

An aerial photograph of a backyard soccer field. The field is marked with white lines on a green lawn. A goal is visible on the right side, with a dark net. A soccer player in a black jersey and white shorts is in the foreground, kicking a soccer ball. A lawnmower is parked on the left side of the field. The background is filled with dense green foliage and trees.

HOME TRAINING PROGRAMME

WEEK 3



NEW ZEALAND
FOOTBALL

THE FOUR CORNERS MODEL

TECHNICAL



Focused on NZF's 4 attacking core skills:

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

And for our Goalkeepers:

- Handling

PHYSICAL



Focused on the physical development of the player and covers:

- Warm up
- Conditioning

TACTICAL



Focuses 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
- Mental Agility

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WEEK 3 SCHEDULE

JUNIOR SCHEDULE

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

Remember: These timings are a guide only

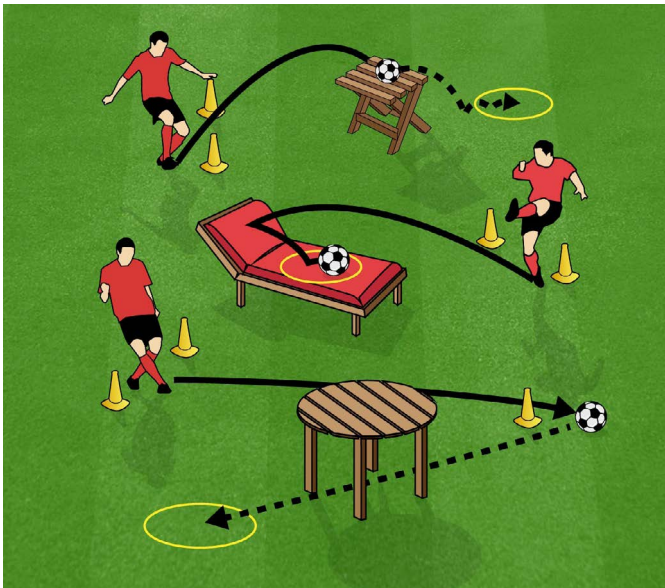
YOUTH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11+ Parts 1 & 3	11+ Parts 1 & 3		11+ Parts 1 & 3		11+ Parts 1 & 3	
 25mins	 30mins	 2 Activities 30mins	 30mins		 25mins	 2 Activities 30mins
 Activity 2 15mins		 Activity 1 30mins 11+ Part 2			 Activity 3 30mins 11+ Part 2	
50mins	40mins	70mins	40mins		70mins	30mins

Remember: These timings are a guide only



1 STRIKING THE BALL FOOT GOLF



See Foot Golf [video](#)

Explanation

- Use your imagination and use household objects to create as many golf holes as possible
- Count how many shots you take on each hole for an overall course total

Progression

- Use different objects to create harder/easier challenges

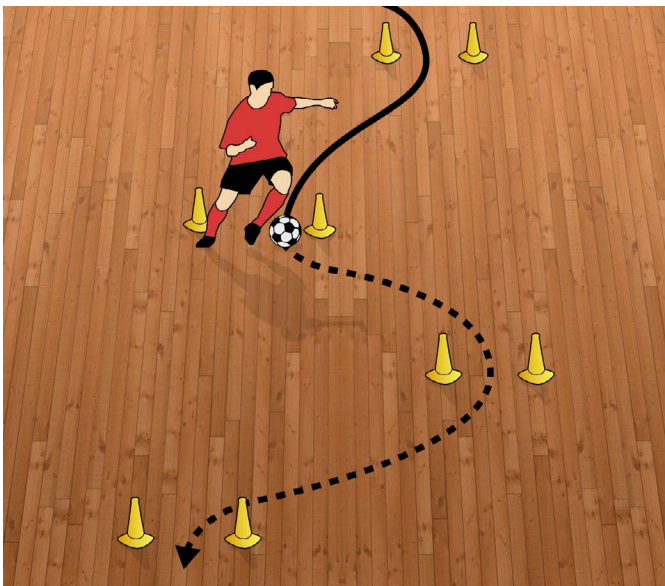
- Maybe try using your other foot

Sibling Challenge

- Play against each other and see who takes the fewest shots to complete the whole course



2 1 v 1 NUTMEGS



See Nutmegs [video](#)

Explanation

- Create an area with 2 gates acting as defenders in the middle and play end to end
- Dribble forward and then nutmeg each gate before dribbling to the end, turn and come back in the opposite direction

Progression

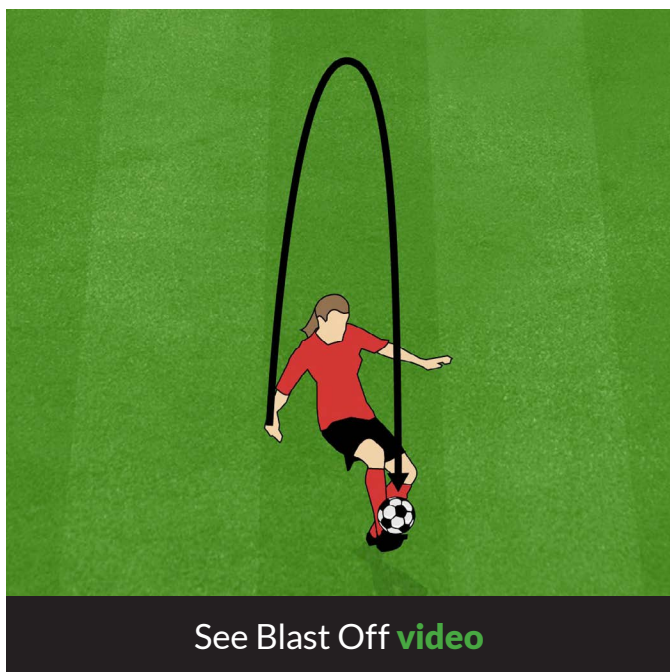
- Easy megs – dribble straight at the defender, add a disguise as if going to pass and then 'meg' the gate before quickly collecting your ball on the other side
- Fake 'n' meg – roll the ball across your body before quickly flicking it with the outside of your foot through the gate
- Try to use both feet

Sibling Challenge

- Start at opposite ends and play at the same time
- Maybe add extra gates



3 RECEIVING THE BALL BLAST OFF



See Blast Off [video](#)

Explanation

- Throw the ball up in the air as high as you would like, get the ball under control as quickly as you can, using as few touches as possible. Try to keep the ball within a certain area
- Try to use both feet

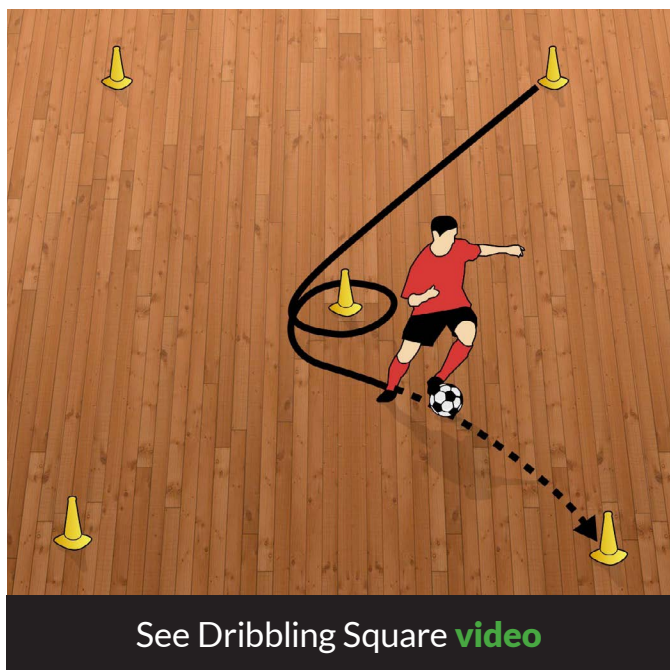
Progression

- Use different body parts to control the ball out of the air
- Make your receiving area smaller or bigger
- Try to have 2 touches in the air before getting the ball back on the ground

Sibling Challenge

- Play against your sibling, they throw the ball up and you score 1 point for getting the ball back on the ground or 3 points for having 2 touches in the air and then getting the ball back on the ground
- See how many points you can score from 5 attempts
- Add extra points for using different body parts

4 RUNNING WITH THE BALL DRIBBLING SQUARE



See Dribbling Square [video](#)

Explanation

- Set up a square 5 big steps apart, with a middle point
- Dribble from any corner to the middle, then dribble all the way around the middle object before dribbling out to any other corner
- Keep going until you've dribbled from every corner
- Try to use both feet

Progression

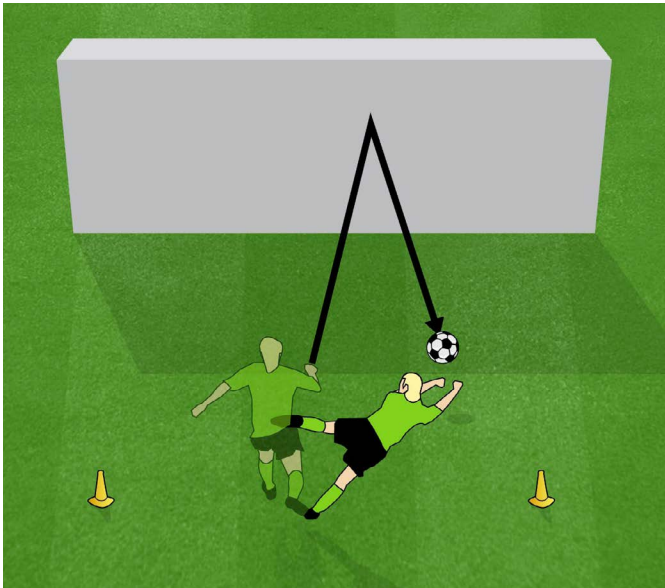
- Time yourself to see how fast you can complete the square
- Only allow yourself to use your right foot, then only your left
- To test your futsal skills try to only use the sole of your feet

Sibling Challenge

- Start in different corners and see who completes the course first, remember you must dribble into the middle from each corner



5 HANDLING JUNIOR DEFLECTED SAVES



See Junior Deflected Saves [video](#)

Explanation

- Strike or throw the ball against a wall and then save the rebound, have a goal to protect
- Vary how and where you strike the ball against the wall

Progression

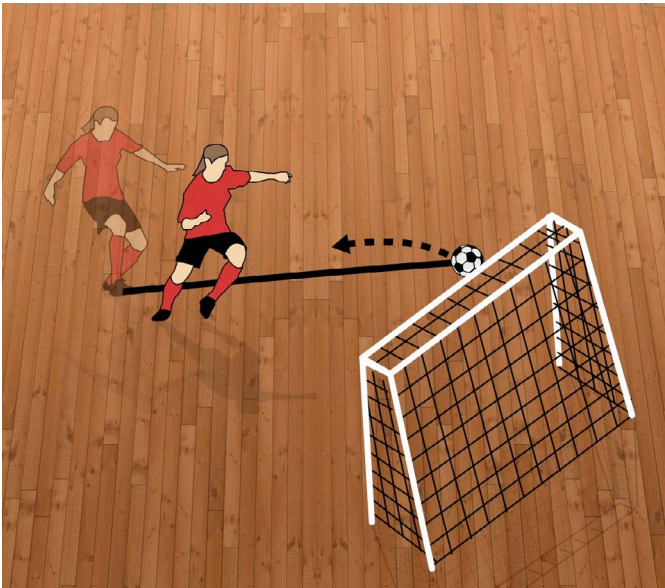
- Place objects 5m in front of you that the ball will potentially deflect off making your save harder and your reactions quicker
- Once you've made the save have a target to throw or pass the ball to as quickly as you can

Sibling Challenge

- Have your sibling shoot to deflect off the objects
- Take it in turns to be the GK and count how many saves you make from 10 shots



1 STRIKING THE BALL CROSSBAR CHALLENGE



See Crossbar Challenge [video](#)

Explanation

- Strike the ball to hit the cross bar or a line on a wall
- Sprint forward to score with a header or volley from the rebound

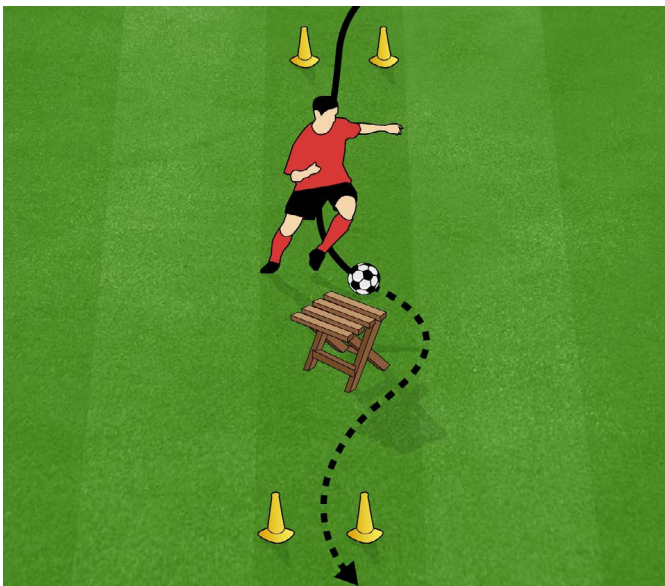
Progression

- Move the starting point closer or further away
- Try to use both feet
- Try to hit the crossbar or line with a volley

Sibling Challenge

- Create a race to see who can score from 3 rebounds first
- Or see how many points you can score from 5 attempts, 5 points for a header, 4 points for a volley, 2 points for just hitting the crossbar

2 1v1 BEAT A DEFENDER



See Beat a Defender [video](#)

Explanation

- Create an area with a start and end point, and an object to act as a defender in the middle
- Dribble forward to 'beat the defender' and then drive forward through a gate to get to the opposite end quickly
- Come back in the opposite direction
- Use any feint/change of direction/disguise/change of pace that would put a defender off balance in a 1v1 situation

Progression

- Time how quickly you can complete 4 attempts and add 5 seconds each time the ball hits a gate marker or the defender
- Use your imagination on how you could beat a defender

Sibling Challenge

- Take it in turns to be the defender
- The defender can only move side to side
- Or dribble at the same time from opposite ends with your head up to avoid running into each other



3 RECEIVING THE BALL AERIAL RECEIVING



See Aerial Receiving [video](#)

Explanation

- Create an area to keep the ball within
- Without using your hands, put the ball up into the air as high as you would like
- Use different body parts to get the ball under control and back on the ground

Progression

- Make your playing area smaller
- Perform a Cruyff turn or chop using the inside or outside of your foot to receive and turn quickly in the opposite direction
- Receive and keep the ball in the air to juggle out of your area

Sibling Challenge

- Play a game with your sibling or parent. Pass the ball into their grid. If they do not receive and keep the ball inside the grid with their first touch, you win a point

4 RUNNING WITH THE BALL SCOOP AND LIFT



See Scoop and Lift [video](#)

Explanation

- Set up a slalom with objects and include a taller object lying on its side
- Weave through the slalom using any combination of tricks/skills, when you get to the object that's lying down, scoop & lift the ball over it, run around, control it and continue dribbling

Progression

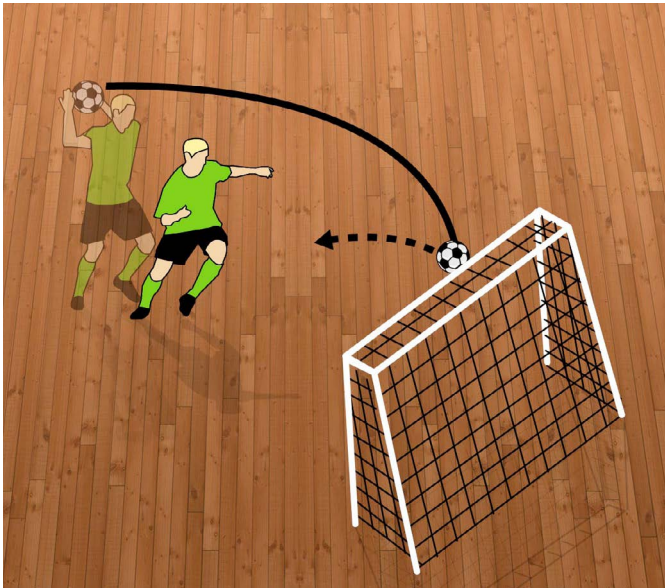
- Through the course try out different tricks & use both feet
- Try to catch the scoop on your foot before the ball bounces

Sibling Challenge

- Set up two slaloms side by side, race your sibling with different conditions e.g. only use your left foot or you must dribble all the way around each object etc



5 HANDLING
YOUTH CROSSBAR CHALLENGE



See Youth Crossbar Challenge [video](#)

Explanation

- Start 10m away from a crossbar or line on a wall
- Throw the ball against the bar and then sprint forward to catch the ball before it hits the ground
- Vary your distribution techniques to hit the crossbar as often as possible
- If you miss the cross bar make 3 diving saves on stationary balls placed nearby

Progression

- Increase the distance you throw from
- Increase the power of your throw
- After catching the ball quickly pass or throw to a target

Sibling Challenge

- Your sibling can throw against the crossbar from a close position and then you sprint forward to make the save
- Start facing away from the goal and then react quickly

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 CONDITIONING

ACTIVITY 1: HILL BIKE RIDE

- Ask an adult in your bubble to go for a bike ride with you for 20mins. This time choose some hills to challenge you. Try to add in 3 to 4 hills from small to big, short and long. Try to cycle up all of these (in a moderate gear – not too easy). The fun part is cruising down the other side.

ACTIVITY 2: FAMILY FUN FITNESS

- Ask some or all of the people in your bubble to join you for some 'Family Fun Fitness'. Follow these fun, physical, movement focused activities that Fit4Football are releasing weekly.

ACTIVITY 3: JUMP JAM

- This activity is for when the adults and others in your bubble are busy, this one you can do by yourself or with others.
- Go to www.jumpjam.co.nz/quarantine/ and choose two jump jam tracks to follow along and participate in.

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 CONDITIONING

ACTIVITY 1: INTERVAL RUN 25MINS

1. Jog for 5mins warming up
2. Fast Run (90% hard intensity) 2mins
3. Brisk Walk 1 min
4. Jog-Run 3 mins
5. Repeat steps 2 to 4 for 4 repetitions
6. Jog for 5mins to cool down

ACTIVITY 2: CHANGING TEMPO

1. Set up some markers/drink bottle/sticks at 20m then 60m then 80m
 2. Warm up – rope skipping for 5 mins, vary your skip from double feet to single foot
 3. High Knee Skips with leg drive for 20m (to first marker)
 4. Then Sprint to second marker (40m)
 5. Then bound with long strides to third marker (20m)
 6. Turn around and repeat back to start
 7. Rest 30secs
 8. Repeat through 8x
- 3 – 5min jog down to a walk to cool down



SQUAT JUMP QUARTER TURN

Starting with feet shoulder width apart, toes and knees aligned, back flat. Lower hips into a squat while arms lower, towards the floor on the outside of your knees. Using your arms push upward explosively to jump up and turn 90° to your left, landing with soft knees and lower into the squat position to repeat the same movement, turning another 90° to your left.



DB PRESS UP & ROW

Start holding DB's, placed on ground under shoulders, body flat and core muscles tightened. Perform a press up lowering chest to ground then push upwards, at the top of the movement lift and rowing the right DB with elbow driving as high as possible, lower and repeat press up then DB row on left side. Continue to alternating each side.

Burpees - 15-20 Reps



MULTI-DIRECTIONAL LUNGES

Start feet shoulder width apart, hands on hips, keeping head & hips facing forward through all movements. Step right foot forward, dropping back knee down toward ground till both knees at 90°, push up and back to start position. Repeat lunge on same leg at 45° angle & back to start position, then same leg at 90° & back to start position. Swap & repeat on other leg at each angle.



DB CURL & PRESS

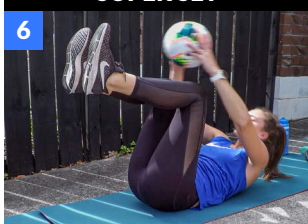
Start holding DB's (or filled drink bottles or cans) in a standing position with feet shoulder width apart, arms extended beside torso, curl DB's up towards shoulders bending at elbows. Then rotate your palm outward until palms facing forward (away from your body), now press/push the DB's upward and overhead until your arms are straight. Reverse each movement in a controlled manner.

Burpees - 15-20 Reps



SINGLE LEG DEADLIFT

Start standing with feet shoulder width apart, shift body weight onto one leg with slightly flexed knee. Lean forward at the hips, while your other leg starts to extend straight behind you. Maintaining stability reach downward with arms & hands toward toes forming a 'T' shape with your body. Keeping your standing leg slightly flexed (bent) and stable push back upward, slowly bringing your extended leg inward bringing body back to upright starting position. Perform all reps on one side then repeat on other leg.



AB CRUNCH WITH BALL

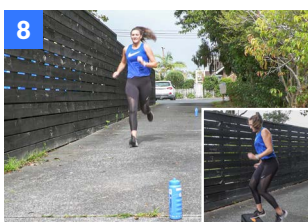
Lying on your back on floor/mat, with legs raised off ground and knees 90°, holding a football in hands above your head. Crunch upward bringing ball overhead and placing on raised legs, leave ball placed there and lower back downward, crunch upward again and collect ball lowering back down taking ball back over head. Repeat with each crunch. Keep eyes and head upward.



BURPEES

Start in a neutral standing position move into a squat position placing your hands on the floor/ground in front of you. Jump/kick both feet together backward into a plank position, keeping arms extended. Jump feet together back into squat position lifting hands from the floor/ground and jump upward, land and repeat.

15-20 Repetitions.



RUNNING & STEP UP DRILL

Set up a marker at 30-40m, at a fast speed run to the marker and return, repeat this 4 times then perform 30 - 40 quick step ups on a step / step box or similar, repeat each part 4 times.

WARM UP

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

- Box step ups
- Jogging up and down your driveway
- Jogging on the spot

Repetitions:
AMRAP
(as many reps as possible)

1 - 2 sets

Rest:
minimal rest
between sets move
onto next exercise

Intensity:
75 - 85% max HR /
moderate to hard

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 around the block or stationary bike

SUPER SET

Alternating exercises
(2 or more) without rest
in between.

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

CLICK HERE
for how to videos
and other home
training videos



Watch the two videos below from our Football Ferns in the Cup of Nations last year:

1 QUESTION 1 Which was your favourite goal or save and why?

VIDEO 1

2 QUESTION 2 Did you notice any typical Kiwi strengths, if you're unsure ask an adult?

VIDEO 2



Watch the two videos below from our Football Ferns in the Cup of Nations last year:

1 QUESTION 1 **Defending** – Did the Ferns get pressure on every pass or dribble? If not what were the triggers to instigate pressure? What did the Ferns do if they didn't pressure the ball?

VIDEO 1

2 QUESTION 2 **Attacking** – What did the Ferns do to get in behind the opposition defence? What did the Ferns need to do to achieve this?

VIDEO 2

3 QUESTION 3 Look at both games individually and see if there were any differences with regards to questions 1 and 2



1 MENTAL AGILITY

The ability to focus in football is absolutely crucial. The ability to switch on and switch off at the right time, and the ability to not act impulsively/make rash decisions.

What this means is that you need to develop the ability to focus intently, to pay attention for increasingly longer periods of time, and to know when you get distracted, bring your focus back to what's important. This mental skill is called Mindfulness. You can download apps such as "HeadSpace" and "Smiling Mind" and use the free subscription. However, there are also some fun, simple tasks that you can do at home to train your mind to pay attention and not submit to impulsivity!

- Find a piece of food. This could be a cut up apple, a raisin, a jelly bean or fruit burst lollie.
- Put the piece of food in your mouth and keep it there for as long as you can.
- Pay attention to all the different flavours, textures and smells. When you notice your mind get distracted (i.e. your brain will tell you... "just bite it, just eat it"... bring your attention back to being curious and savouring the flavour. For as long as possible.

If you want, you can compete against family members (i.e. competition adds distraction) to see who can hold the item of food in their mouth for longer...or you can complete against yourself by timing your different attempts.



2 CONNECTION

Connect to the present. Connect with a person in your team and explore some of the following:

- What did you learn doing the family tree exercise in week 1?
- Who do you think you best resemble in your family and why?
- What is your best memory of us playing football together?
- What are you enjoying as part of the lock-down?
- What do you think your strengths as a footballer are?
- Tell me about a time when you thought you played with the most amount of courage?
- What is the best piece of advice you have been given by a coach?
- When you return to football, what are you most looking forward to?
- Why do you enjoy playing football?
- If I could help you with one part of how you play or enjoy football, what would it be?



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FOOTBALL**



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