

FC UNITED @HOME TRAINING PROGRAM



THE KEY TO SUCCESS IS TO
FOCUS ON GOALS,
NOT OBSTACLES

- UNKNOWN

WIN THE DAY! #GOFCU  @CHICAGOFCUNITED  @CHICAGOFCUNITED

ACHIEVE YOUR *INCREDIBLE*

(847) 386-6579 ★ CHICAGOFCUNITED.COM



@HOME TRAINING PROGRAM DATES:

@Home Training Program: April 13th - April 19th

@HOME TRAINING PROGRAM INCLUDES 3 COMPONENTS:

1. Activating the Positive Mindset & Personal Self Reflection
 2. Daily Activities (Technical & Physical)
 3. Connectivity to Coach, Teammates, & Club
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@HOME TRAINING KEYS TO SUCCESS:

Stay Positive, Stay Focused: Mindset Before Skillset!

In order to achieve your daily activities and personal goals, it is important to focus and get into a positive mindset. Before each session, we will give suggestions to the players on how to actively engage your positive mindset!

Correct Equipment

What You Need to Complete the Virtual Training Pre-Season Program:

1. Soccer Ball
2. Space
3. Notepad
4. Cones or Objects (Use whatever you have available)
5. Stopwatch (Every phone has one)
6. Wall
7. Computer, Tablet, or Phone



WIN THE DAY!

WEEK 3 TRAINING

MONDAY, 4/13

Mindset: Monday Motivation!

"Keep Working, Even When No One is Watching" - Alex Morgan.

Think about this quote for 60 seconds and jot down in your notebook 3 ways that this quote applies to you during this training program.

Daily Activity: Be better than you were last week!

Technical - If Training Individually - Wall Progressions: Turns and First Touch - Level 1 [\[CLICK HERE\]](#)

If Training with Parent/Sibling (Optional) - Wall Progression: Turns and First Touch - Level 2 [\[CLICK HERE\]](#)

Physical - Core

EXERCISE		REPS
Rotational Side Plank	*Start on side, roll onto front	10ea
Front Plank Straight Arm Raise	*In plank, slowly lift one arm, flat hips	10ea
Bird Dog	*Alternating one arm and leg	10ea
Front Plank Knee to Armpit HOLD	*Straight arm plank, squeeze abs to hold knee	:30 hold
Wind Sheild Wipers	*On back, Knees bent, reach side-to-side	:10ea
COMPLETE 3 ROUNDS		

Connectivity:

Text or email a motivational quote from your favorite professional athlete to a few of your teammates - remember to use PlayerFirst!



TUESDAY, 4/14

Mindset: Find an inspirational video of your favorite professional athlete and watch it prior to your training - get yourself motivated for the day!

Daily Activity:

Technical - Intermediate - 2 Cone Ball Mastery - Level 2 [\[CLICK HERE\]](#) + Juggling Progression - Level 1 [\[CLICK HERE\]](#)

Technical - Advanced - 2 Cone Ball Mastery - Level 3 [\[CLICK HERE\]](#) + Juggling Progression - Level 2 [\[CLICK HERE\]](#)

Physical - Core

EXERCISE	REPS
Lateral Band Walk	10 reps per
Single Leg RDL	12 reps per
Lateral Wall Sit	:30 sec / leg
Eccentric Hand Release Push-Up	10 reps
Bench Plyo Push-Up	5 reps
Mountain Climbers	:30 sec
Lunge Matrix - Forward/Reverse/Lateral	3 each direction, each leg
COMPLETE 4 ROUNDS	

Connectivity:

Send Your Coach a note through PlayerFirst app. Let your coach know your favorite professional athlete and why they motivate you!



WEDNESDAY, 4/15

Mindset: Let's continue to be thankful for the ability to play soccer! See if you can find a video of your favorite professional athlete training on their own. Use this to motivate you to continue to train at a high level on your own.

Daily Activity:

Technical - Intermediate - Aerial Ball First Touch - Level 1 [\[CLICK HERE\]](#) + Wall Progressions Level 1: First Touch and Turns [\[CLICK HERE\]](#)

Technical - Advanced - Aerial Ball First Touch - Level 2 [\[CLICK HERE\]](#)
Wall Progressions Level 1: First Touch and Turns [\[CLICK HERE\]](#)

Physical - Speed

LINEAR SPEED ROUTINE
Warm Up: 10 min jogging with dynamic stretching preparation
10 yrd sprint (FAST) --> jog back <i>*Focus on acceleration and start speed</i>
Rest: :15 sec
15 yrd sprint (FASTER)--> jog back <i>*Focus on building speed</i>
Rest: :20-:25 sec
30 yrd sprint (FASTEST) --> jog back <i>*Focus on maintain speed through 30yds</i>
Rest: 2:00 min <i>*Lower heart rate, reset mind</i>
REPEAT 4-5 TIMES

Connectivity:

If you have social media (Optional) : Tag your favorite professional athlete on social media and thank them for inspiring you to become a better person or player.

If you don't have social media: Write a letter to your favorite professional athlete (you can mail/email it to their team's office). Let us know if you get a response!



THURSDAY, 4/16

REST: Let the mind and body rest.

For Fun: Find full games or highlights of your favorite professional athlete and watch how they compete at the highest levels.

FRIDAY, 4/17

Mindset: Complete a self-evaluation of your progress so far through the @Home Training Program. Are you moving closer and closer to achieving your goals with every session? What areas are you improving in most?

Daily Activity:

Intermediate - Super Y Dribbling [\[CLICK HERE\]](#) + Aerial Ball First Touch Progression - Level 1 [\[CLICK HERE\]](#)

Advanced - 2 Cone Ball Mastery - Level 3 [\[CLICK HERE\]](#) + Aerial Ball First Touch Progression - Level 2 [\[CLICK HERE\]](#)

Physical - Strength

EXERCISE	REPS
Single Leg Jump Rope	:30 sec per leg
90 Degree Step-Up	:20/:20 per leg
Split Stance Squat	:20/:20 per leg
Glute Bridge w/ Ball Squeeze	30 reps
Side Plank Hip Down Leg Lift	10 per
Partner Eccentric Hamstring	:03 down - 4 reps
HollowBody Hold Single Leg Chop	10 per
COMPLETE 3 ROUNDS	

Connectivity:

Send Your Coach a note through PlayerFirst app. Send your self-evaluation to your coach. Keep them informed on your progress!



SATURDAY, 4/18

Mindset: Challenge Time! Email your coach your favorite sports movie. Maybe even watch it! Some ideas: Miracle, Remember the Titans, Mighty Ducks, Hoosiers, Bend it like Beckham...

Daily Activity:

Technical - Juggling - Around the World Challenge [\[CLICK HERE\]](#) + Complete 250 juggles - If the ball drops, pick up where you left off.

Physical - Speed

CHANGE-OF-DIRECTION		
Warm Up: 10 min jogging with dynamic stretching preparation		
Repeat Sequence 8x	5 yds lateral, 5 yds lateral back, 10 yds forward sprint, 5 yrd back pedal, 10 yds sprint	<i>*Aim for :15 sec time per run</i> <i>*Focus on sharp, strong cuts</i> <i>*Forward sprints need to be ALL OUT</i> <i>*First step in every direction should be HARD</i>
Rest: :30 sec between each sequence		
Rest: 4-5 min post round completion		
COMPLETE 2 ROUNDS		

Physical - Core

EXERCISE		REPS
Front Plank	*Straight arm	1:00
Front Plank Up/Downs	*Straight arm to elbows	10 ea
Hollow Body Hold	*low back flat	:30
Straight Arm Side Plank		:30ea
Elbow Side Plank Hip Drop	*Elbow plank, drop hip to floor	15ea
Elbow Front Plank Hip Dip	*Core tight, drop hip to floor	15ea
COMPLETE 3 ROUNDS		

Connectivity:

Share a video of you completing your Saturday challenge via social media. Tag @ChicagoFCUnited - FC Directors will share all video submissions. #GoFCU #BetterTogether **Don't have Instagram? Share your juggling video with your coach directly through PlayerFirst!*

SUNDAY, 4/19

REST: Let the mind and body rest.



@HOME TRAINING VIDEO GLOSSARY

Click links below to view video examples of each exercise.

PHYSICAL VIDEO GLOSSARY

90 Degree Step Up

Bench Plyo Push-Ups

Bird Dog

Eccentric Hand Release Push-Up

Front Plank Knee to Arm Pit HOLD

Front Plank Straight Arm Raise

Glute Bridge with Ball Squeeze

Hollow Body Hold

Lateral Band Walk

Lateral Wall Sit

Lunge Matrix - Forward/Reverse/Lateral

Mountain Climbers

Partner Eccentric Hamstring

Rotational Side Plank

Side Plank Hip Down Leg Lift

Single Leg Jump Rope

Single Leg RDL

Split Stance Squat

Wind Shield Wipers

TECHNICAL VIDEO GLOSSARY

2 Cone Ball Mastery - Level 1

2 Cone Ball Mastery - Level 2

2 Cone Ball Mastery - Level 3

Aerial Ball First Touch - Level 1

Aerial Ball First Touch - Level 2

Juggling Progression - Level 1

Juggling Progression - Level 2

Wall Progression: Turns and First Touch - Level 1

Wall Progression: Turns and First Touch - Level 2

Super Y Dribbling

Juggling Around the World Challenge