



FC UNITED @HOME TRAINING PROGRAM PRE-SEASON PACKET

EVERY DAY IS AN OPPORTUNITY. WIN THE DAY!

#GOFKU #ACHIEVEYOURINCREDIBLE

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@HOME TRAINING PROGRAM DATES:

@Home Training Pre-Season Program: March 30 - April 12

@Home Training Spring Program Begins on Monday, April 13

@HOME TRAINING PRE-SEASON PROGRAM INCLUDES 3 COMPONENTS:

1. Activating the Positive Mindset & Personal Self Reflection
2. Daily Activities (Technical & Physical)
3. Connectivity to Coach, Teammates, & Club

@HOME TRAINING KEYS TO SUCCESS:

Stay Positive - 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

Training Guidelines

1. There are two off days per week.
2. Prioritize each training type equally. Mobility = Strength = Conditioning = Core
3. Allow 45-60 minutes per training session.



WIN THE DAY! WEEK 1 TRAINING

MONDAY, 3/30

Mindset: Monday Motivation!

"Excellence is not a singular act but a habit. You are what you do repeatedly." - Shaquille O'Neal

Think about this quote for 60 seconds and jot down in your notebook 3 ways that this quote applies to you and how you can implement this into your daily routine.

Daily Activity:

Technical - Ball Mastery - Level 1 + Juggling Series - Level 1 [\[CLICK HERE\]](#)

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:

Go to @ChicagoFCUnited Instagram - Share this quote via social media and tag 3 teammates. Use the hashtags #GoFCU #BetterTogether #WinTheDay



TUESDAY, 3/31

Mindset: Repeat 3 Affirmations before you start your session. Daily affirmations are simple, positive statements declaring specific goals in their completed states. I.e. "I am happy and enjoying the completion of my daily workout! "I am satisfied that I gave my full effort and completed all my daily goals."

Daily Activity:

Technical - Freedom & Creativity- Nothing Structured! Examples: Shoot in Your Backyard, Create Obstacles Courses, etc.

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. What areas of your game do you want to improve the most? How will you find the time to make this a priority?



WEDNESDAY, 4/1

Mindset: Go Thank Your Parents for all they do for you! Everything starts with them! Let's appreciate all of our opportunities and attack this workout!

Daily Activity:

Technical - Ball Mastery - Level 1 [\[CLICK HERE\]](#)

+ 10 Minutes of Passing/Receiving Off a Wall (Alternating Feet - 1 Touch & 2 Touch Reps!)

Physical - Speed

LINEAR SPEED ROUTINE

Warm Up: 10 min jogging with dynamic stretching preparation

10 yrd sprint (FAST) --> jog back

**Focus on acceleration and start speed*

Rest: :15 sec

15 yrd sprint (FASTER)--> jog back

**Focus on building speed*

Rest: :20-:25 sec

30 yrd sprint (FASTEST) --> jog back

**Focus on maintain speed through 30yds*

Rest: 2:00 min **Lower heart rate, reset mind*

REPEAT 4-5 TIMES

Connectivity:

Call two teammates today. Ask them how they're doing and how they are keeping busy. Challenge them to stay on task and to stay positive! Send a note to your Coach after you've connected with your teammates and who you connected with!

THURSDAY, 4/2

REST: Let the mind and body rest.



FRIDAY, 4/3

Mindset: Create two goals. 1- Soccer Related and 1 - Personal. Jot your goals down in your notebook.

Daily Activity:

Technical - Aerial Ball First Touch - Level 1 + Juggling Series - Level 1 [\[CLICK HERE\]](#)

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 soccer related goals to your Head Coach via PlayerFirst.



SATURDAY, 4/4

Mindset: Push Yourself Today. Play Your Go To Pump Up Song and attack this session.

Daily Activity:

Technical - Juggling Series - Level 1 [\[CLICK HERE\]](#) + 10 Additional Minutes of Off-Foot Juggling

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 #WinTheDay

SUNDAY, 4/5

REST: Let the mind and body rest.



BALL MASTERY - FCU @HOME SKILLS ROUTINE

2 CONE BALL MASTERY - LEVEL 1: [CLICK HERE FOR VIDEO EXAMPLE](#)

Set-up: 2 cones - 2 Yards apart. 10 exercises: 1 minute each. 10 Minute Workout. Do the work.

1. Figure 8 Dribbling - Dominant foot
2. Figure 8 Dribbling - Weaker foot
3. Inside - outside - Dominant foot
4. Inside, outside - Weaker foot
5. Outside, inside - both feet
6. Outside, Sole - both feet
7. Big touch, little touch - Dominant foot
8. Big touch, little touch - Weaker foot
9. 5 sideswipes, roll across
10. 5 pull push, sole outside, touch forward

JUGGLING SERIES - LEVEL 1: [CLICK HERE FOR VIDEO EXAMPLE](#)

10 Exercises: 1 minute each. 10 Minute Workout. Do the work.

1. Alternate Juggling
2. Middle, middle, inside
3. Middle, middle, outside
4. Stall, flick up, stall – Dominant foot
5. Stall, flick up, stall - Weaker foot
6. Low, low, high, inside
7. Low, low, high, header
8. Low, low, high, shoulder
9. Low, low, high, chest
10. Around the world - foot, thigh, shoulder, head, shoulder, thigh, foot

AERIAL BALL FIRST TOUCH - LEVEL 1: [CLICK HERE FOR VIDEO EXAMPLE](#)

Set-up: 2 cones – 5 yards apart. 10 exercises: 1 minute each. 10 Minute Workout. Do the work.

1. Flick ball over head and bring it down with laces
2. Flick ball over head and bring it down with sole of foot
3. Flick ball over head and bring it down with chest, then foot
4. Flick ball over head and bring it down with thigh, then foot
5. Flick ball up, half volley inside of foot
6. Flick ball up, half volley outside of foot
7. Flick ball up, cradle control
8. Flick ball up, Cruyff control
9. Flick ball up, fake shot half volley inside of foot
10. Flick ball up, fake shot half volley outside of foot



@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 Single Leg Chop

Lateral Band Walk

Lateral Wall Sit

Lunge Matric - 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

Juggling Series - Level 1

Aerial Ball First Touch - Level 1