



**FOOTBALL**

*Football is the highest played sport in the world and you can find it in almost every country. It is a great sport that not only is accessible at all levels, but is great for building fitness and friends on the pitch. However no one wants to take on the challenge of starting football all on their own and this is where TheGOALkeeper comes in. We have designed a training programme that helps an average athlete looking to start playing football and progress in their journey for fitness. Attached at the end is the format for each training session where you fill it in according to how you have done. It is important to keep note of all this information so you can track your progress. This programme can be adapted for absolute beginners but is primarily suited for athletes looking to get into football more.*

## **Week 1:**

This programme will definitely be more beneficial if you have access to a pitch with a goal however to begin with all you need is a football and some space

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches.

Stretching properly for football is very important as injuries are quite commonly found. To begin with practice dribbling the ball down 10m, turn and repeat. Having good control of the ball is one the most important aspects and today will be mainly getting comfortable with playing football especially if you are in a park and trying out new boots, it takes a couple sessions to gain control.

Make sure to dribble with the ball quite close and as you get more confident pick up speed. Do 20 dribbles then a break and repeat for 10 minutes. If you are feeling quite able with this and have access to a goal finish off the session with taking some shots just trying to get the ball to hit where you've aimed, do this by aligning your body and foot pointing to the goal

### **Training session 2(optional):**

If you are looking to advance quickly and want to pursue football more, fitness is a key component hence this second session is working on your aerobic fitness, conduct a 3 mile run at a moderate jogging tempo

## **Week 2:**

Week 2 is when we start to focus on specific factors to work on. Most of you should have a position in mind you would like to play however having basic skills is important in all positions and all these drills are applicable

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Today will be all about passing and quick feet. Find a wall or passing partner for today's drill. Start off with again just dribbling the ball, getting your heart rate up again after the stretches and getting comfortable with the ball for 5-10 minutes. Now set up a distance of about 10m between you and the partner/wall. You pass with the side of your foot emphasis on keeping it on the floor struck cleanly. Practice on making 10 passes where you take a touch, pass, receive, take a touch and pass. As you get more comfortable slowly increase the distance. Complete this drill for about 15 minutes then stay at that distance. Now you have to pass, turn 90 degrees then turn back, control and pass. This is important to work on your passing speed and control to have enough time to carry this out. Again do this drill for 15 minutes moving closer as you get better since you have less time to react. Finish with a light jog or some shooting

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. After starting out with repeating last week's drill as the warmup, today's focus will be back on dribbling. As a football player the ability to change speed and direction is vital so today will be a mix between an agility and fitness session. Set out a square distance of length 20m each. Start without a ball walking the first 20, jogging the next 20, running then finishing with sprinting the last 20. Repeat this 5 times then take a break then repeat it all again 4 times. Now repeat this but do it with a ball, focus on making sharp turns and keeping the ball under control.

## **Week 3:**

This week we continue working on ball control and passing as it is the most important skill in football.

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Today all you need is a 2 meter squared area and a football. Quick feet are vital and these drills will be effective in your improvement. Conduct each drill for one minute each, quick break, next one and repeat all 3 times in total. The drills are as follows: Toe taps, figure 8, inner foot side to side, outer foot to outer foot side to side, pullback and switch foot drill, pullback and tap, v-step, single foot v steps, single foot toe taps. These drills will be extensive work especially on the calves so make sure to go at your own pace.

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. This next drill is best conducted in a closed area such as a garage where you have access to 4 walls in a closed area. The key idea here is building speed while maintaining control. Take a few dribbles, pass, control, repeat. This a super effective drill especially changing direction constantly and passing and receiving at the tempo that you set. Conduct until you need a break and then repeat 6 times, spending about half an hour in total conducting this.

### **Training session 3:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. In order to work on the fitness required for football this session will be agility and fitness on the pitch. You will focus my session today on sustaining agility over a period of time. You will complete a 25-minute shuttle run 20m long. This will be progressed after the first 10 minutes to forward-touch and turn run. Work on changing direction quickly and maintain high speed to the best of your abilities but focus more on quick changes. Take steady breaks throughout

## **Week 4:**

Entering our final week, most of you would like to work on shooting and this week will be primarily this, if you have a friend that wouldn't mind going as keeper for these next sessions then it will add value to your sessions.

### **Training session 1:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches.

Start by getting 1000 touches on the ball dribbling around the pitch. When shooting everyone has their own preference however start by shooting from the front-side of your boot of your preferred foot. Today is just a freeball session where you should aim to get comfortable on shooting from different distances focusing on accuracy and then increasing power

### **Training session 2:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Setting up a marker at the penalty spot on the pitch, start by shooting ten shots from each foot aiming to hit straight net every time. Next from the same distance aim to hit the ball in each corner with your strong foot first, then weak foot. Work on accuracy in these situations over power. Take a break and then start the next drill. This time from slightly farther out, set the ball rolling and just shoot at your best capability, having a goalkeeper will help to work on your aim, 20 times from each foot. Final drill for today is to set a marker 10m out from the box and dribble at full speed, turn left or right when you hit the box and finish. Again repeat 20 times from each foot

### **Training session 3:**

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. The final training session will be a full session covering everything that can be repeated which will need a friend. Start with dribbling around the pitch for 5-10 minutes and work on some passing from different distances making sure to take a strong touch and accurate passing. Next conduct the first drill from the last session hoping to improve from last time. After taking a break, conduct 10 1v1s with the goalkeeper working on creating space and finding angles to shoot. Finally finish with taking a few dribbles from the edge of the box and shooting. All these drills are great for an attacking player and keep adjusting them to suit your preferences.