



# INDIVIDUAL “Technical” DRILLS

Nomads United AFC are encouraging players to train on their own environment during lockdown. It is important for players to maximize their Knowledge and technical skills while making the most of their time outside of football.

The following moves are given as a basic set. The names may well have changed but the movement is the same. All players should master the moves since these are the basics of beating an opponent.

## 1. Step Over

Run direct at the defender. When getting close to the defender, start making small touches on the ball. Perform the move 2 arms distance away from the defender. Over emphasise the way you are “not” going to go. The non-dominant foot needs to swing over and in front of the ball. Drop your shoulders. After the move, take a touch with outside of your foot on the opposite direction into the space and accelerate away.

<https://www.youtube.com/watch?v=9yFcicZYpg4>

## 2. Drag and Go

Run direct at the defender. Slow down when you get close to the defender. Drag the ball with inside of your foot towards the side you are "not" going, drop the shoulder and push off the ball using the outside of your foot towards the opposite direction.

<https://www.youtube.com/watch?v=9N-sb8dmKoA>

## 3. Stop Hook Turn

Stop the ball with the sole of your foot, step over the ball to shield the opponent while changing direction and push the ball away from outside of your other foot and accelerate away from opponent.

<https://www.youtube.com/watch?v=djVEfpvQU5A>

## 4. The inside Hook Turn

Plant the right foot over the ball, pull the ball back with the inside of the right foot past the standing foot; play the ball away with the inside of the left foot and accelerate away.  
Start slowly and bend the knees. In slowly - out quickly.

<https://www.youtube.com/watch?v=Gms0BBPdGiY>

## 5. The Outside Hook Turn

Plant the right foot over the ball, outside to inside, and take the ball away with the outside of the right foot. Non-kicking foot slightly behind the ball. Hook the ball back, turn and accelerate.

<https://www.youtube.com/watch?v=ICb7NGjvRWw>

## 6. The Step Over Turn

Take a long step around the front of the ball with the left foot, turn and take the ball away with the inside of the right foot. Push the ball past the left foot and take ball away with the left foot. Make the step over the ball a low step.

[https://www.youtube.com/watch?v=n\\_XrQTdWSjM](https://www.youtube.com/watch?v=n_XrQTdWSjM)



### 7. The Drag Back Turn

Pull the ball back with the sole of the right boot, plant the right foot past the ball, bend the knees and accelerate away, taking the ball with the outside of the left foot.

<https://www.youtube.com/watch?v=YpuAC0whCY4>

### 8. The 3 Touch Drag Back Turn

Stop and Pull the ball back with the sole of your foot, push the ball behind your leg with inside of your foot, push the ball away with outside of your other foot, accelerate away as fast as possible. Do not forget to open your arms and shield the ball while performing the turn.

<https://www.youtube.com/watch?v=YpuAC0whCY4>

### 9. The Stop Turn

Stop the ball with the sole of the right foot, plant the right foot past the ball, bend knees and accelerate away taking the ball with the outside of the left foot.

<https://www.youtube.com/watch?v=djVEfpvQU5A>

### 10. The Cruyff Turn

Look as if you are going to kick the ball with the right foot, but pull all the ball inside of the left foot with the inside of the right foot. Accelerate away taking the ball with the outside of the left foot.

[https://www.youtube.com/watch?v=V9klCWR\\_nKk](https://www.youtube.com/watch?v=V9klCWR_nKk)

### 11. The Maradona Turn

Type 1 - Step on top of the ball and turn 180 degrees, while doing that, pull the ball back with other foot, push the ball with outside of your foot and accelerate away.

Type 2 - Step on top of the ball and turn 180 degrees, while doing that, pull the ball back with other foot, take a touch forward with outside of your foot and continue going forward.

<https://www.youtube.com/watch?v=zVEeum8wA6U>



## INDIVIDUAL “Technical” & “Conditioning” DRILLS

**NOTE:** Before doing any exercise, please ensure that your body is ready for training. Start by doing some ball juggling and some movements around the field (space). If you can, please insert some FIFA 11+ movements also. Note you do not need cones for these exercises, be imaginative and use different objects that work for you.

### Exercise 1:

Start in the yellow box and make your way around each of the blue cones and get back to the middle as fast as possible. Choose your own path but try incorporating variation, include inside turns, outside turns, running through the box on the diagonal etc.

#### Focus:

Change of Direction, Acceleration, Deceleration

1 Rep of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

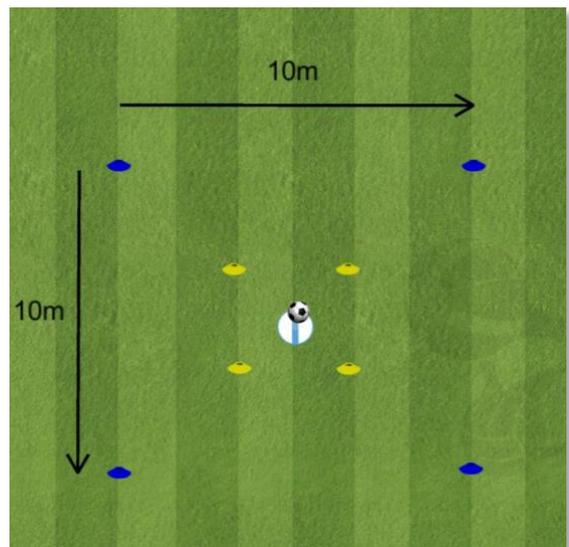
No Ball – agility and speed only

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball

**NOTE: Rest 2 minutes between reps.**



### Exercise 2:

Start at cone A (blue) and side-step towards cone B (yellow). When you reach the cone, sprint around the outside of the crescent, staying tight to the line of cones.

When you reach the end of the crescent, turn sharply around the top cone and sprint back along the inside of the crescent until you reach cone B and side-step back to the start.

Repeat this alternating between starting at different side of the crescent to work on all directions of turning and non-linear running.

#### Focus:

Turning and non-linear running

1 Rep of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

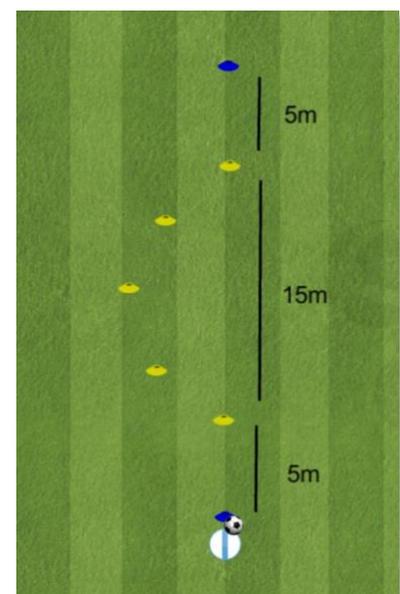
No Ball – agility and speed only

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball (roll the ball using the sole of your foot “sideways” from cone A to B)

**NOTE: Rest 2 minutes between reps.**





**Exercise 3:**

Start at the bottom of the cross and sprint to the middle cone. Side-step out to one side then back all the way through to the other side.

Side-step back to the middle and sprint forward to the top of the cross.

Decelerating quickly, push off and back-peddle all the way back through to the start.

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

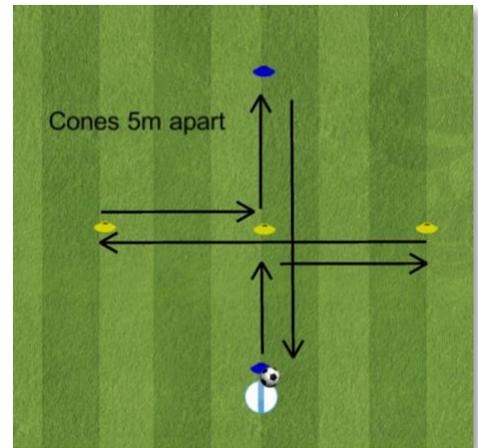
No Ball – agility and speed only

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball

**NOTE: Rest 2 minutes between reps.**



**Exercise 4:**

Dribble slowly to the middle, then cut and drive to the right as per diagram. Player performs turns at every cone within the STAR. Vary turns at each cone.

After completing the full circuit, player rest.

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

No Ball – agility and speed only (touch the central cone every time, yellow, before changing direction)

2 Reps of 3 sets

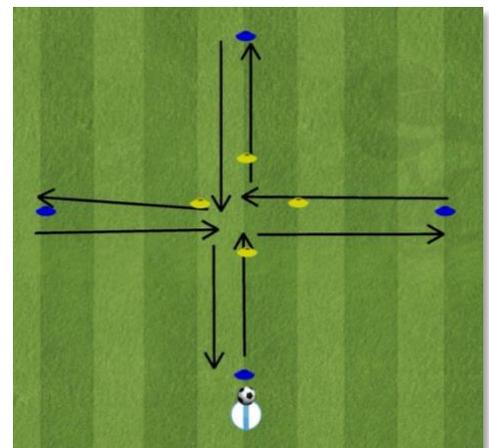
Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball (must run with the ball to the inside of the yellow cones before changing direction)

**NOTE: 10m between cones**

Make sure you accelerate at maximal effort with bigger touches.

**NOTE: Rest 2 minutes between reps.**





**Exercise 5:**

Player dribbles in Figure 8.

Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot.

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

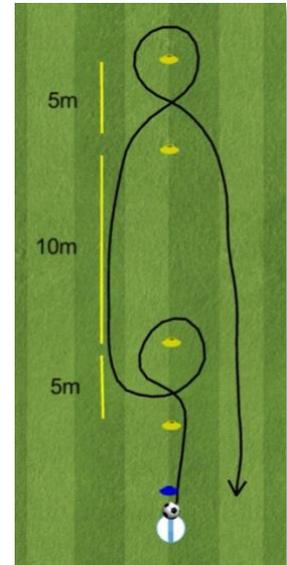
No Ball – agility and speed only

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball

**NOTE: Rest 2 minutes between reps.**



**Exercise 6:**

Payer will start on the blue cone (as per image) and will have to run to a yellow Cone. Every time you get to the yellow cone, you must go to any blue cone after. Player should always find a different cone and do not repeat the same cone.

After you done all 4 yellow cones, player run back to the starting point and rest.

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

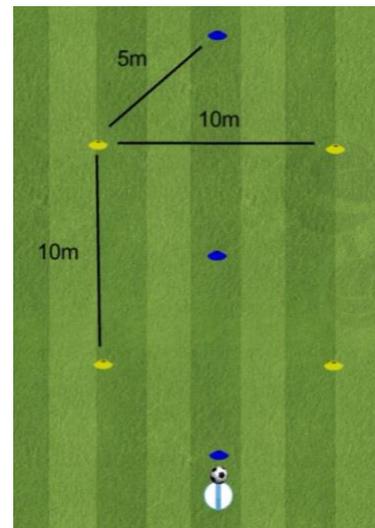
No Ball – agility and speed only

2 Reps of 3 sets

Rest = 30s between sets (For U13+, rest 15s only between sets)

With ball

**NOTE: Rest 2 minutes between reps.**





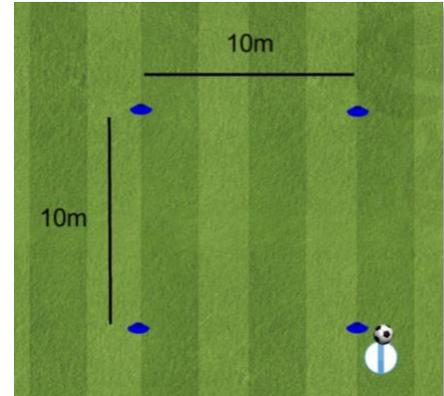
# CHALLENGES

## Challenge 1

**Material: 1 ball and 4 x cones**

On a 10m x 10m square, see how far can you juggle the ball. Every time you drop the ball, you need to restart from the starting point. Make sure you work on the outside of the square.

NOTE: If you can complete the square, challenge yourself by using both foot juggling OR make sure the ball cannot pass knee high and so on. Use your imagination. Also alternate the starting point so you can work towards both sides.



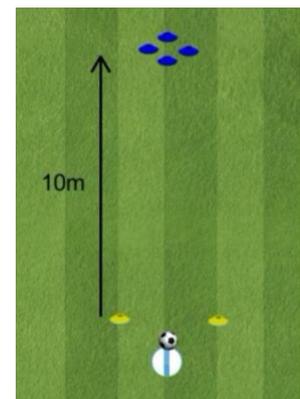
## Challenge 2

**Material: 1 ball and 6 cones**

You start juggling the ball from between the yellow cones and try to go all the way to the blue cones. Once you get to the blue cones, try to collect one without dropping the ball, and bring it back to the starting point.

Use your imagination, the ball just cannot touch the ground.

NOTE: If you can collect all blue cones, challenge yourself by using both foot juggling OR make sure the ball cannot pass knee high and so on.



## Challenge 3

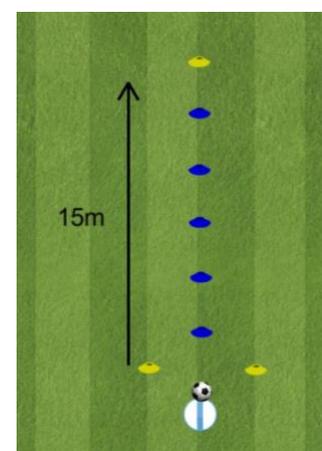
**Material: 1 ball, 8 cones and 1 "small bouncing ball" (can use a tennis ball)**

You will have to dribble around the cones (blue) and back. For every two touches on the ball, you will have to "bounce" the bouncing ball which will be on your hands. You cannot stop dribbling to bounce the ball.

Every time you drop the bouncing ball, you will need to start again.

NOTE: dribble the cones using left and right foot. Hold the bouncing ball using your Right and left hand.

Use your imagination and skills to challenge yourself.





## COGNITIVE EXERCISES “Challenge”

Please take a look at those links and try to reproduce the exercises during your own time.

Challenge yourself and keep track of your progress.

Sample 1:

<https://youtu.be/7J1aXdi9ZE>

Sample 2:

<https://youtu.be/yLo3S7Djifw>

Sample 3:

<https://youtu.be/F3QLwmctl-o>

Sample 4:

<https://youtu.be/rYAx6tkyRvA>

Sample 5:

<https://youtu.be/NHUWJOxqyul>

Sample 6:

<https://youtu.be/1C2orvox6b0>



## MIDFULNESS

### Task #1 = Meditation

#### Equipment:

Device, Quiet Space, Pen & Paper

Download an app like CALM <https://www.calm.com/>, or HEAD SPACE <https://www.headspace.com/> Learn how to meditate, to improve the quality of your sleep and to improve your mental health and emotional well-being. Try out two/three examples across a few days to see what works for you.

### Task #2 = Communication

Start an online group chat with team-mates and support each other, inspire each other. You're all in the same boat! Why not start every morning and end every day with an online chat with your team-mates and inspire each other to keep training, to stay well and to feel connected with and supported by each other.

### Task #3 = Yoga

Work on flexibility - stretching and preparing your body. There's a lot of free and engaging Yoga videos on line for example, <https://www.youtube.com/watch?v=VaoV1PrYft4>.

Start with simple, easy, basic yoga, working within your limits and in a few days, you'll feel great.

## RESILIENCE

### Task #1 = Reflection

Reflect on a time when you were faced with a challenge, (eg. not making a team selection, working on a school project with someone that wasn't easy to work with, being sick for an extended period of time, moving and having to make new friends).

#### Questions:

#1 What thoughts and behaviours did you show in those challenging times?

Split that list into thoughts and behaviours that were **unhelpful**, and **helpful**?  
Explain why you've made that decision on each?

#2 What are three thoughts / behaviours you can use in the next challenging time that you face?

#3 What are some additional thoughts / behaviours that you could add in?  
Eg. seeking support or advice from a professional/adult.

### Task #2 = Stretch Challenge

Set a yourself a stretch challenge, something that you can't do immediately but can practice until you get it!  
For example 10, 20 or 50 ball juggling. Do not stop, challenge yourself until you done it.  
Could be a different sport that you test yourself out with, or a tough sudoku, knitting or learning a new language.



## CONFIDENCE

### Task #1 = X Factor

Write down your x factor as a footballer. If you've got some games that are clipped, create a playlist of your best x factor in action. If you don't have your own clips, find clips online of others doing it!

### Task #2 = Goal Setting

Write down your GOALS. Where do you want to be in 5 years time. (GOAL)

Write down some smaller steps that will help you get there (PROCESS)

Write down how you can measure how you are tracking (TRACK)

Make a note/reminder in your phone for 3 months and 6 months time to see how you are going towards your goal!

### Task #3 = Visualisation

Close your eyes and envision your best & most positive football memory.

Have a think:

How did it sound, what was the environment like, how did it feel emotionally & in your muscles? Why was it so good?

What made it memorable?

Write down how can you create that feeling again for yourself, or how you might create it for a teammate.

## CHARACTER

### Task #1 = Identity

Who are you as a person and a footballer?

What positive attributes do you think your team mates and coaches see in you? What do you want to be remembered by in the future?

eg good teammate, finisher, etc.

### Task #2 = Support

Have a discussion with your Mum/Dad or both about how much it means to you to have them take you to trainings & support you at your games.

Have a discussion with your Mum/Dad or both about what makes a great teammate. Support 3 teammates with a pep talk, or positive affirmation or positive memory.



## CORE & STRENGTH

REST 1 min between activities SLOW & CONTROLLED.  
Choose a level that suits you.



**Plank**

3 x 20-30 seconds  
Knee Hold - Level 1  
Normal Plank - Level 2  
Alternate Legs - Level 3



**Side Plank**

2 x 20-30 secs per side  
Knee Hold - Level 1  
Hip Raise & Lower - Level 2  
Leg Raise & Lower - Level 3



**Balance**

2 x 20-30 secs per side  
Ball Hold - Level 1  
Ball Throw - Level 2  
Partner Challenge - Level 3



**Squats**

2 x 10 reps  
Squats with Toe Raise - Level 1  
Lunge - Level 2  
Single Leg Squats - Level 3



**Jumping**

2 x 20-30 secs per side  
Squat Jumps - Level 1  
Lateral Hop - Level 2  
Box Jumps - Level 3



**Bridge**

2 x 10 reps  
Both Hold - Level 1  
Extend Knee - Level 2  
Alternate Legs - Level 3

**NOTE:** For more information and exercises, please visit <https://fit4football.co.nz>  
Listen to your body – If you feel pain, stop the activity immediately.



# HOW IT WORKS

**Individual “Technical” Drills** – Aim for 2 x per week. Choose 3 different exercises and try to master them before trying another 3 on the following week (or day).

**Individual “Technical” & “Conditioning” Drills** – Aim for 2 x per week. Do all exercises provided on the same day.

**Challenges** – Any day

**Cognitive Exercise “Challenge”** – Any day. You choose the length of the exercise.

**Mindfulness** – Aim for 2 x per week and increase once comfortable doing it. No limits as you can do every day.

**Resilience** – Do during your own time. Your work, your choice.

**Confidence** – Do during your own time. Your work, your choice.

**Character** – Do during your own time. Your work, your choice.

**Core & Strength** – Aim for 2 x per week.

**Example of a week training:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDIVIDUAL "Technical" DRILL + CHALLENGE	INDIVIDUAL "Technical" & "Conditioning" DRILL	CORE & STRENGTH + CHALLENGE	INDIVIDUAL "Technical" DRILL + CHALLENGE	CORE & STRENGTH + CHALLENGE	INDIVIDUAL "Technical" & "Conditioning" DRILL	OFF