



AVALON DEVELOPMENT & SELECT Online Training Program

Program Goals:

- Keep all players fit & healthy working on technical aspects of their game as well as running to keep as match fit as possible.
- Keeping normality in each player's life to have a program to stick to each week to allow players mental health not to be affected by the unforeseen circumstances.

Coaches Note:

- Please warm up for 10 minutes prior to commencing training.
- All sessions must be completed as if your coach is watching with complete intensity and effort.
- Videos will be released for each player to refer to when doing each drill.

Players Lockdown Schedule:

Monday

Lunch Time Session (20-25 Minutes)

Tuesday

Dribbling & Directional Speed (50 Minutes)

Wednesday

Lunch Time Session (20-25 Minutes)

Partner Session (Optional 60 Minutes)

Thursday

Driving & Sprints (50 Minutes)

Saturday

Partner Session (60 Minutes)

See below for the program, please let us know if you have any questions or need a partner to train with.



Session 1 - Technical (At Home) (Monday, Wednesday or Friday)

Session Length: 20-25 Minutes

Drill 1 - Freestyle Dribbling (Video Ref: 29)

- 4 Sets x 60 Seconds

*Maximum 60 seconds rest between each set

*Players must keep their heels off the ground at all times during freestyle

Drill 2 - One Touch Wall Ball (Video Ref: 5)

3m from wall

- Right Foot (2 Sets x 1 Minute)

- Left Foot (2 x 1 Minute)

Drill 3 - Two Touch Wall Ball (Video Ref: 6)

4-5m from wall

- Right Foot (2 Sets x 1 Minute)

- Left Foot (2 x 1 Minute)

*Players must keep their heels off the ground at all times during wall ball, moving their feet fast.

Drill 4 - Juggling (Video Ref: 3)

- 1 Set x 5 Minutes

* This does count in their juggling chart. Players need to find extra time on alternate days to juggle.



Session 2 - Dribbling & Directional Speed (Tuesday)

Warm Up: 10 Minutes

Including: Fifa 11, Change of Movement, Ankle Mobility

Session Length: 50 Minutes

Drill 1 - Lateral Speed (Video Ref: 34)

Set up a 6m x 5m box. On 6m side 3 cones. Players always start from middle cone. (Refer to video for Reference)

- Lateral movement to double movement (4 reps) (Ref 34c & 34d)
- Lateral movement to take off zone (4 reps) (Ref 34e & 34f)

Drill 2 - Zig Zag Dribbling (Video Ref: 10)

Set up 4 cones in a zig zag, 2m forward and 2m across each time. A fifth cone set up 4m away in a straight line.

- Right Foot (3 reps)
- Left Foot (3)
- 360 Turn Around Cone - Inside Foot (3) (Video Ref: 18)
- 360 Turn Around Cone - Outside Foot (2 x 3)

***Maximum 30 seconds rest between each set**

Drill 3 - Dribbling Lane (Video Ref: 30)

Set up "lane" 25m long and 8m wide. 1 rep counts as up and back.

- Outside Foot - 1 Touch each foot (3 Reps)
- Outside Foot - 2 Touches each foot (3 Reps)

Drill 4 - Square Up & Drop of Shoulder (Video Ref: 31)

Set up two cones in a straight line 5m apart. Set up two more cones on opposite diagonal angles 5m from middle cone.

- Drop of Shoulder (6 reps, 3 each way)

***Players need to shoot their foot out to change pace after square up**

Drill 5 - L-Drill (Video Ref: 13)

Set up 3 cones 6m apart in an L-Shape.

Without Ball (1 set x 4 reps)

With Ball (1 set x 4 Reps)

*** 15 Seconds rest between each rep & 90 Seconds between sets**

Session 3 - Driving and Sprints (Thursday)

Warm Up: 10 Minutes

Including: Fifa 11, Change of Movement, Ankle Mobility

Session Length: 50 Minutes

Drill 1 - Drive w Ball & Cut (Video Ref: 9)

Set up 3 cones in a straight line 5m apart, always start on the middle cone. Drive 5m with the ball to one of the outside cones and cut, drive 10m to the opposite outside cone and cut, drive 5m back to the middle cone and cut. (That counts as 1 rep)
Rest for 6 seconds before going again.

- Inside Foot Cut (2 sets x 4 reps)
- Outside Foot Cut (2 sets x 4 reps)

***Maximum 45 seconds rest between each set**

Drill 2 - Long Drive w Ball (Video Ref: 12)

Full speed drive with the ball ensuring chest and knee over the ball & toe is facing down as they dribble.

- 4 x 10m
- 4 x 20m
- 2 x 40m

***After completing the sprint with the ball player must WALK back before going again.**

Drill 3 - Sprints (Video Ref: 4)

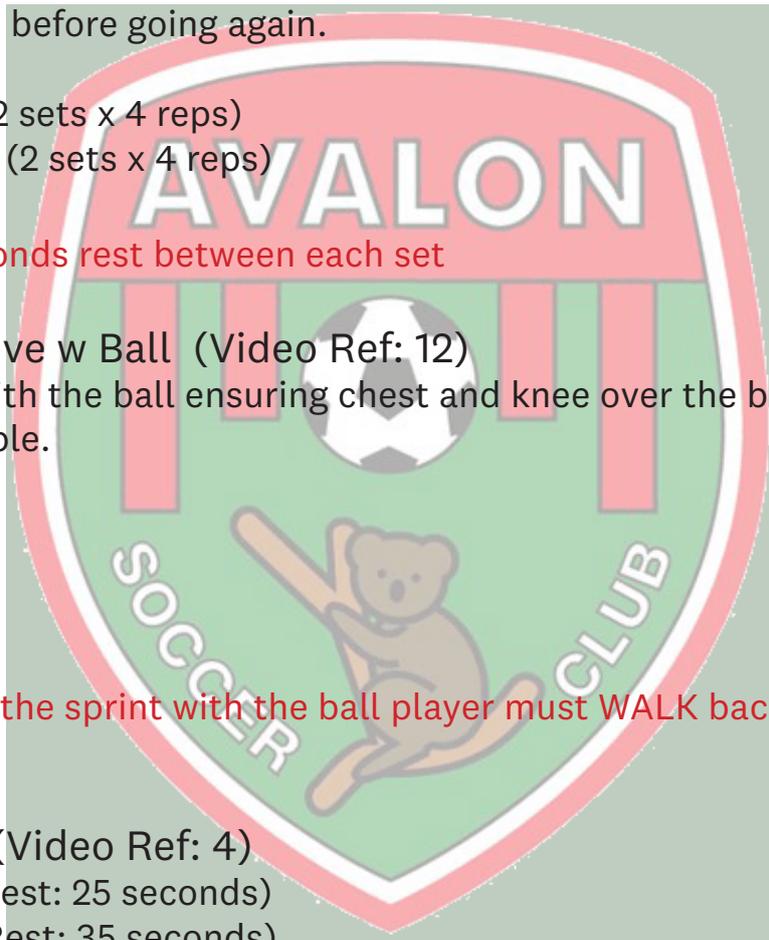
- 6 x 10m Sprint (Rest: 25 seconds)
- 5 x 20m Sprint (Rest: 35 seconds)
- 2 x 40m Sprint (Rest: 1 minute)

***Must walk back to start between each sprint**

Drill 4 - 15m For 15 Seconds (Video Ref: 35)

Set up 3 cones in a straight line 7.5m apart, always start on the middle cone. Work for 15 seconds running up and back, see how many times players can run up and back in the time frame.

- 6 Reps (Rest: 45 seconds)



Session 3 - Driving and Sprints (Thursday) Cont...

Drill 5 - Juggling-Touch-Explosive Movement (Video Ref: 36)

Players Juggle the ball 3-4 times, kick the ball up take a touch. After taking a touch the players do a double drop and drive into space

- 3 Sets x 6 Reps

*15 seconds rest between repetitions

** 1 Minute rest between sets



Session 4 - Partner Session (Saturday)

Warm Up: 10 Minutes

Including: Fifa 11, Change of Movement, Ankle Mobility

Session Length: 60 Minutes

Drill 1 - Freestyle 1v1's (Video Ref: 37)

Set up 8m x 8m square, players have to keep the ball away from each other for one minute. Player with the ball at the end of the minute is the winner.

(4 sets x 1 minute)

*The aim of this drill is players "square" the opponent up and face them as much as possible while they have the ball

Drill 2 - X-Box Running (Video Ref: 21)

Set up box 10m x 15m, time the players to see who is the fastest.

(4 reps - 2 each side)

*20 seconds rest between each rep

Drill 3 - Shielding 1v1's (Video Ref: 38)

Set up 8m x 8m square, players have to keep the ball away from each other for one minute. Player with the ball at the end of the minute is the winner.

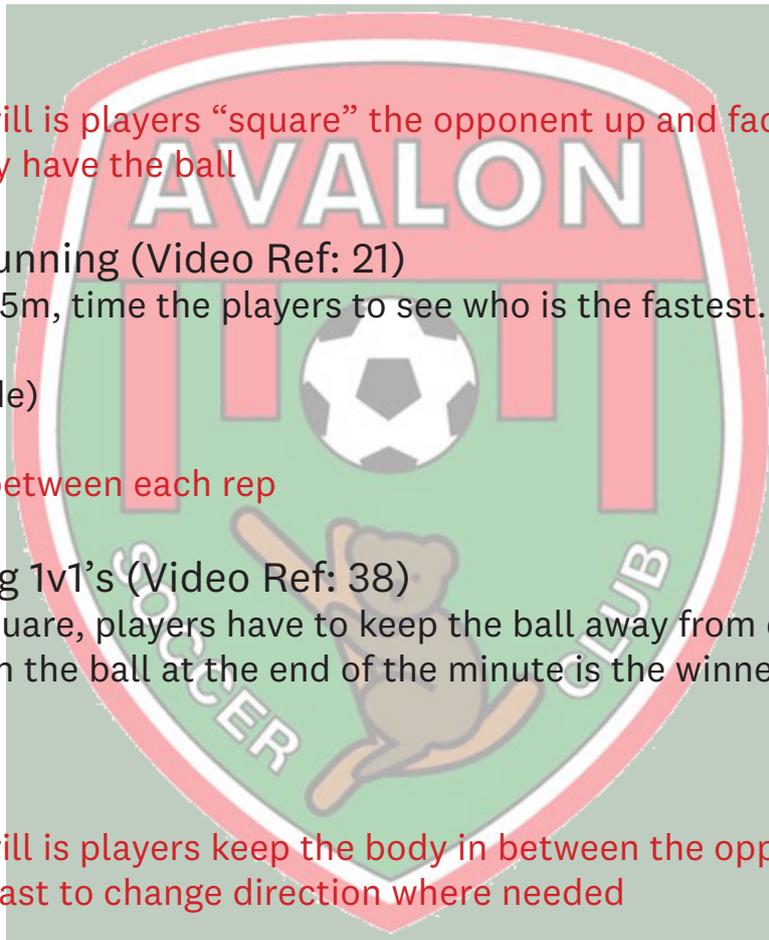
(4 sets x 1 minute)

*The aim of this drill is players keep the body in between the opponent and the ball, moving their feet fast to change direction where needed

Drill 4 - 15m For 15 Seconds (Video Ref: 35)

Set up 3 cones in a straight line 7.5m apart, always start on the middle cone. Work for 15 seconds running up and back, see how many times players can run up and back in the time frame.

- 6 Reps (Rest: 45 seconds)



Session 4 - Partner Session & Running Session (Wednesday Afternoon or Saturday) Cont...

Drill 5 - Angled 1v1's (Video Ref: 39)

Set up box 12m x 8m, players dribble in from three different angles. (Top Right, Middle & Top Left of Box)

(3 sets x 6 Reps - 2 each angle)

**30 seconds rest between sets*

Drill 6 - Box Runs (Video Ref: 28)

Run a 50m x 50m area. 50m 85% for 50m, 30% for the next 50m and repeat.

1 set x 6 minutes

