

# **PICKERING FC**



## **PLAY AT HOME PROGRAM**

# PFC



# PLAY AT HOME

The PFC Play at Home Program will provide you with ways to stay connected and stay active at home during this time. Keep up with your touches through our suggested activities and challenge yourself to learn more about the game through our fun and educational workbook!

## What you need:



**Soccer ball**



**cones or other objects**

## Whats Included:

- Soccer Activities
- Tracking Sheet
- Fun Worksheets
- Youtube Video Breakdown

# LETS PLAY!

# PFC PLAY AT HOME PROGRAM

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<b>Ball Mastery</b>	<b>Keep ups</b>	<b>Physical Literacy</b>
<b>Video Breakdown</b>	<b>Workbook</b>	<b>And more!</b>

**Each week YOU are in charge of tracking the work you put in!**

**You can follow along with the PFC Player Calendar or you can create your own – just make sure to include each of the 5 components during the week. Feel free to revisit activities that you enjoy doing.**

**★ Coaches Tip** A little progress each day adds up to BIG results

## **PFC PLAYER CALENDAR**

<b>Monday</b>	<b>Ball Mastery</b>
<b>Tuesday</b>	<b>Workbook</b>
<b>Wednesday</b>	<b>Ball Mastery</b>
<b>Thursday</b>	<b>Video Breakdown</b>
<b>Friday</b>	<b>Physical Literacy</b>

**★ Coaches Challenge** Add in 100 Touches EVERYDAY!

**25 toe taps + 25 bell taps + 25 push pulls + 25 sole rolls**

# Ball Mastery

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**Week** 1  
**Equipment** Ball, 2 cones/objects  
**Space** 5 yards  
**Link** <https://www.youtube.com/watch?v=bQT3MP5Moq8>  
**Challenge** Complete as many as you can in 30 seconds

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**Week** 2  
**Equipment** Ball  
**Space** 5 yards or less  
**Link** <https://www.youtube.com/watch?v=bQT3MP5Moq8>  
**Challenge** What level can you achieve in 1 week?

## Level 1

1. Inside Outside
2. Toe Pull
3. Cruyff
4. Roll Over

## Level 2

5. Croqueta
6. Drag Back
7. Hop Step

## Level 3

8. L Cut
  9. Behind the Back
  10. Body Feint
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**Week** 3  
**Equipment** Ball, 5-6 cones or objects  
**Space** 10 yards long  
**Link** <https://www.youtube.com/watch?v=NMfLJynwyTk>  
**Challenge** Complete the ladder without hitting any cones

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**Week** 4  
**Equipment** Ball, 4 cones/objects  
**Space** 5x5 square  
**Link** <https://www.youtube.com/watch?v=fQ3mX2T62UQ>  
**Challenge** Can you keep the ball under control around the whole square



**Week** 5  
**Equipment** Ball, 2 cones or objects  
**Space** 5 yards  
**Link** <https://www.youtube.com/watch?v=QYKVuDwEBYA>  
<https://www.youtube.com/watch?v=Ts064dJSVKs>

**Challenge** Complete the 2 Combinations

1. Push Back Push
2. Roll Roll Stepoever

How many can you complete in 1 minute?  
Can you find a way to combine the 2 moves?

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**Weeks** 6  
**Equipment** Ball, 1 cone/object  
**Space** 2x2 square  
**Link** [https://www.youtube.com/watch?v=\\_pRHzrsN6CQ](https://www.youtube.com/watch?v=_pRHzrsN6CQ)  
**Challenge** How many can you complete in 1 minute?

1. U
2. Outside Foot U
3. Inside Foot V Cut
4. Outside Foot V Cut
5. Alternate Foot V Cut
6. L Drag U
7. Sole Square

**Next Level?** <https://www.youtube.com/watch?v=9fv6xXMfhxk>  
Using the same set up as above - see if you can follow along these 5 advanced moves!

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**Week** 7  
**Equipment** Ball, 4 cones/objects  
**Space** 5x5 square  
**Link** <https://www.youtube.com/watch?v=fQ3mX2T62UQ>  
**Challenge** Can you keep the ball under control around the whole square



# Physical Literacy

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Physical Literacy is all about learning **how to move your body in different ways!** Movements like; **jumping, skipping, shuffling, and balancing** are all really important in helping you grow. Can you think of different ways you can move your body?

## Ideas:

**Create your own Obstacle Course**

**Play another Sport**

**Skip Rope**

**Ladders**

<https://www.youtube.com/watch?v=uM-dKKn5bU>

**Fast Reaction Games**

<https://www.youtube.com/watch?v=fCwA0VUxEk8>

**Fast Footwork**

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

**Add in your own Physical Literacy to your PFC Play at Home Program!**



## **Coaches Challenge:**

**Can you think of all the different ways we move during soccer?**

# Keep Ups

record your keep ups on the PFC Play at Home Tracking Sheet

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My current **Keep Up Record** is

My **Keep Up Goal** is



**Coaches Tip** Keep the ball at waist height and below



# Video Breakdown

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**Video 1** <https://www.youtube.com/watch?v=OfJl7n9Y2ow>

- Player: Brianna Alger
- Team: Washington State Soccer Player



What did she do in this 1v1 situation? Why was she successful?



**Video 2** <https://www.youtube.com/watch?v= Z7hrQUFDtc>

Team: Manchester United



**Manchester United Goal 1 (0:26)**

Describe the play that lead to the Penalty Kick. Did B.Fernandes score?

**Manchester United Goal 2 (1:32)**

What did you like about the goal scored by the Forward (Martial)? What skills did he use?

**Manchester United Goal 3 (1:57)**

What did the Midfielder (Greenwood) do when he won the ball?





**Video 3** <https://www.youtube.com/watch?v=noaZHSLmSAU>

League: National Women's Soccer League



**Describe what you saw in each of the 3 plays**

**J. Ertz Moves**

**A.Rodz Attack**

**Dorseys Block**

★ **Want More Video Breakdown? Contact [Grassroots@pickeringfc.ca](mailto:Grassroots@pickeringfc.ca)**



# Workbook

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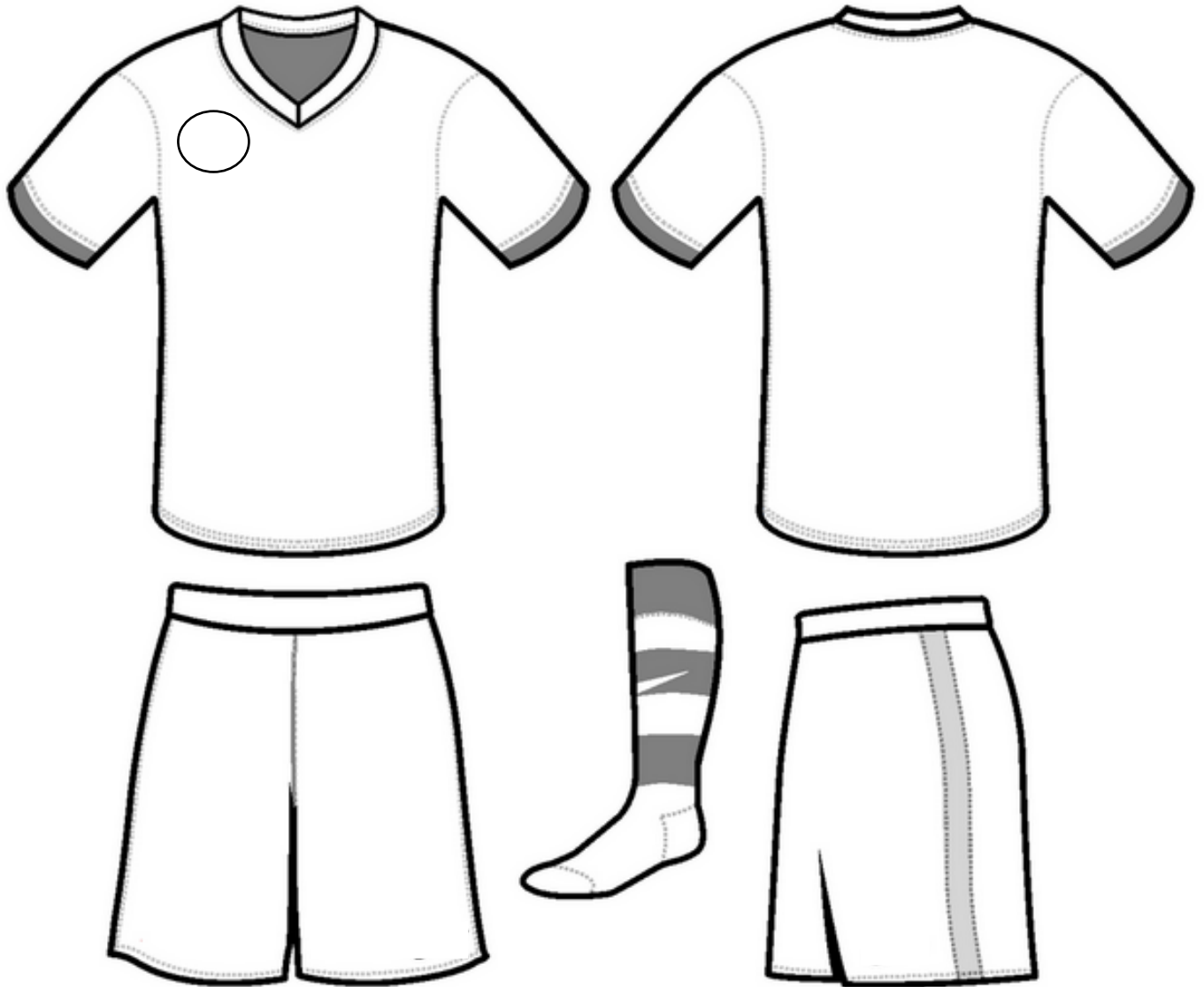
**The PFC Workbook is full of different tasks for you to do!**

- **Design your own PFC Kit**
- **PFC Playbook**
- **Goal Setting**
- **Colouring Pages**
- **Word Search**

**All individuals PFC Worksheets are also saved as PDF for you to print off**



# PFC – Design your own Kit



# PFC Playbook

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Its **GAME DAY!** Coach needs your help designing a playbook to share with the team. Using your soccer knowledge, create a play for each of the game scenarios listed below.

## What to include:

- All players on the field
  - U8: 5 players vs. 5 players
  - U9 and U10: 7 players vs 7 players
  - U11 and U12: 9 players vs 9 players
- Notes to describe the play (optional)
- A legend (Example: Pass = ----->)
- Be creative!

## PFC PlayBook:

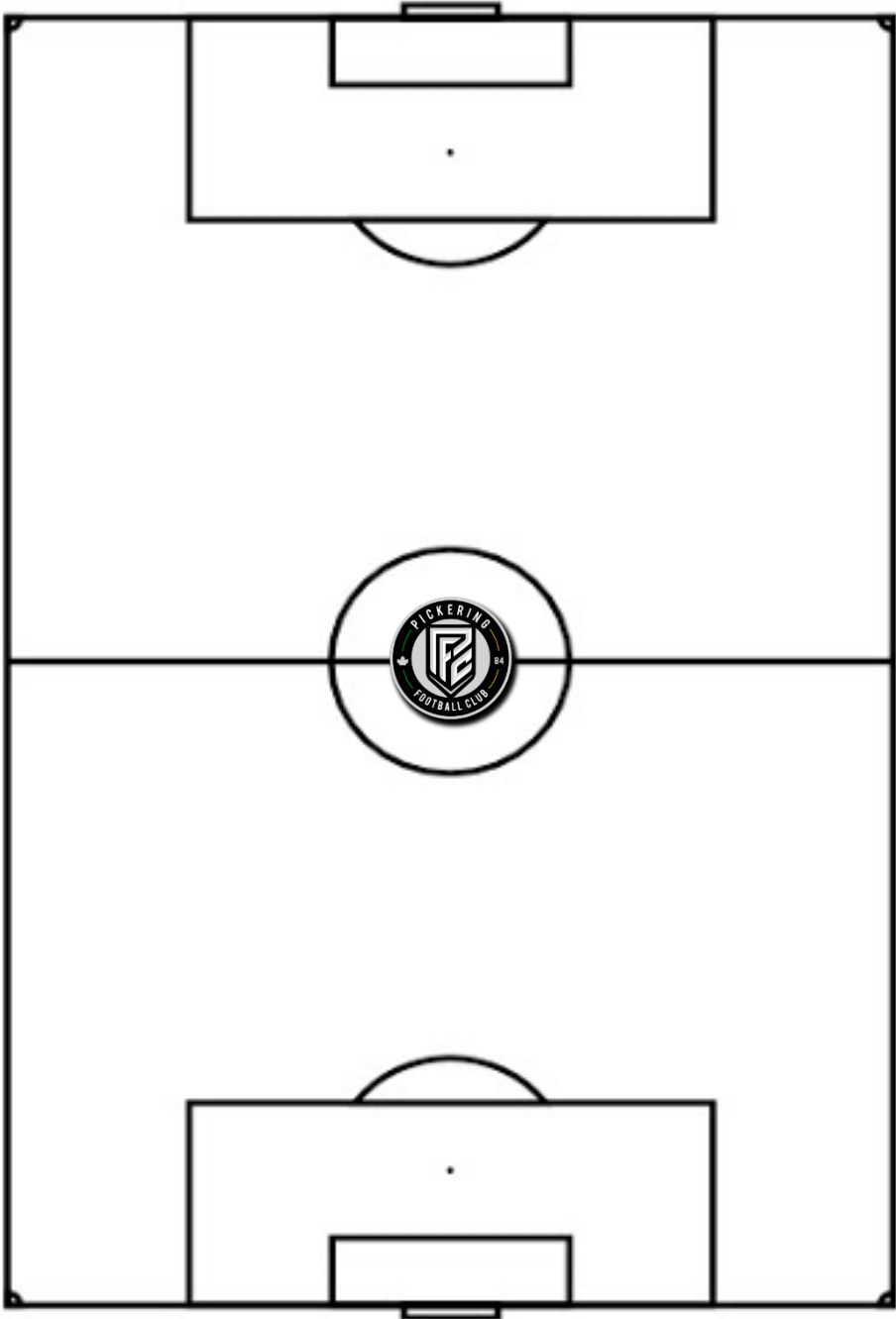
1. PFC Corner Kick
2. PFC Goal Kick
3. Open play to GOAL
4. Your Choice - Get Creative!



**Coaches Tip** Print off extra copies to make more plays!

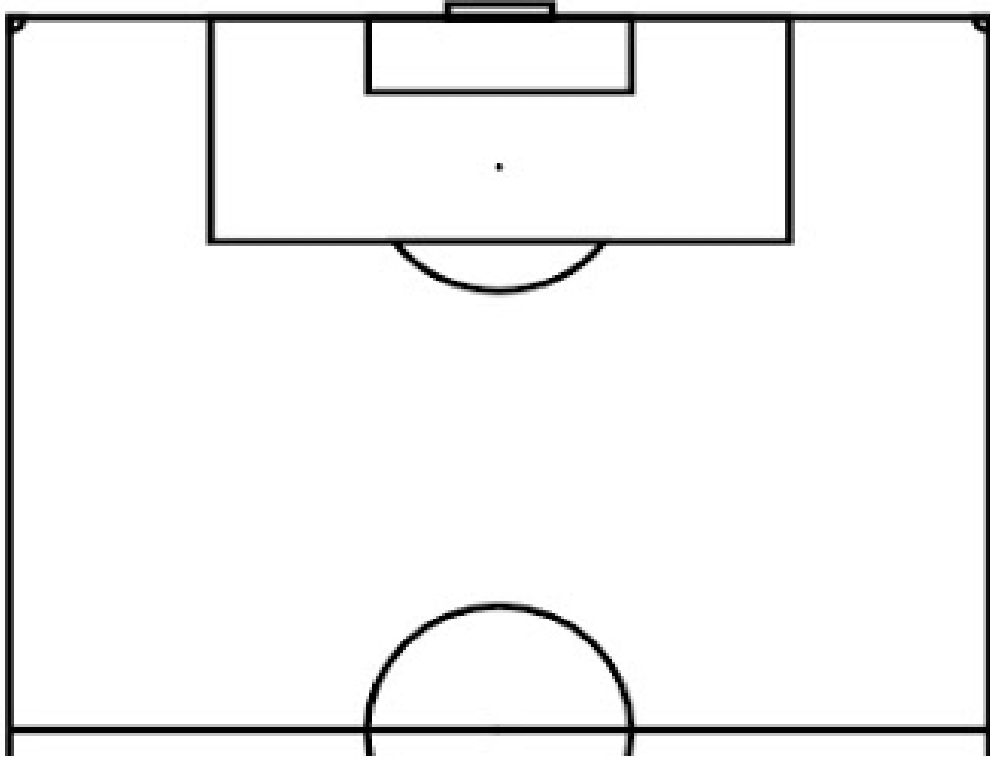


# PFC Goal Kick



NOTES:

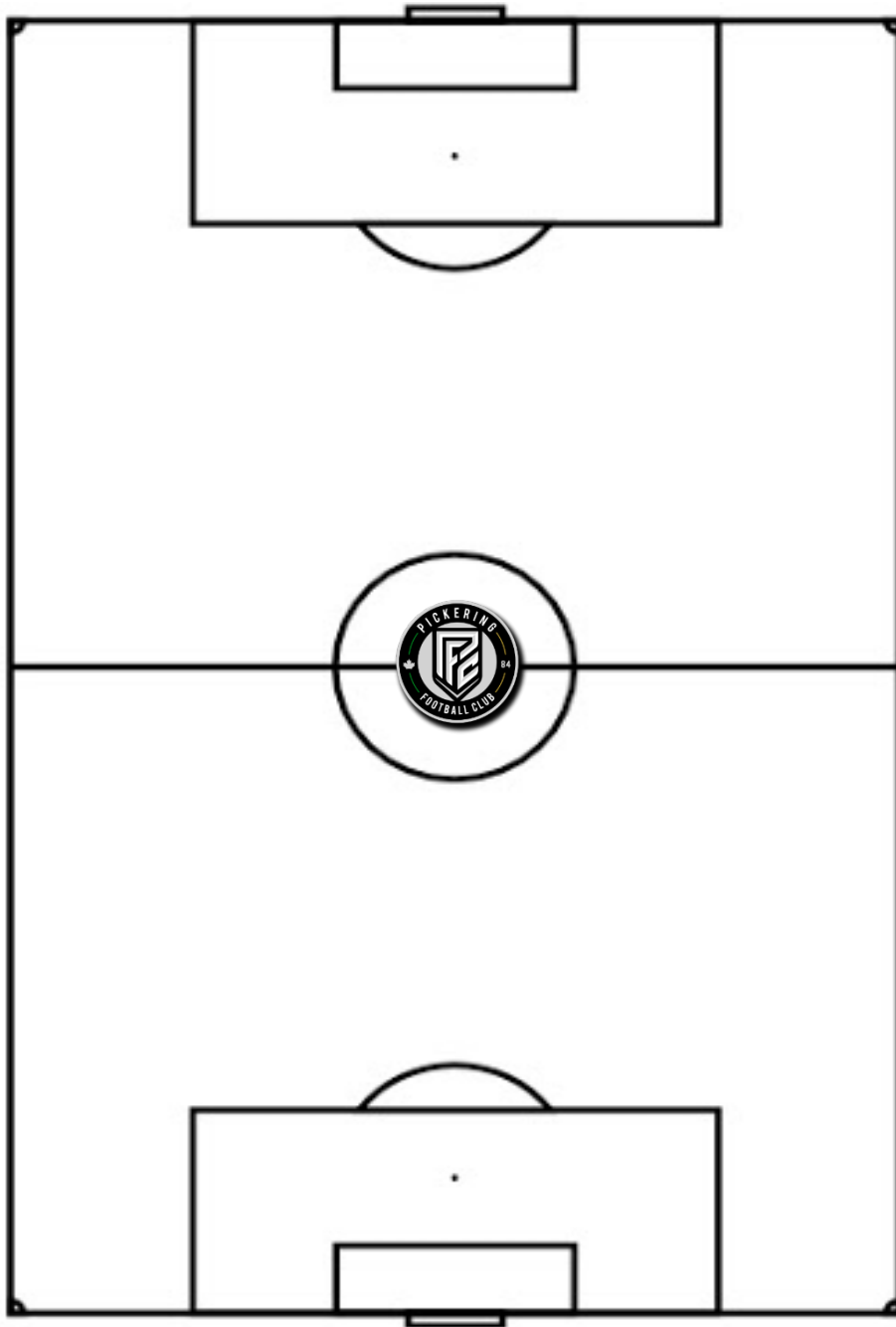
# PFC Corner Kick



NOTES:



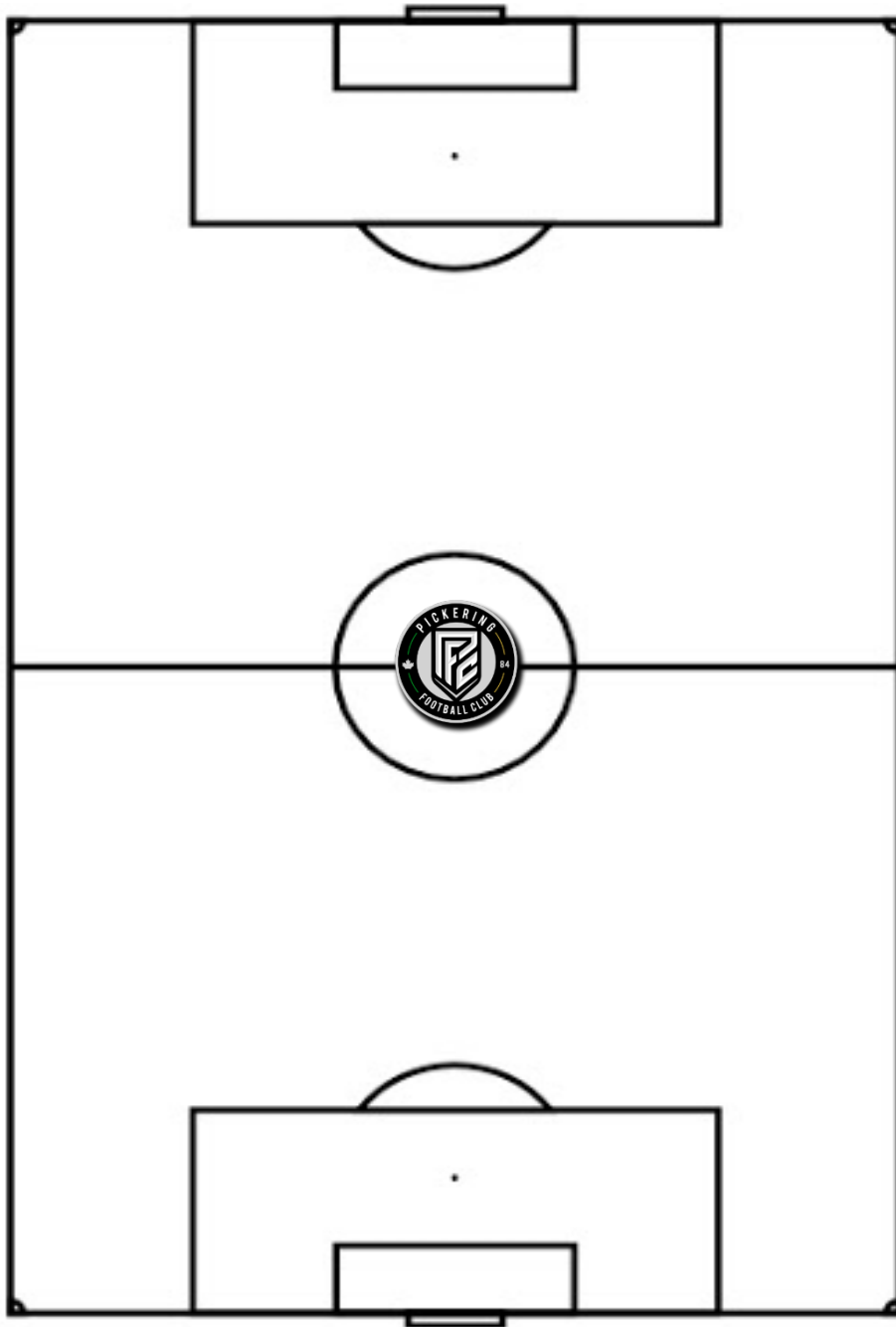
# Open play to GOAL



NOTES:

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**Players Choice**



NOTES:

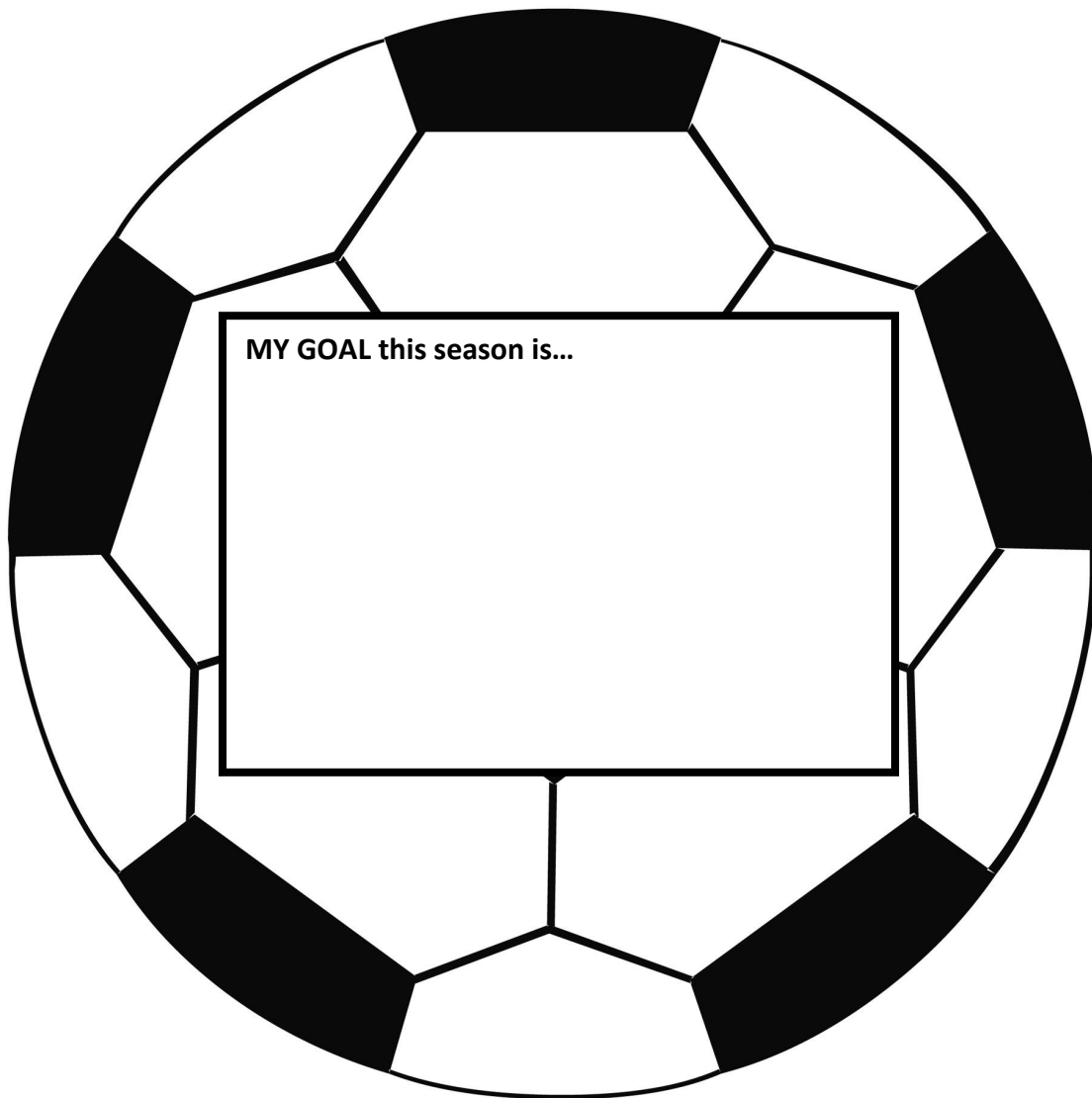


# PFC – Goal Setting

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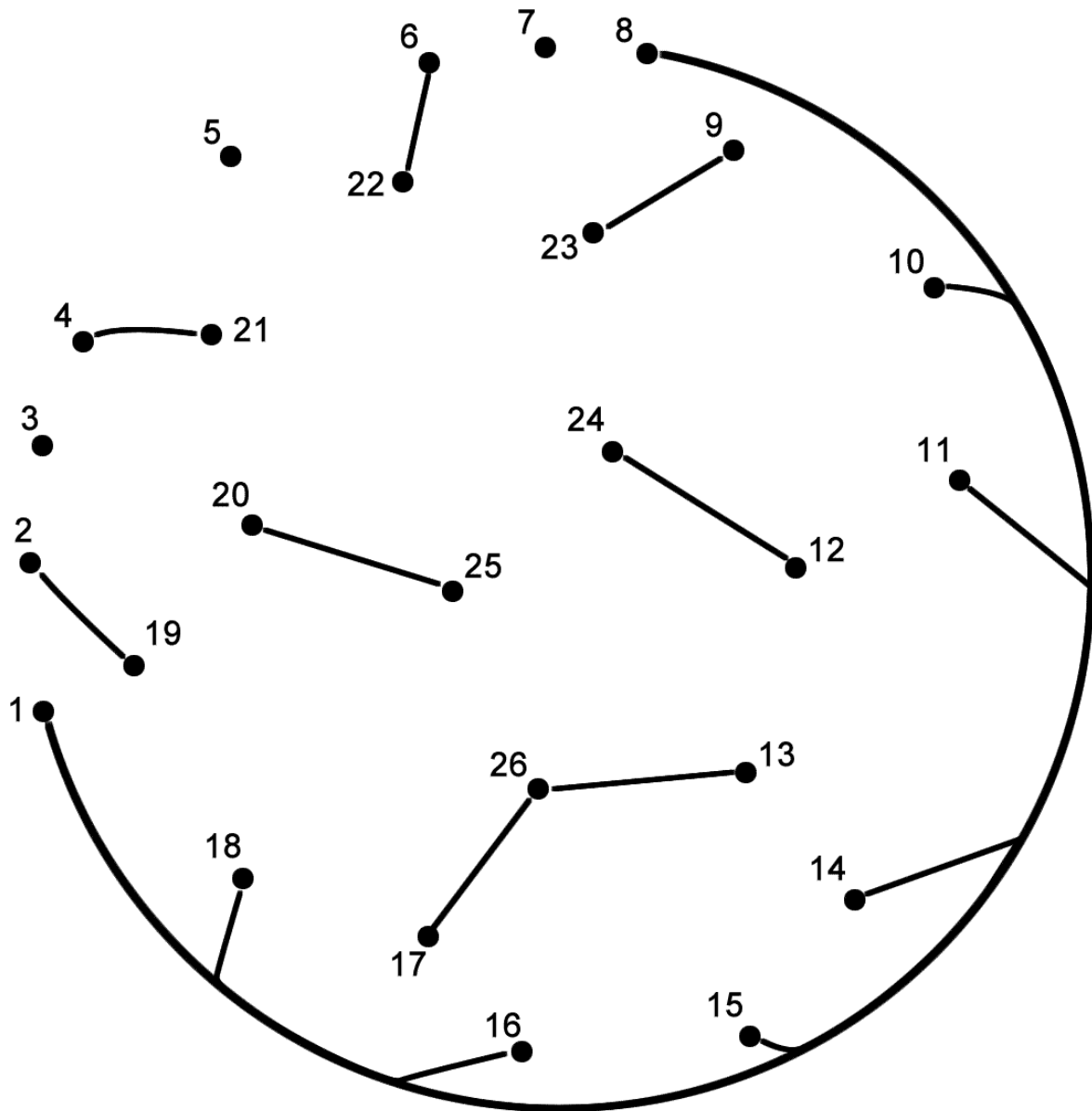
Lets go for GOAL! Setting a goal is important. It helps guide you in the right direction and gives you something meaningful to work towards!

Did you know? By writing down your goal, you are more likely to achieve it!



# PFC - Connect the Dots

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# Soccer Word Search

I	E	F	I	E	L	D	N	J	L	W	N
Y	I	I	D	L	K	G	T	X	S	F	J
L	L	S	A	D	X	C	W	K	O	D	L
Z	A	G	O	I	H	A	I	R	L	N	U
A	O	O	U	C	P	G	W	K	B	Q	O
C	G	A	E	K	C	A	B	L	L	U	F
B	X	L	R	Q	R	E	N	C	N	B	Q
C	Y	V	E	D	F	Z	R	M	L	L	X
L	M	I	D	F	I	E	L	D	E	R	L
M	R	D	N	S	E	O	U	E	K	X	Q
Y	R	P	E	E	I	M	R	L	O	L	T
J	P	A	F	C	L	E	A	T	S	L	G
T	O	S	E	P	F	X	F	H	V	A	R
E	Q	S	D	E	O	F	R	K	A	B	N
N	Q	I	R	M	A	H	D	S	F	A	X
P	C	R	P	O	X	V	V	T	E	M	L

SOCCER  
BALL  
NET  
FIELD  
CLEATS

REFEREE  
FULLBACK  
DEFENDER  
FORWARD  
MIDFIELDER

GOALIE  
GOAL  
KICK  
PASS  
FOUL







**#PFCPROUD**