



Overview:

This stay active program is to support the development of Arlington Soccer players outside in light of the cancelled Spring season. We have structured the stay active program to target Individual Technical Ball Mastery, Agility/Balance/Coordination, Physical Development and Performance analysis. This is completely optional and has been created to provide our members and their soccer players an opportunity to develop at home.

There are two stay active training programs one for Grade 2-4 and another for Grade 5+, they have been specifically designed on age appropriateness and best practice.

This program is individualized and does not require any contact with other players and we highly recommend that players maintain personal hygiene and best practice based on the current pandemic. Enjoy and keep doing the hard work when nobody is watching! This is your opportunity to own the process.

#KeepItFun

ASC - Stay Active Program

Step 1 - Plan your day



- Plan your day and commit a time block for Stay Active program.
- Find a suitable location for Stay Active program
- Wear suitable footwear to perform Stay Active program
- Read through specific day activities prior to starting

Step 2 - Stay Active Programming



- Set up the training area with your specific activities
- Maintain an effective tempo throughout
- Time your resting period accurately
- Stay positive and have fun

Step 3 - Self Reflection



- After completing your Stay Active Home Program spend 5-10 minutes reflecting on your performance
- Set goals to challenge yourself for the next session (better ball control, smoother stretching etc.)

ASC - Stay Active Program

Grade 2- 4: Rolling Weekly Schedule - 3 days per week, 4 weeks content

Week 1 Day 1	Week 1 Day 2	Week 1 Day 3
Stretch Each stretch 10-15 seconds	Stretch Each stretch 10-15 seconds	Stretch Each stretch 10-15 seconds
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set
Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Cool Down	Cool Down	Cool Down
Week 2 Day 2	Week 2 Day 2	Week 2 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps
Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Cool Down	Cool Down	Cool Down
Week 3 Day 1	Week 3 Day 2	Week 3 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set
Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Cool Down	Cool Down	Cool Down
Week 4 Day 1	Week 4 Day 2	Week 4 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps
Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between	Balance & Co-ordination Each exercise 3 reps/ 1 min rest between
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Cool Down	Cool Down	Cool Down
Back to week 1	Back to week 1	Back to week 1

ASC - Stay Active Program

Grade 5+: Rolling Weekly Schedule - 3 days per week, 4 weeks content

Week 1 Day 1	Week 1 Day 2	Week 1 Day 3
Stretch Each stretch 10-15 seconds	Stretch Each stretch 10-15 seconds	Stretch Each stretch 10-15 seconds
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps	Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps	Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps
Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Foam Roll (optional)	Foam Roll (optional)	Foam Roll (optional)
Week 2 Day 2	Week 2 Day 2	Week 2 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps	Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps	Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps
Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Foam Roll (optional)	Foam Roll (optional)	Foam Roll (optional)
Week 3 Day 1	Week 3 Day 2	Week 3 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps	Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps	Plyometrics Bounding 3 sets of 6 reps/side 30-second rest between reps
Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set	Agility - T Drill 4 sets of 2 reps right & left side 1 min rest between set
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Foam Roll (optional)	Foam Roll (optional)	Foam Roll (optional)
Week 4 Day 1	Week 4 Day 2	Week 4 Day 3
Stretch	Stretch	Stretch
Dynamic Warm-Up	Dynamic Warm-Up	Dynamic Warm-Up
Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps	Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps	Plyometrics Squat Jump 3 sets of 10 reps 1 min rest between reps
Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps	Agility - Fast Feet Pick 4 -3 sets of 10 reps 20 seconds rest between reps
Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between	Ball Mastery - Each skill 3 reps/ 1 min rest between
Foam Roll (optional)	Foam Roll (optional)	Foam Roll (optional)
Back to week 1	Back to week 1	Back to week 1

ASC - Stay Active Program

If you need descriptions, videos of individual exercises or ball mastery skills to help your workouts please click on the links for helpful information.

<u>Stretching</u>	
½ Kneel Hip Flexor	https://www.youtube.com/watch?v=NBjhd3RftOY
½ Knee Hamstring:	https://www.youtube.com/watch?v=MlAXGtx_J0M
½ Kneel Groin:	https://www.youtube.com/watch?v=DYk8rVSCRes
Butterfly:	https://www.youtube.com/watch?v=EG0yUbKzISQ
Heel Sit:	https://www.youtube.com/watch?v=QlINkGTnriE
Spiderman:	https://www.youtube.com/watch?v=FkplpLaXBAE
<u>Dynamic Warm-up</u>	
Walking Knee to Chest:	https://www.youtube.com/watch?v=pvlpCSwsvBM
High Knees:	https://www.youtube.com/watch?v=7jfJC1OKYFI
High-Knee Butt Kicks:	https://www.youtube.com/watch?v=UfCH8LMmLH8
High-Knee Skip:	https://youtu.be/3UnHldMPVNY?t=155
Walking Quad:	https://www.youtube.com/watch?v=lfPJusD37WE
Carioca:	https://www.youtube.com/watch?v=9ze3Ehwojx8
Shuffle:	https://www.youtube.com/watch?v=bcZkk8vMzA4

<u>Plyometrics</u>	
Bounding	https://www.youtube.com/watch?v=v9A89zhHi4
Squat Jump	https://www.youtube.com/watch?v=72BSZupb-1l
<u>Agility</u>	
T agility drill	https://www.youtube.com/watch?v=1UOP7h0eH_8
Fast Feet	https://www.youtube.com/watch?v=uNhPDIJOQBw

<u>Balance & Coordination</u>	
3 Cone touch	https://www.youtube.com/watch?v=sw11m63qCoM
Eyes closed - touch nose	https://www.youtube.com/watch?v=zApChixB2MQ
Figure of 8	https://www.youtube.com/watch?v=W8o_nOymwOU

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Ball Mastery G5+	
5 Outside / Inside	https://drive.google.com/file/d/18MgGZ0TXAest8-6IFildy4IR78H1rVD4/view?usp=sharing
Magic	https://drive.google.com/file/d/1M8Glq0rhilnPp2VVZZowvOZo9s-La06v/view?usp=sharing
Fake Pass	https://drive.google.com/file/d/1ZTnyjQGZLF8LI8ntag-BmnYe9Bmd0j3o/view?usp=sharing
Squeeze Push	https://drive.google.com/file/d/18FAD291c9HeqEF_u8IUIRA3uTAZIQf0c/view?usp=sharing

Ball Mastery G2-4	
Heel to Toe	https://drive.google.com/file/d/19SQn9hEVaHF6BzXVc0A7SFCRp4RV45Wq/view?usp=sharing
Pull/Push	https://drive.google.com/file/d/14fH-QKfVluN9k-d9gzyZYmYo9RTwnKz/view?usp=sharing
Toe Taps	https://drive.google.com/file/d/1j2_Nr65ZCxBUKqaDBMGaLotBTECpgRw6/view?usp=sharing
Pendulums	https://drive.google.com/file/d/15Ddamw1A9ul1E2uFNu-1ndtdF4hZv23l/view?usp=sharing

Foam Rolling	
Glutes:	https://www.youtube.com/watch?v=ZMy8gr5Wk7s
Glutes w/ Bent Knee:	https://www.youtube.com/watch?v=ZMy8gr5Wk7s
Hamstring:	https://www.youtube.com/watch?v=78ZE9Dznsfg
Calves:	https://www.youtube.com/watch?v=AmQuxR1W2sA
Back:	https://www.youtube.com/watch?v=WSHACjzrmPE
Hip Flexor:	https://www.youtube.com/watch?v=U8JvMNg3eCE

Cool Down	
3 cooldowns	https://www.youtube.com/watch?v=VgrSipGjQ00

ASC - Stay Active Program

Video Analysis
Recommended for Grade 5+

Man City Game Analysis

<u>Game</u>	<u>Team Analysis</u>	<u>Game Moment</u>	<u>Link</u>
Man City v Aston Villa	Man City	Attacking Organization	Game Link

What is the Identity of Man City?

- 1.
- 2.
- 3.

What skills/habits do Man City demonstrate to effectively build up their attacks?

- 1.
- 2.
- 3.

What are the 3 biggest learnings from this analysis you can apply in your own performance?

- 1.
- 2.
- 3.

Liverpool Game Analysis

<u>Game</u>	<u>Team Analysis</u>	<u>Game Moment</u>	<u>Link</u>
Liverpool v Wolves	Liverpool	Attacking Transition	Game Link

What is the Identity of Liverpool?

- 1.
- 2.
- 3.

What skills/habits do Liverpool demonstrate to effectively transition to attack?

- 1.
- 2.
- 3.

What are the 3 biggest learnings from this analysis you can apply in your own performance?

- 1.
- 2.
- 3.

Leeds Game Analysis

<u>Game</u>	<u>Team Analysis</u>	<u>Game Moment</u>	<u>Link</u>
Leeds v Arsenal	Leeds (Light Blue)	Defensive Transition	<u>Game Link</u>

What is the Identity of Leeds United?

- 1.
- 2.
- 3.

What skills/habits do Leeds players demonstrate to effectively transition to defend?

- 1.
- 2.
- 3.

What are the 3 biggest learnings from this analysis you can apply in your own performance?

- 1.
- 2.
- 3.

Chelsea Game Analysis

<u>Game</u>	<u>Team Analysis</u>	<u>Game Moment</u>	<u>Link</u>
Chelsea v Brighton	Chelsea	Defensive Organization	Game Link

What is the Identity of Chelsea?

- 1.
- 2.
- 3.

What skills/habits do Chelsea players demonstrate to effectively pressure Brighton?

- 1.
- 2.
- 3.

What are the 3 biggest learnings from this analysis you can apply in your own performance?

- 1.
- 2.
- 3.

Additional Resources

1. **Arlington Soccer Club - Online Skills Videos**
<http://www.arlingtonsoccerclub.org/2020/04/13/stay-in-touch/>

2. **USA - Recognise to recover nutrition**
https://cdn3.sportngin.com/attachments/document/b336-2136867/2017_US_Soccer_Nutrition_Guide_Final.pdf#_ga=2.75976797.931491299.1587050137-56674951.1586462398

3. **Massachusetts Youth Soccer**
<https://www.mayouthsoccer.org/stay-at-home-training-ideas/>

4. **Goalkeepers! All of the GK content can be found here on google drive with new content being added regularly:**
https://drive.google.com/open?id=1bIUD_T16PJL4qTkZpTciEgK7EX0IRo9W