2020 @ HOME PLAYER PROGRAM

TRAINING PLAN WK. 5

SPORTS
funandthefundamentals

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WEEK 5 – KEY FOCUSES *KICKING – GAME STYLE FOCUS

- Ball Drop - Ensuring you drop the ball allowing you to make good contact and get the ball spinning correctly.
- Leg Swing - Nice easy swing of the leg, no karate kicks!
- Foot Position - When we kick the ball we need a hard foot. Think tense foot. - 'Show your laces'
- Foot work - Getting ready to kick and aligning to your target.
- Body Position - Big and strong over the ball, chest over your feet.

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TRAINING PLAN – BEGINNER

	Mon	Tues	Wed	Thurs	Fri
10mins	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!
15min	Max Distance Kick Focus on 1. Low drop 2. Good leg swing. Measure with a cone!	Crane Kick x 20 Focus on 1. Low Ball Drop 2. Hard Foot	Max Distance Kick Focus on 1. Low drop 2. Good leg swing. Measure with a cone!	Crane Kick x 20 Focus on 1. Low Ball Drop 2. Hard Foot	Max Distance Kick Focus on 1. Low drop 2. Good leg swing. Measure with a cone!
15mins	Sideways Starting Position 1. Foot work to line up with target and kick.	Max Distance Kick Focus on 1. Low drop 2. Good leg swing. Measure with a cone!	Kicking Golf Focus on 1. Snaps 2. Banana 3. GOOD BALL DROP!	Sideways Starting Position 1. Foot work to line up with target and kick.	Max Distance Kick Focus on 1. Low drop 2. Good leg swing. Measure with a cone!
15mins	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	Backwards Starting Position 1. Foot work to line up with target and kick.	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE

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TRAINING PLAN – INTERMEDIATE

	Mon	Tues	Wed	Thurs	Fri
10mins	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!
15min	Crane Kick x 20 Focus on 1. Low Ball Drop 2. Hard Foot	Sideways Starting Position 1. Foot work to line up with target and kick.	Crane Kick x 20 Focus on 1. Low Ball Drop 2. Hard Foot	Sideways Starting Position 1. Foot work to line up with target and kick.	Statue x 20 Crane Kick x 10 Yoyo x 20
15mins	Backwards Starting Position 1. Foot work to line up with target and kick.	Dribble ball into kick 1. Quick not rushed. 2. Stand up and get into your kicking position. 3. Balance a key focus.	Backwards Starting Position 1. Foot work to line up with target and kick.	Dribble ball into kick 1. Quick not rushed. 2. Stand up and get into your kicking position. 3. Balance a key focus.	Backwards Starting Position 1. Foot work to line up with target and kick.
15mins	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	Bin Kicking Focus on 1. Weighting the kick	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	Bin Kicking Focus on 1. Weighting the kick	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE

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TRAINING PLAN – ADVANCED

	Mon	Tues	Wed	Thurs	Fri
10mins	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!	Warm up Kicking 10 x 10m / 10n x 30m Focus only on good contact!
15min	Statue x 20 Crane Kick x 10 Yoyo x 20	Statue x 20 Crane Kick x 10 Yoyo x 20	Statue x 20 Crane Kick x 10 Yoyo x 20	Statue x 20 Crane Kick x 10 Yoyo x 20	Statue x 20 Crane Kick x 10 Yoyo x 20
15mins	Sideways kick x 20 Backward kick x 20 Dribble kick x 20	Sideways kick x 20 Backward kick x 20 Dribble kick x 20	Sideways kick x 20 Backward kick x 20 Dribble kick x 20	Sideways kick x 20 Backward kick x 20 Dribble kick x 20	Sideways kick x 20 Backward kick x 20 Dribble kick x 20
15mins	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	Bin Kicking Focus on 1. Weighting the kick	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE	Bin Kicking Focus on 1. Weighting the kick	GOAL KICKING Focus on 1. Momentum through contact. 2. ROUTINE