
5. Bear Crawls
6. Crab Walks
7. Wheel Barrels
8. 10 push-ups
9. 10 dips
10. 10 Elbow to Hand Bridge Up-Downs

Medicine Ball Workout 1

1. Trunk Rotations x 30
2. Trunk Rotations w/ Ball Transfer x 30
3. Trunk Rotations w/ Planted Knee x 10 each side
4. Wood Chops High to Low x 10 each side
5. Deep Squat to Press x 20
6. Forward Lunge with Twist x 10 each side
7. Side Lunge with Twist x 10 each side

Medicine Ball Workout 2

Complete 3 sets of each:

1. Crunches x 30
2. Leg Raises x 20
3. Diagonal Leg Raises x 20
4. Russian Twists x 30
5. Get-ups x 20

Upper Body Home Workout 1

1. Push Ups x 20
2. Pull Ups x Max
3. Two Arm Bike Tube Rows x 25
4. Spider Push Ups x 20
5. Alternating Hand Push Ups x 10
6. Wide Push Ups x 20
7. Dips x 20
8. One Arm Bike Tube Rows x 10 each arm
9. Two Arm Bike Tube Upright Rows x 10
10. Bridges x 30
11. Two Arm Bike Tube Rows x 25
12. Side Bridges x 20 each side
13. Pikes x 20



Speed Training Workouts

Improving First Step and Acceleration Speed

Warm-Up: 10 yard Runs

- 1) Skipping
- 2) Skipping Arms Forward
- 3) Skipping Arms Backward
- 4) Skipping with Trunk Twists
- 5) Skipping with Kick Inside
- 6) Skipping with Kick Outside

Acceleration Workout 1

Leg Extension Mechanics

1. Ground Contacts x 7 each leg
2. Single Leg Drives x 7 each leg
3. Double leg Drives x 7 each leg
4. Triples x 7 each leg
5. Continuous Leg Drives x 7 seconds

Arm Drive Mechanics

1. Exaggerated Arm Swings
2. Standing Arm Runs
3. Seated Arm Sprints

Acceleration Workout 2

10-yard Sprinting Mechanics

2 sets:

One Without Ball
One With Ball

1. Falling Starts x 5
2. Sideways Starts x 6
3. Pushup Starts x 5
4. Sideways Pushup Starts x 6
5. Stomach Starts x 5
6. Sideways Stomach Starts x 6
7. Resisted Partner Sprints x 5
8. Parachute Sprints x 5

Improving Top Sprinting Speed

Warm-Up: 10 yard Runs

1. Skipping
2. Skipping Arms Forward
3. Skipping Arms Backward
4. Skipping with Trunk Twists
5. Skipping with Kick Inside
6. Skipping with Kick Outside
7. A-Skips
8. Skipping Backward
9. Crossover Skipping Forward
10. Crossover Skipping Backward
11. Skipping Sideways
12. Side shuffle
13. Carioca
14. Tapioca
15. High Knees
16. High Heels
17. High Fast Knees
18. High Knees and Heels
19. One Knee High
20. One Heel High
21. Dynamic Flexibility

Speed Workout 1

Leg Extension Mechanics

1. Ground Contacts x 7 each leg
2. Single Leg Drives x 7 each leg
3. Double leg Drives x 7 each leg
4. Triples x 7 each leg
5. Continuous Leg Drives x 7 seconds

Speed Workout 2

30-yard Sprinting Mechanics

2 sets:

One Without Ball
One With Ball

1. Falling Starts x 2
2. Sideways Starts x 2
3. Pushup Starts x 2
4. Sideways Pushup Starts x 2
5. Flying Starts x 2
6. Curved Runs x 2 each direction
7. Backwards Diagonal Runs x 2 each directions
8. Parachute Sprints x 2



Agility Training Workouts

Improving Agility

Agility Workout 1: Change of Direction and Turning Mechanics

Using the Slalom Cone Set-up:

1. Lateral Plant with outside foot-
Going Forward
2. Lateral Plant with outside foot-
Going Backward
3. Turning 180- same direction
4. Turning 180- opposite direction
5. Lateral sprint with spin out
6. Bent run looking over shoulder
7. Bent run looking to side and
moving backwards and laterally

8. Repeat above while introducing
pass or sprint

Agility Workout 2:

1. 10-yard agility drill x 2 each
direction
2. 5-10-5 agility drill x 4
3. Wheel drill x 3 times each
direction
4. Illinois agility run x 2 times each
direction



Coordination Training Workouts

Improving Coordination and Lateral Speed

Warm-Up

20-yard Runs: Repeat Each Twice

1. Skipping
2. A-Skips
3. Skipping Backward
4. Crossover Skipping Forward
5. Crossover Skipping Backward
6. Skipping Sideways
7. Side shuffle
8. Carioca
9. Tapioca
10. Sheparding
11. Dynamic Flexibility

Footwork Workout 1: Basic Plyos

Two sets of each:

1. Two-legged hop FW-BW x 10
2. Lateral two-legged hop x 10
3. One-legged hope FW-BW x 10
4. Lateral one-legged hop x 10
5. Scissors x 10

6. Lateral Scissors x 10
7. Two-legged boxes x 10
8. Two-legged crosses x 10
9. One-legged boxes x 10
10. One-legged crosses x 10

Footwork Workout 2: Ladder Drills

1. One foot per box w/ knee Drive
2. Carioca
3. Foot switches
4. Two feet per box lateral
5. Two feet per box linear
6. Two feet in, one foot out FW
7. Two feet in, one foot out BW
8. Two feet in, two out laterally
9. Scissor kicks laterally
10. Crossover steps linear
11. Quarter Turns
12. Jumping Jacks every box
13. Jumping Jacks skip a box
14. Hopscotch



Strength Training Exercises

Improving Upper Body Endurance Strength

Upper Body Strength Workout 1

Perform 1-3 sets of the following:

1. Push Ups x 20
2. Pull Ups x Max
3. Two Arm Bike Tube Rows x 25
4. Spider Push Ups x 20
5. Alternating Hand Push Ups x 10
6. Wide Push Ups x 20
7. Dips x 20
8. One Arm Bike Tube Rows x 10 each arm
9. Two Arm Bike Tube Upright Rows x 10
10. Bridges x 30
11. Two Arm Bike Tube Rows x 25
12. Side Bridges x 20 each side
13. Pikes x 20
14. Push Ups x Max

Core Strength Workout 1:

Perform 30-50 reps of each exercise:

1. Crunches
2. Diagonal crunches
3. Supermans
4. Bird dogs
5. Bicycle crunches
6. Bridges
7. Side bridges
8. Side-lying pikes
9. V-Ups
10. Ceiling kicks
11. Hamstring hammer curls

Improving Upper Body Endurance Strength

Upper Body Strength Workout 1

Perform 1-3 sets of the following:

1. Push Ups x 20
2. Pull Ups x Max
3. Two Arm Bike Tube Rows x 25
4. Spider Push Ups x 20
5. Alternating Hand Push Ups x 10
6. Wide Push Ups x 20
7. Dips x 20
8. One Arm Bike Tube Rows x 10 each arm
9. Two Arm Bike Tube Upright Rows x 10
10. Bridges x 30
11. Two Arm Bike Tube Rows x 25
12. Side Bridges x 20 each side
13. Pikes x 20
14. Push Ups x Max

Core Strength Workout 1:

Perform 30-50 reps of each exercise:

1. Crunches
2. Diagonal crunches
3. Supermans
4. Bird dogs
5. Bicycle crunches
6. Bridges
7. Side bridges
8. Side-lying pikes
9. V-Ups
10. Ceiling kicks
11. Hamstring hammer curls



Endurance Training Exercises

Improving Anaerobic Power: Sprinting for 30-90s in Duration

Farlek Training 1: 10 minutes

Repeat following sequence 10 TIMES:

17. Fast Run for 30s
18. Recovery Run for 30s

Farlek Training 2: 12 minutes

Repeat following sequence 2 TIMES:

1. Fast Run for 1 minute
2. Recovery for 30s
3. Fast Run for 30s
4. Recovery Run for 1 minute
5. Fast Run 90s.
6. Recovery Run 90s.

Farlek Training 3: 9 minutes

Run this sequence ONCE:

1. Fast Run for 1 minute

2. Recovery Run for 1 minute
3. Fast Run for 30s
4. Recovery Run for 30s
5. Fast Run for 20s
6. Recovery Run for 20s
7. Fast Run for 30s
8. Recovery Run for 30s
9. Fast Run for 20s
10. Recovery Run for 20s
11. Fast Run for 30s
12. Recovery Run for 30s
13. Fast Run for 20s
14. Recovery Run for 20s
15. Fast Run for 30s
16. Recovery Run for 30s
17. Fast Run for 1 minute
18. Recovery Run for 1 minute

Improving Anaerobic Recovery

Anaerobic Recovery Workout 1:

Repeat sequence as many times as possible |
Make sure effort is submaximal but intense.

1. Endline to midfield three times
2. Rest 1 minute
3. Endline to midfield three times
4. Rest 1 min.
5. Endline to midfield three times
6. Rest 45s.
7. Endline to midfield three times
8. Rest 90s.
9. Endline to midfield three times
10. Rest 3 minutes.

Player score is number of sprints completed.



Level I – Beginning Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1' Focus	Power	Mobility	Condition	Power	Speed	Strength	Recovery
Workouts	Strength I Core	Coordination Agility Core	Aerobic C. Core Flexibility	Strength II Core	Plyos Speed Flexibility	Total Body Conditioning	Flexibility Recovery



Level II – Intermediate Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1' Focus	Power	Mobility	Condition	Power	Speed	Strength	Recovery
Workouts	Olympic I Strength I Core	Coordination Footwork Agility Core	Aerobic C. Core Flexibility	Olympic I Strength II Core	Plyos Speed Flexibility	Total Body Conditioning	Flexibility Recovery



Level III – Advanced Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1' Focus	Power	Strength	Condition	Power/ Speed	Condition	Strength	Recovery
Workouts	Olympic II Chest & Shoulders Core Back	Back & Arms Individual Core & Abs	Olympic II Conditioning Core Back Flexibility	Plyos & Speed Chest & Shoulders Core & Abs	Conditioning Individuals Core Back	Total Body Conditioning	Flexibility Recovery



Record Your Workouts

- Invest in a Journal
- Include Inspirational Quotes
- Decorate it
- Start with your IDP
 - Constant Assessment & Evaluation
 - Create Variety



The Value of Reflection

- Envision Your Day at the Start
 - Stay Focused and Prioritize Tasks
- Reflect At the End of the Day
 - Spend 10 minutes to Summarize



Conclusion

- Creating a Home Program Must Be Thoughtful and Related to Skills Currently Have and Also Those Looking to Acquire
- Based on your IDP, Goals, and Abilities



NEXT SESSION

FRIDAY

APRIL 24, 2020

10:30AM – U13-U19 Girls Panel

12:00PM – U13-U19 Boys Panel

ZOOM WEBINARS

LOGIN DETAILS EMAILED TO
FAMILIES



➤ ELITE PLAYER PATHWAYS and
PERFORMANCE

➤ KEYS TO LONG-TERM SUCCESS