

An aerial photograph of a home football training area. A rectangular goal is marked with white lines on a green lawn. A lawnmower is parked on the left side of the goal. A player in a black jersey and white shorts is in the foreground, about to kick a soccer ball. A large hedge and a fence are in the background.

HOME TRAINING PROGRAMME

WEEK 1



NEW ZEALAND
FOOTBALL

WEEK 1 OVERVIEW

THE FOUR CORNERS MODEL

TECHNICAL



Focussed on NZF's 4 attacking core skills:

- Striking the Ball
- 1 v 1
- Receiving the Ball
- Running with the Ball

and for our Goal Keepers

- Handling

PHYSICAL



Focussed on the physical development of the player and covers:

- Warm up
- Fitness

TACTICAL



Focusses on developing your understanding of the game and covers:

- Analysing Individuals
- Analysing Teams
- Kiwi Strengths

MENTAL



Focused on the Mental development of the player and covers:

- Connection
- Courage
- Mental Agility

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WEEK 1 SCHEDULE

JUNIOR SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11+ Kids 5mins	11+ Kids 10mins		11+ Kids 10mins		11+ Kids 5mins	
 20mins	 30mins	 1 Activity 30mins	 30mins		 20mins	 1 Activity 20mins
		 Activity 1 20mins			 Activity 1 20mins	
25mins	40mins	50mins	40mins		45mins	30mins

Remember: These timings are a guide only

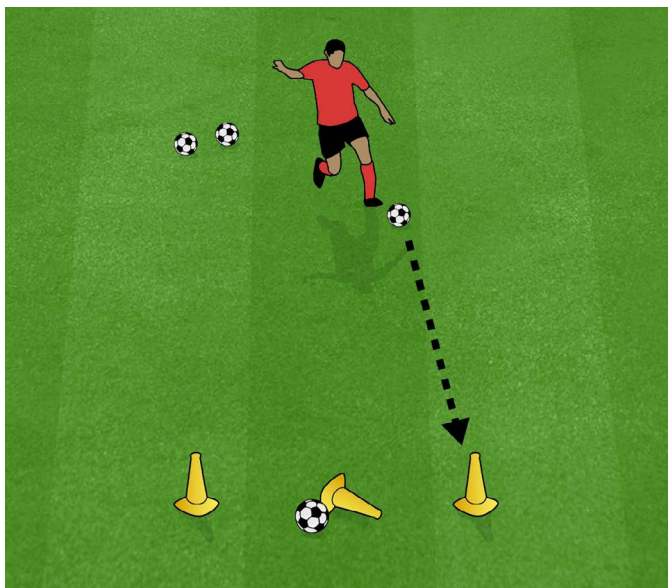
YOUTH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11+ 5mins	11+ 10mins		11+ 10mins		11+ 5mins	
 25mins	 30mins	 2 Activities 30mins	 30mins		 25mins	 2 Activities 20mins
		 Activity 2 30mins			 Activity 1 30mins	
30mins	40mins	60mins	40mins		60mins	30mins

Remember: These timings are a guide only



1 STRIKING THE BALL FOOTBALL BOWLING



See Football Bowling [video](#)

Explanation

- Set up a "bowling lane" using different objects
- Stand 5m away from the objects with a ball(s)
- Take a small touch so the ball is moving, then try to knock down the objects
- Repeat this until they are all knocked down

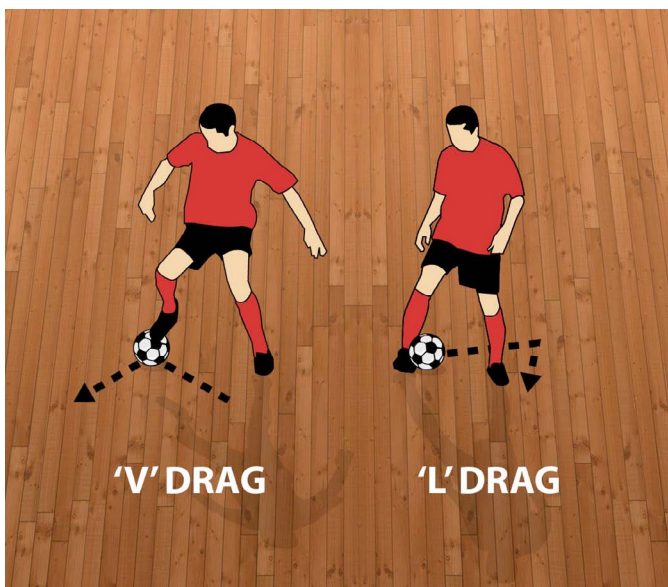
Progression

- Vary the distance between you and your objects
- Use both feet and different parts of the feet to Strike the Ball

Sibling Challenge

- Set up two identical "bowling lanes" and race your sibling to see who can knock down the objects the fastest
- Set up a funny "bowling lane" for your sibling and challenge each other to a "bowl off"

2 1 v 1 V & L DRAG BACKS



See V & L Drag Backs [video](#)

Explanation

- Stand with the ball in front of you
- Reach for the ball and drag it back towards you
- For the V Drag Back, push the ball with the outside of the foot in the direction of the foot you are using
- For the L Drag Back, pull the ball behind your standing foot with the inside of your foot

Progression

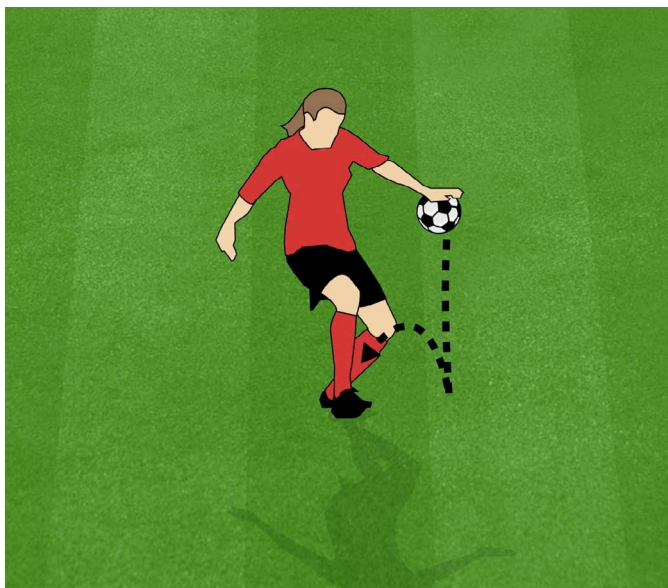
- Perform the V and L Drag Backs while you are dribbling
- Dribble up to an object and perform the Drag Backs pretending the object is a player

Sibling Challenge

- Have one ball between you and your sibling. The person with the ball has to keep it off their sibling for as long as they can
- You get a point for every second you keep it off your sibling and 5 bonus points for every V and L Drag Back you use throughout the challenge



3 RECEIVING THE BALL JUNIOR JUGGLING



See Junior Juggling [video](#)

Explanation

- Start with the ball in your hand
- Drop the ball onto the ground, let it bounce, then try to kick it back up to yourself and catch it again
- Try to keep the ball below head height
- Repeat this using your other foot
- Now try to kick it twice before you catch it again

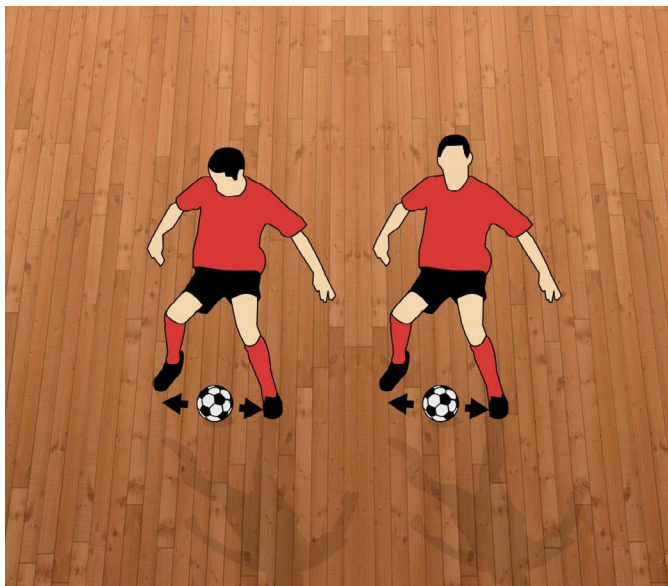
Progression

- This time, instead of catching the ball after you've kicked it, let it bounce again, then kick it again (bounce, kick, bounce, kick)
- Try to kick it twice with a bounce in between
- Try alternating the foot you kick it with

Sibling Challenge

- Challenge your sibling to a competition. The winner is the sibling who can improve the most by the end of the week, e.g. can you double or triple your best try from day 1?

4 RUNNING WITH THE BALL INSIDE TO INSIDE



See Inside to Inside [video](#)

Explanation

- Whilst standing still, move the ball from the inside of one foot to the other using one touch per foot
- Once you get the hang of it, try to do it without looking at the ball
- Count how many times you can touch the ball on each foot in 30 seconds

Progression

- Now try to move forwards and backwards still using one touch per foot
- See how fast and how slow you can move whilst keeping the ball moving between your feet

Sibling Challenge

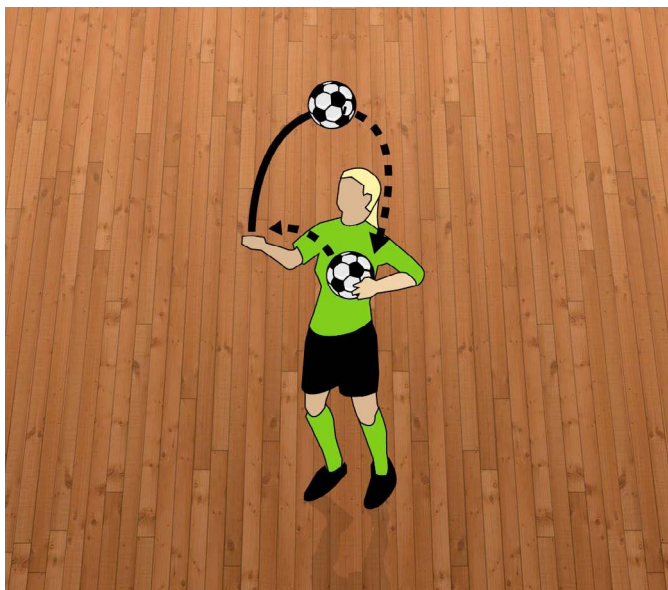
- Challenge your sibling to see who can have the most touches in 30 seconds
- See who wins at the start of the week and the end



5

HANDLING

JUNIOR JUGGLING FOR GOALKEEPERS



See Junior Juggling for Goalkeepers [video](#)

Explanation

- Use 2 balls, one in each hand and throw the ball in the air from your right hand. Quickly transfer the left hand ball into your right hand
- This leaves your left hand free to catch the ball out of the air
- Continue and see how quickly you can do this skill

Progression

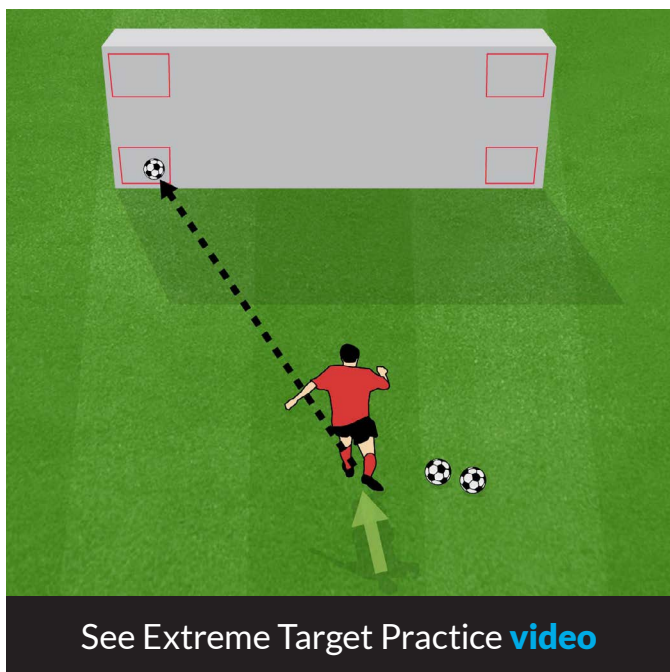
- Go the opposite way and throw the ball from your left hand
- Play the same game but this time throw the ball against a wall and catch

Sibling Challenge

- Both have 2 balls and throw to each other whilst transferring from hand to hand and see how quickly you can go



1 STRIKING THE BALL EXTREME TARGET PRACTICE



Explanation

- Set up a set of “targets” using different objects
- Put them in low, high or even moving positions
- Take a small touch so the ball is moving, then try to hit the targets
- Repeat this until you hit all the targets

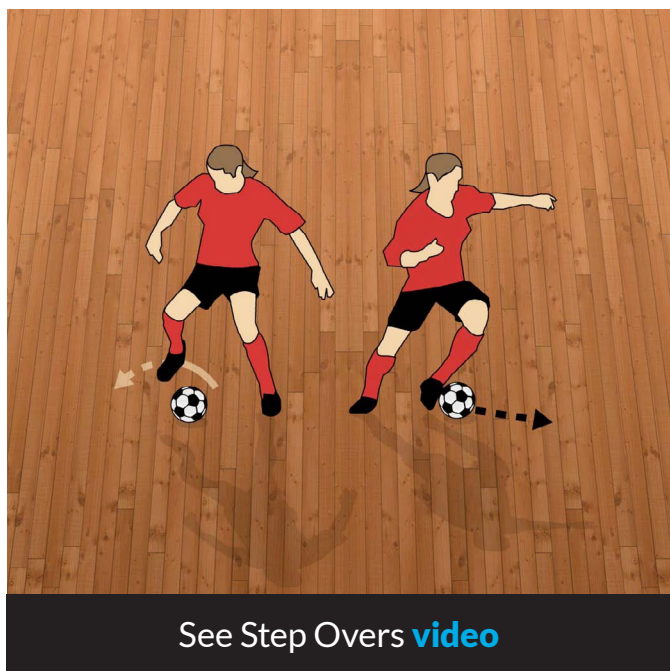
Progression

- Vary the distance between you and your objects
- Use both feet and different parts of the feet to Strike the Ball
- Strike the ball using a volley or half volley

Sibling Challenge

- See who can hit the most targets with 10 strikes of the ball

2 1v1 STEP OVERS



Explanation

- Stand with the ball in front of you
- Move one foot from inside (next to your standing foot) to outside (away from your standing foot) the ball then push the ball away with the outside of your other foot
- Repeat this starting with your opposite foot

Progression

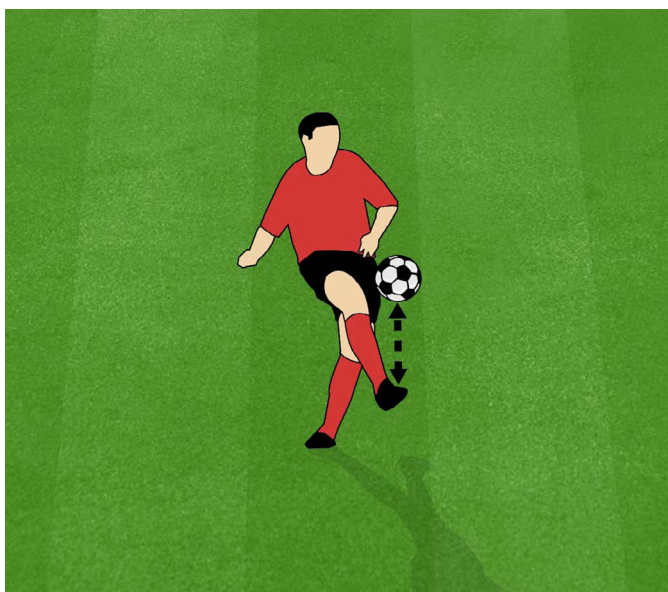
- Perform the Step Over while you are dribbling
- When you step over the ball, really bend your knee and drop your shoulder before pushing off

Sibling Challenge

- Set up 2 goals about 10 meters apart with one sibling at each goal
- One sibling start with the ball, try and score by using step overs to dribble past your sibling



3 RECEIVING THE BALL JUGGLING



See Receiving the Ball [video](#)

Explanation

- Start with the ball on the ground
- Flick the ball up and juggle it with your feet
- Try to keep the ball below waist height
- Use both feet and see how many juggles you can get

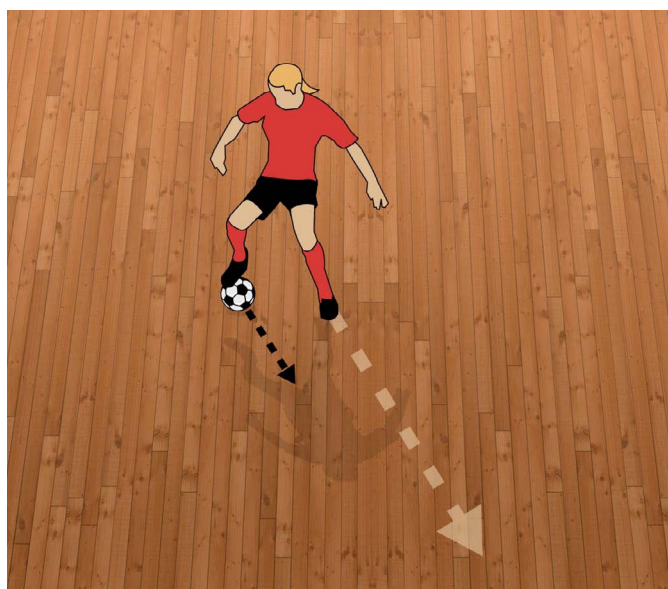
Progression

- Now try to alternate feet between juggles
- Keep the ball below knee height
- Every few juggles, kick the ball over your head and then try to control it back to normal juggling
- Try to juggle up one side of your body and down the other (foot, thigh, shoulder, head, shoulder, thigh, foot)

Sibling Challenge

- Challenge your sibling to a 2 touch competition where you pass the ball to each other using 2 touches without it ever touching the ground
- Play 2 touch DONKEY whereby you get a letter each time you drop the ball

4 RUNNING WITH THE BALL ROLL OVER



See Roll Over [video](#)

Explanation

- Start with the ball to the side of your body
- Using the sole of your foot, roll the ball across your body but keep your hips facing forwards
- Move with the ball using your right foot when moving left and your left foot when moving right

Progression

- See how fast you can move in each direction
- Try to stop and change direction only using the sole of your foot
- Set up a course that you can complete only using roll overs to get around it

Sibling Challenge

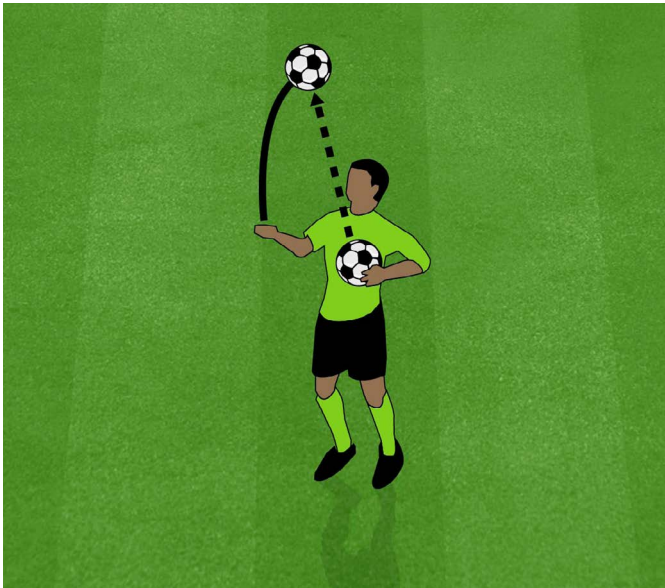
- With a ball each, stand 2 meters away from your sibling facing one another
- One sibling is the leader and the other is the follower
- The follower should try to mirror the leaders movements



5

HANDLING

CLAY TARGET SHOOTING



See Clay Target Shooting [video](#)

Explanation

- Use 2 balls, throw one in the air as a target and then try to hit it with the second ball
- Try to catch the target ball before it bounces

Progression

- Try to catch both balls before they bounce
- Vary the height at which you throw the target ball

Sibling Challenge

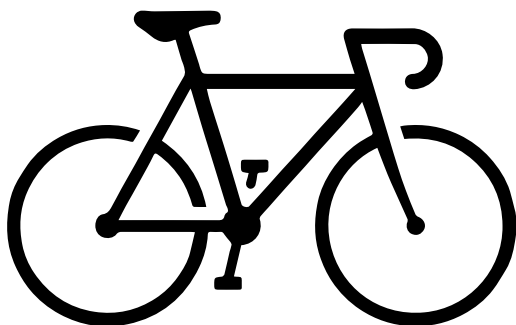
- One throws the target and the other attempts to hit it then both try to catch a ball each before they bounce

JUNIOR WARM UP

The 11+ Kids programme is great for warming up the body in a fun way and improving junior players movement competency. Choose 1 or 2 11+ Kids games and work through the levels to improve your movement and warm up well.



For the full
11+ Kids warm up
[CLICK HERE](#)



JUNIOR FITNESS ACTIVITY 1

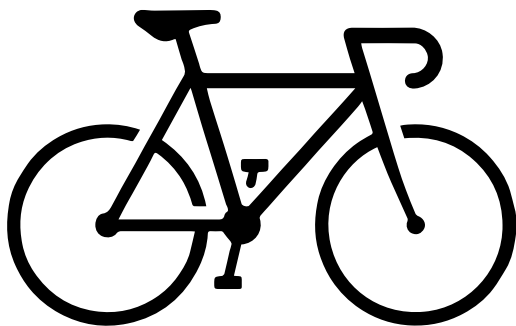
Convince someone in your bubble to go for a bike ride with you for 20 minutes close to your residence. Ensure your bike is in good working condition beforehand and please use the correct protective gear.

YOUTH WARM UP

It's important to have an adequate level of physical fitness for the level of football you play. It is also important that you are well warmed up and ready for all football sessions. Follow the 11+ parts 1 & 3 to warm you up well and the 11+ part 2 for core strength and conditioning.



For the full
11+ warm up
[CLICK HERE](#)



YOUTH FITNESS ACTIVITY 1

Go for a bike ride for 30 minutes close to your residence. Make sure you ask a parent first if you are going on your own. Ensure your bike is in good working condition beforehand and please use the correct protective gear.

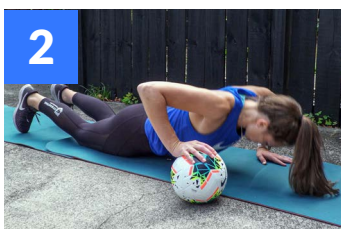
YOUTH FITNESS ACTIVITY 2



1 SQUAT

Knees and toes aligned, back flat and straight, core tight, squat down to knees at 90° and push up through the heels.

12 - 15 reps 2- 3 sets



2 PRESS UP (WITH BALL)

Hands shoulder width apart, with one hand on ball, back flat and tummy tight, lower chest towards ground and push up.

12 - 15 reps 2- 3 sets



3 SPLIT LUNGES

Start feet shoulder width apart, step one foot forward, dropping back knee down toward ground till both knees at 90° push up and back, then swap feet and repeat.

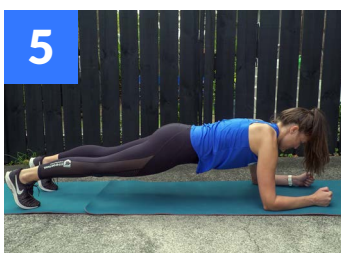
12 - 15 reps 2- 3 sets



4 SWISS BALL DB ROW

Balancing swiss ball under thighs with toes on ground, knees slightly bent. Keep back flat and straight, holding DB draw elbow past side of torso and above squeezing shoulder blade, then lower & repeat other side.

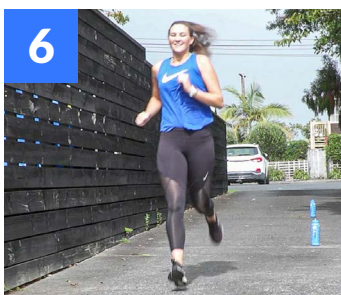
12 - 15 reps 2 - 3 sets



5 PRONE HOLD

With elbows rested on ground under shoulders, body flat from head through spine to knees / toes (depending on level), core muscles engaged / tightened (belly button drawn through to spine) and hold.

45 secs - 1 min 2 - 3 sets



6 SHUTTLE RUN

Set out 4 markers 15-20 meters apart. Running at a moderate to fast pace, run to marker 1 return to start, then marker 2 return to start, then marker 3 return to start and marker 4 and back.

1 rep 2 - 3 sets

Rest 30 - 45 secs & repeat 2 - 3 times

WARM UP

Warm your body's muscles and systems gradually with 5-7mins of light to moderate aerobic activity e.g.

- Jogging up and down your driveway
- Jogging on the spot
- Light skipping with a rope

12 - 15 reps

2 - 3 sets

Rest:

**30 - 45 secs rest
between sets (circuits)**

Intensity:

**65 - 75% max HR /
moderate intensity**

Times Per Week:

2 - 3

COOL DOWN

Cool your body down gradually with 3 - 5mins of moderate to light aerobic activity, followed by stretching your major muscle groups e.g.

- Light jog down to walk on your driveway
- Marching on the spot
- Light cycle on a stationary bike

CLICK HERE

for how to videos and other home training videos

Exercise within your own capability. If you experience any tightness or pain in your chest, stop exercising immediately and seek medical advice.



Pick your favourite footballer who you love to watch! Jump onto youtube and find a relevant video/ videos of your player and answer the following questions (example Messi).

- 1** **ACTIVITY 1 - Name 3 skills your favourite player excels in!** (example, dribbling, shooting, tackling etc).
- 2** **ACTIVITY 2 - Pick 1 of those skills and look further into why they are so good at that skill.** (Example dribbling – what foot is used, left, right both? What parts of the foot does the player use when dribbling, inside, outside?).
- 3** **ACTIVITY 3 - Pick one skill from your player that you want improve on? List 3 ways you can practice to get better at that skill having reflected upon what you have just seen!** (Example Dribbling, practice touching the ball whilst moving with both feet, inside and outside of feet).
- 4** **ACTIVITY 4 - Think of one game that can help you improve these skill** (example dribbling) Dribbling circuit around the garden).



Pick your favourite football team. Jump onto youtube and find a relevant video of their playing and tactical style (example Liverpool, Real Madrid, Man City) and answer the following questions.

- 1** **ACTIVITY 1 - Can you find out the formation that they play?** (example 4-3-3, 4-4-2...)
- 2** **ACTIVITY 2 - List their playing style when in possession. As much detail as possible. Do they play out from the back? Do they look to play through certain players in the middle of the pitch? What do they do when they get in the final 3rd?**
- 3** **ACTIVITY 3 - List their playing style out of possession. As much detail as possible again. How do they press? (example high press, drop deep). What do certain players do when they lose the ball? How do they defend their defensive 3rd?**
- 4** **ACTIVITY 4 - List the 3 key players to your team system and why?** (with or without the ball).



1

CONNECTION - FAMILY TREE

Connection to the past:

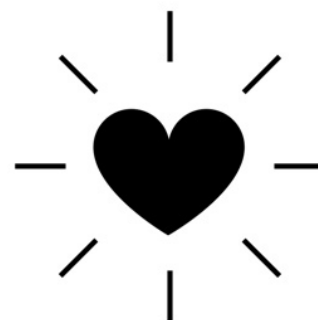
Draw a genealogy/ family tree of those as far back as you can. You may need the help of those in your 'bubble'.

Next to each person that played football draw a football. Can you find out these things about them?

- What position did they play?
- What were they good at?
- Who did they play for?
- Why did they enjoy playing football?

Are there any similarities between each of them (e.g. their position, their love for the game, what they were good at)

Reflect on how each person in your family tree has had an influence on you.



2

COURAGE - TRY SOMETHING NEW

Courage to learn something new:

If you have access to a phone – use emoji's to describe areas of yourself (e.g. what you like, what challenges you, what you do). See if the people in your bubble can guess what the emoji's mean!

For example, do you like the



Use one of those emoji's to create a new, creative challenge for yourself. If you had a football, you could try to juggle something different to a football (i.e. toilet paper). If you had something musical, create a song, video it and send it to a friend. If it was food, cook something new with your family.



**NEW ZEALAND
FOOTBALL**



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