



# Player Handbook



**ASHBURTON  
UNITED SC**



**NATIONAL  
PREMIER LEAGUES  
VICTORIA**



# Player Handbook

Ashburton United NPL & Youth Home Program U13-U18

## Content

Look at the program we have prepared for you, every Tuesday, Thursday (or twice per week) and once on the week-end, you need to practice ball mastery, motor skills and tactical knowledge.

**Repetition is key! So repeat, repeat, repeat!!!**



## Weekly Learning

Here you can review the videos and practice in the backyard. All exercises are designed so you can practice with little room and not causing too much trouble for your parents. Check all the links below

Ball control <https://www.youtube.com/watch?v=7QEflsYZp3M>

Step overs <https://www.youtube.com/watch?v=yCMNxCDTVVs>



## Evaluation

After every session, use the training evaluation prepared by our coaches to track your progress. Email your challenge video to [admin@ashburtonsoccer.com.au](mailto:admin@ashburtonsoccer.com.au) and record your score.

Get also some personal coaching tips if you want by sending your video to [technicaldirector@ashburtonsoccer.com.au](mailto:technicaldirector@ashburtonsoccer.com.au)

We wish you the best training. Stay safe and healthy!  
Soccer will come back!



### INDIVIDUAL ACTIONS

Ball and body control to play with confidence in attack and defence



### TACTICAL ANALYSIS

Gain inside knowledge into tactical aspect of your game



## This week

It is all about ball Skills and close control- mastering tight control and using skill moves.

In the Skill Training and Physical sessions you will work on your core and explosive power. You will also work on your tactical knowledge to improve your positioning and body shape to improve your effectiveness during a game.

### Practice

#### Tuesday

##### **Skill training**

##### **Tight control of the ball**

Start with 20min of working on your tight control using small square

Before moving onto next part, do some dynamic stretching.

##### **Skill training**

##### **Faints & skill moves**

Try to push yourself in this drill to keep good ball speed and high intensity. **Do 6 sets** of 2min. Per skill.

##### **Physical**

Mix planks with Co-ordination to give your legs a rest. Follow instructions below.

#### Thursday

##### **Skill training**

##### **Tight control of the ball**

Start with 20min of working on your tight control using small square

Before moving onto next part, do some dynamic stretching.

##### **Skill training**

##### **Faints & skill moves**

Try to push yourself in this drill to keep good ball speed and high intensity. **Do 6 sets** of 2min. Per skill.

##### **Physical**

Mix planks with Co-ordination to give your legs a rest. Follow instructions below.

#### Week-end

##### **Tactical Knowledge**

##### **Defending 1v1**

Review the video and note your observations. Try to identify defensive body shape in 1v1 situations as well as covering

##### **Challenge**

Make sure you video yourself and send it to your coach. You can also send it to the club's email to win weekly prizes.

**GOOD LUCK!!!!**



## Practice - Skill

1



### **Ball control:**

20min.

### **Step overs:**

6x 2min. Per skill

### **Tight ball control**

Follow the instruction from the video (link in previous page) if you don't have cones use other objects to make small square. Tip: if you put taller objects it will be more challenging example drink bottles

2

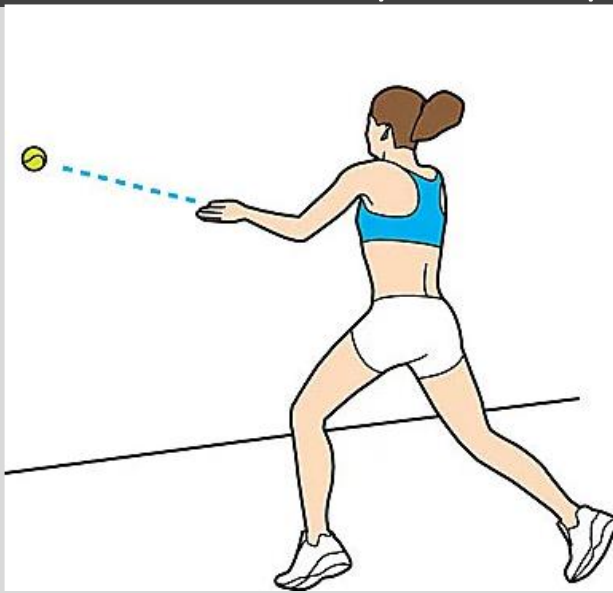


### **Step overs**

Follow the tutorial on link provided (previous page) and see how many step over you can master this week. Try to have as big space as you can to have more freedom of movement. Keep intensity of it for 2min. And then rest.



## Practice – Physical – Jumps for explosive power



**Co-ordination:**  
5min. For each step.

### Co-ordination

Objective: to improve our balance and feet, eye, hand co-ordination. Using tennis ball and the wall, try to stay no further than 3-4m away from the wall.

Step 1: start with one ball. Bounce it of the wall and catch.

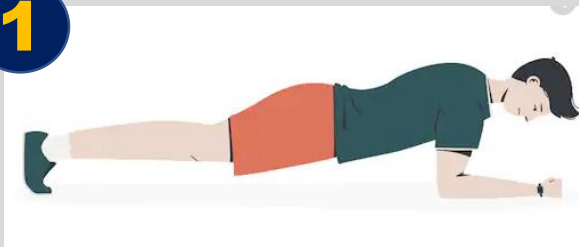
Step 2: use two balls, one for each arm. Make sure you throw second ball before catching previous one.

Step 3: add obstacle course on the ground (empty drink bottles for example) and try to use one and two balls avoiding obstacles on the ground. Always throw from under arm like on the picture above.

Tip: use different balls for bigger challenge.

## Practice – Physical - Planks

1



**Each exercise:**

6 Sets of:1min.  
front, 45sec one  
side and 45sec  
other side.

2



### Planks

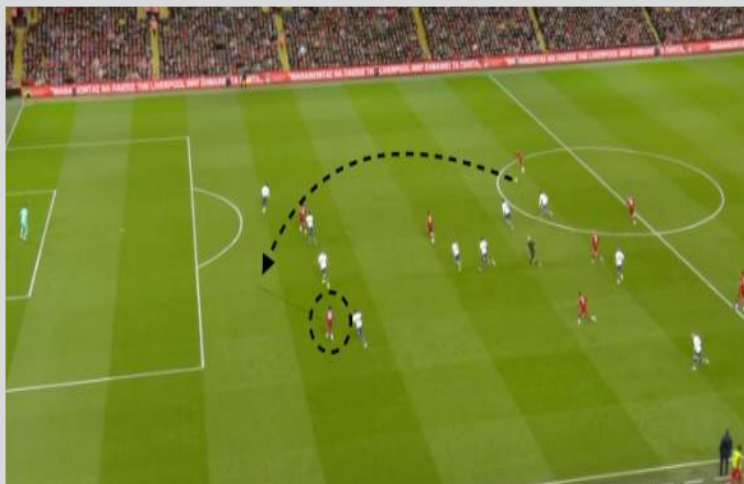
Objective: to improve our core strength. In the 1st plank make sure your whole body is in one line, not sticking up and not collapsing. From elbows to fingers try to keep on the ground with shoulder width separation. Elbows should be under shoulders and head steady. In second plank, try not to collapse and keep hips up.

Whole body should be in one straight line.





## Practice – Tactical – Analysis of self during the game



### **Tactical analysis**

#### Defending 1v1

Watch one of the games in link below and try to identify how players in your position are defending in 1v1 situations.

Keep special eye on body shape, distance between them and timing of tackles. Try to also identify how team mates cover each other in out of position situations or when defender fails in 1v1 .

<https://www.youtube.com/watch?v=sWXpWmRBjKM> – Uruguay v Portugal

<https://www.youtube.com/watch?v=PKWI3j63bjU> – France v Croatia

## Challenge – Week 4

### **Skill Challenge**

**Ball control** – How many can you do in 2 minute without mistake? You must mix all the skills

**Step overs**– How quickly can you achieve all 5 versions, one after another without making mistake?

### **Physical Challenge**

**Planks** – For how long can you keep front plank without rest

**Co-ordination** – How many can you do in 3min. But only in step 3 of the challenge

Make sure you record yourself during challenge and send your video to your coach and club.

Best overall in all challenges per week will receive a gift voucher.