



Dynamic Coaching
Play Like a Pro
Home Study
U12-U19's





Our team of coaches have come together and designed a training plan that players can do at home. This plan is aimed to help maintain and develop your child's level of fitness and technical ability while we are on lockdown due to Covid-19.

If you have any questions please drop Darran a message on WhatsApp or email him at darran@dynamiccoaching.ie.

Daily Schedule

Day	Morning Session	Afternoon Session
Monday	Core workout	30 minute technical session
Tuesday	Core workout	30 minute technical session
Wednesday	Cardio Day: 5km walk or Cycle	Mobility session
Thursday	Core workout	30 minute technical session
Friday	Core workout	30 minute technical session
Saturday	Cardio Day: 5km walk or Cycle	Mobility session
Sunday	Rest Day	Rest Day

Core Session

“Small Steps, Big Results”

Perform each exercise for 20 seconds with a 10 second break between each exercise. Once you have completed the five exercises take a 30 second break before repeating the circuit, complete 5 rounds.

Exercise One: Plank

- Lie on the floor with elbows directly beneath your shoulders and legs fully extended.
- Raise your torso into the air until it makes a straight line from your shoulders to your ankles.
- Tighten your stomach, squeeze your butt and hold this position for the desired amount of time.



Exercise Two: Side Plank

- Lie on your left side with your knees straight. (Perform exercise on both sides).
- Prop your body up on your left elbow and forearm and hold this position.



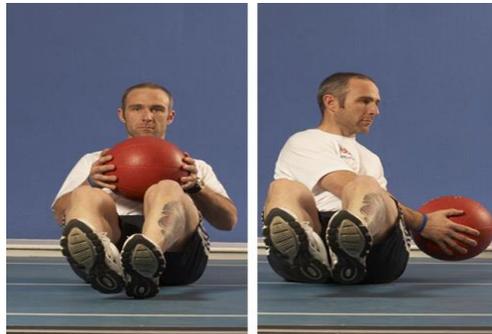
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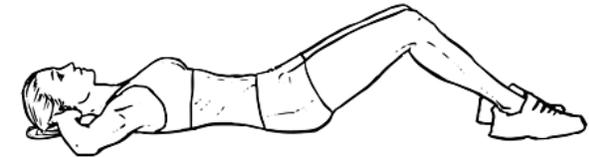
Exercise 3: Dynamic Twist

- Sit on the floor with your knees and hips bent to 90 degrees with your feet lightly off the ground.
- Lean back so your torso is a V-shape with your thighs.
- Twist your torso as far as you can in one direction and touch your fingers off the ground or you can use a ball and touch the ball off the ground.
- Then go the other way constantly rotating left to right or right to left completely turning your torso.



Exercise 4: Sit-ups

- Start by lying on your back with your knees bent.
- Put your fingertips on the back of your ears.
- Lift your torso up as close to your thighs as possible.
- Lower your torso down to the floor so you're back in the starting position.



WorkoutLabs.com

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Exercise 5: Leg Raises

- Lie on your back, legs straight and together.
- Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor.
- Slowly lower your legs back down till they're just above the floor. Hold for a moment.
- Raise your legs back up. Repeat.



Exercise 6: Mountain Climbers

- Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee into your chest as far as you can.
- Then switch, pulling that knee out and bringing the other knee in.
- Keeping your hips down, run your knees in and out as far and as fast as you can.



Mobility

“Small Steps, Big Results”

Mobility drills are exercises that take the muscles, tendons, and the joint through their entire range of motion. When performing these types of exercises, it is important to perform them using high levels of control within the movement.

Perform each exercise for 30 seconds, repeat each exercise 3 times.

Exercise One: Ankle Mobility

- Stand tall next to a wall.
- Place one hand on the wall for support.
- Slowly rock forward onto your toes, coming into a tip-toe position.
- Slowly rock back onto your heels, lifting your toes off the ground.



Exercise Two: Walking Hip/Groin Openers

Muscles worked: *glutes, hip flexors, hip extensors, hip abductors, hip adductors*

- Stand tall with feet hip-width apart.
- Plant your feet firmly on the ground and lift your left knee to your chest.
- Make a circle with your left knee, bringing it up and across your body and then out to the side and down.
- Place your left foot on the floor and repeat on the right side.
- Repeat movement for 30 seconds, then repeat sequence moving your legs in the opposite direction by bringing your leg out to the side first and then across your body.

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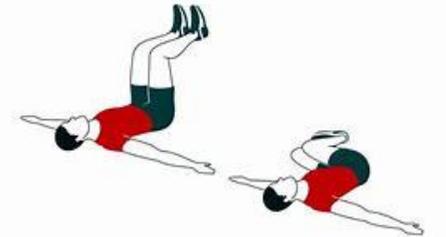
Exercise Three: Shoulder Pass Through

- Stand with your feet shoulder-width apart holding a broomstick parallel to the floor.
- Use an overhand grip holding the bar as wide as possible.
- Keeping your arms straight, slowly raise the broomstick above your head.
- Hold your core tight to maintain good posture and balance.
- Bring the broomstick behind your head as far as you're able. Hold for 2 seconds and return to starting position

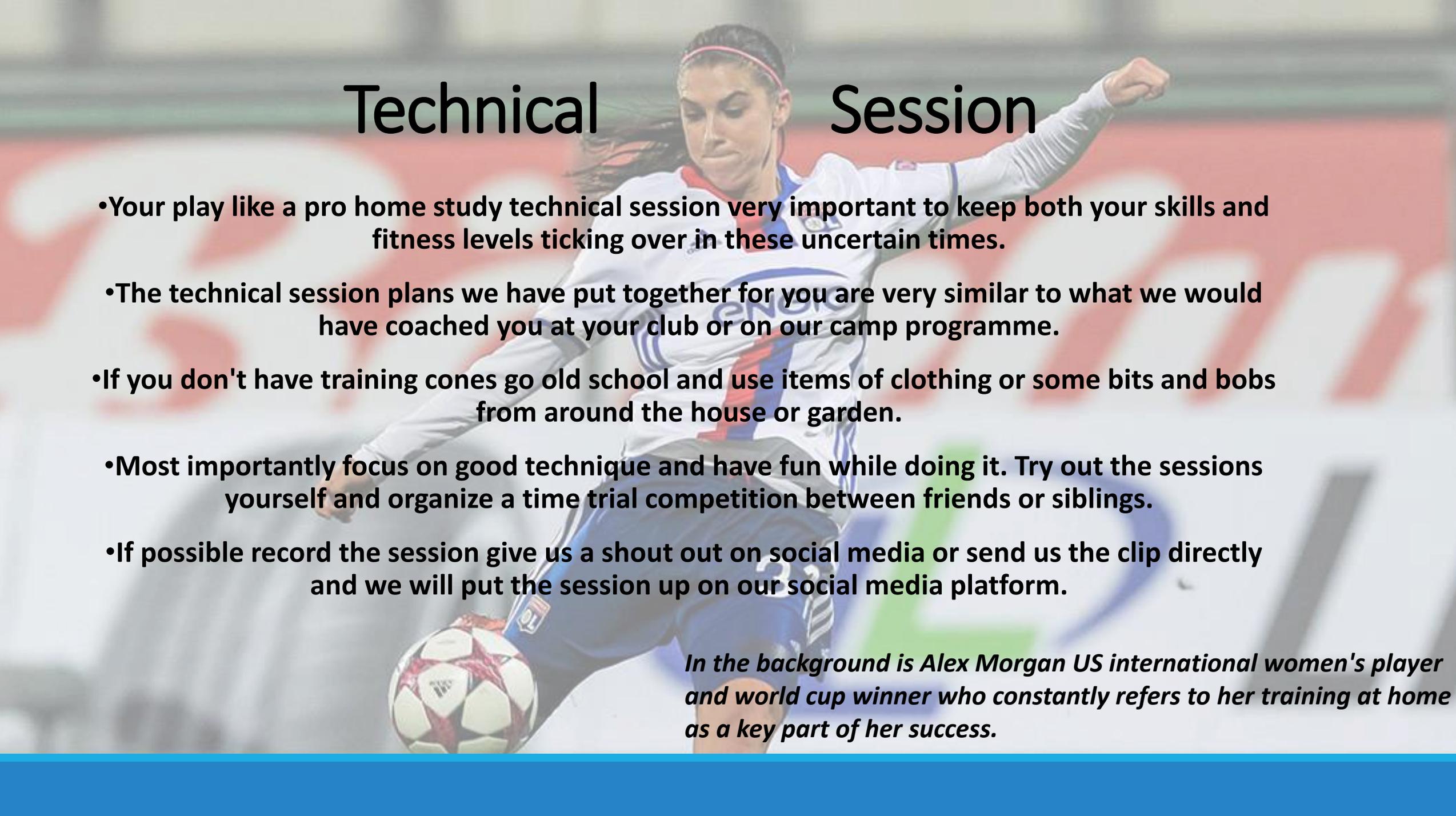


Exercise Four: Lower Back Rotation:

- Lie back on the floor with bent knees and feet flat on the ground.
- Keeping the shoulders firmly on the floor, gently roll both bent knees over to one side.
- Hold the position for 5–10 seconds.
- Return to the starting position.
- Gently roll the bent knees over to the opposite side, hold, and then return to the starting position.



Technical Session

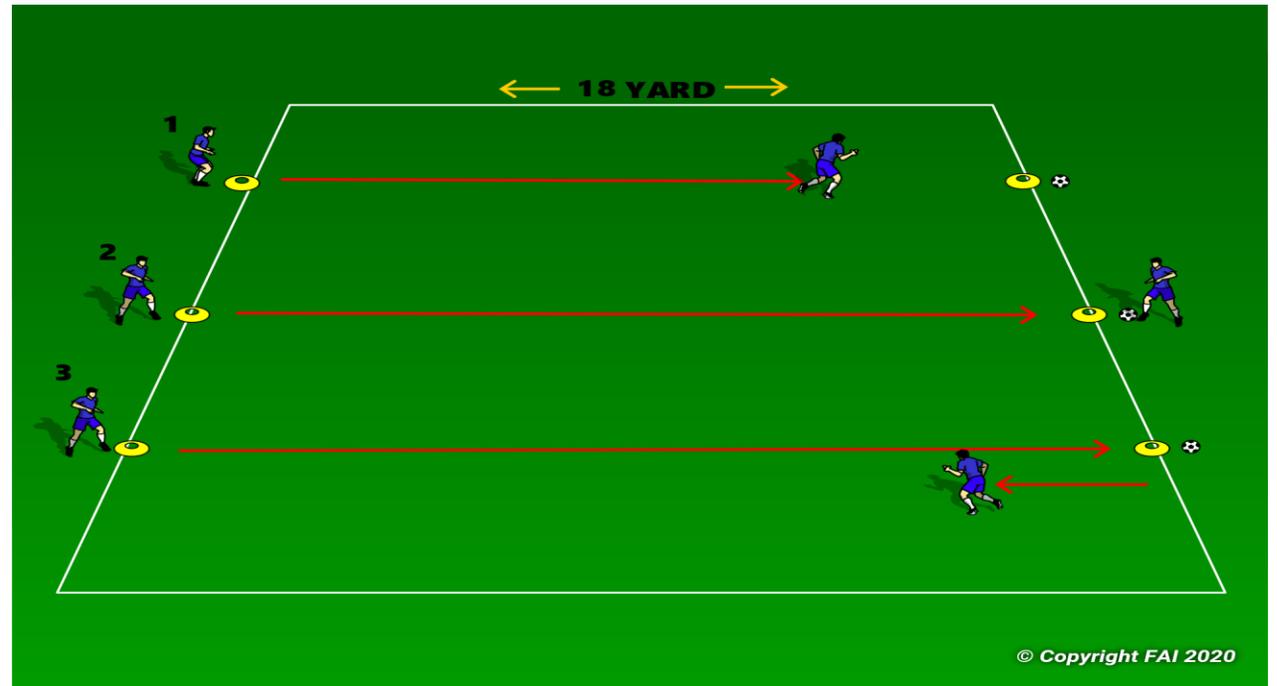
A background image of Alex Morgan, a professional soccer player, in a white and blue jersey, kicking a soccer ball. She is captured in a dynamic pose with her right arm raised and her left leg extended towards the ball. The background is a blurred stadium setting.

- Your play like a pro home study technical session very important to keep both your skills and fitness levels ticking over in these uncertain times.
- The technical session plans we have put together for you are very similar to what we would have coached you at your club or on our camp programme.
- If you don't have training cones go old school and use items of clothing or some bits and bobs from around the house or garden.
- Most importantly focus on good technique and have fun while doing it. Try out the sessions yourself and organize a time trial competition between friends or siblings.
- If possible record the session give us a shout out on social media or send us the clip directly and we will put the session up on our social media platform.

In the background is Alex Morgan US international women's player and world cup winner who constantly refers to her training at home as a key part of her success.



1.A. Ball Mastery Warm Up



DYNAMIC COACHING BALL MASTERY WARM UP DRILL 1A

PURPOSE-TO IMPROVE BALL MASTERY AND SPEED.

SET UP-18YARD GRID WITH TWO CONES ONE ON EITHER SIDE AND A FOOTBALL ON THE OPPOSITE SIDE TO THE PLAYER.

ACTION-DO A QUICK 5 MINUTE WARM UP FOR U12/U13S AND 10MINS WARM UP FOR U14/U19S CONSISTING OF BUTT KICKS,HIGH KNEES,OPEN GRION,CLOSE GROIN,50%FRONT KICKS,SEAL DIVES QUADS AND HAMSTRINGS,WHEN THIS IS DONE THEN YOU ARE READY TO COMPLETE THE BALL MASTERY FUNCTION.

SPRINT TO THE FOOTBALL PERFORM A STEPOVER TURN AROUND AND PERFORM THE BALL MASTERY SKILLS OUTLINED BELOW 10 AT A TIME.

- 1.SOLE TAPS
- 2.TOE TAPS
- 3.DOUBLE OUTSIDE CUTS
- 4.SCISSORS
- 5.STEPOVERS RIGHT FOOT THEN LEFT FOOT
- 6.CRUYFF TURN

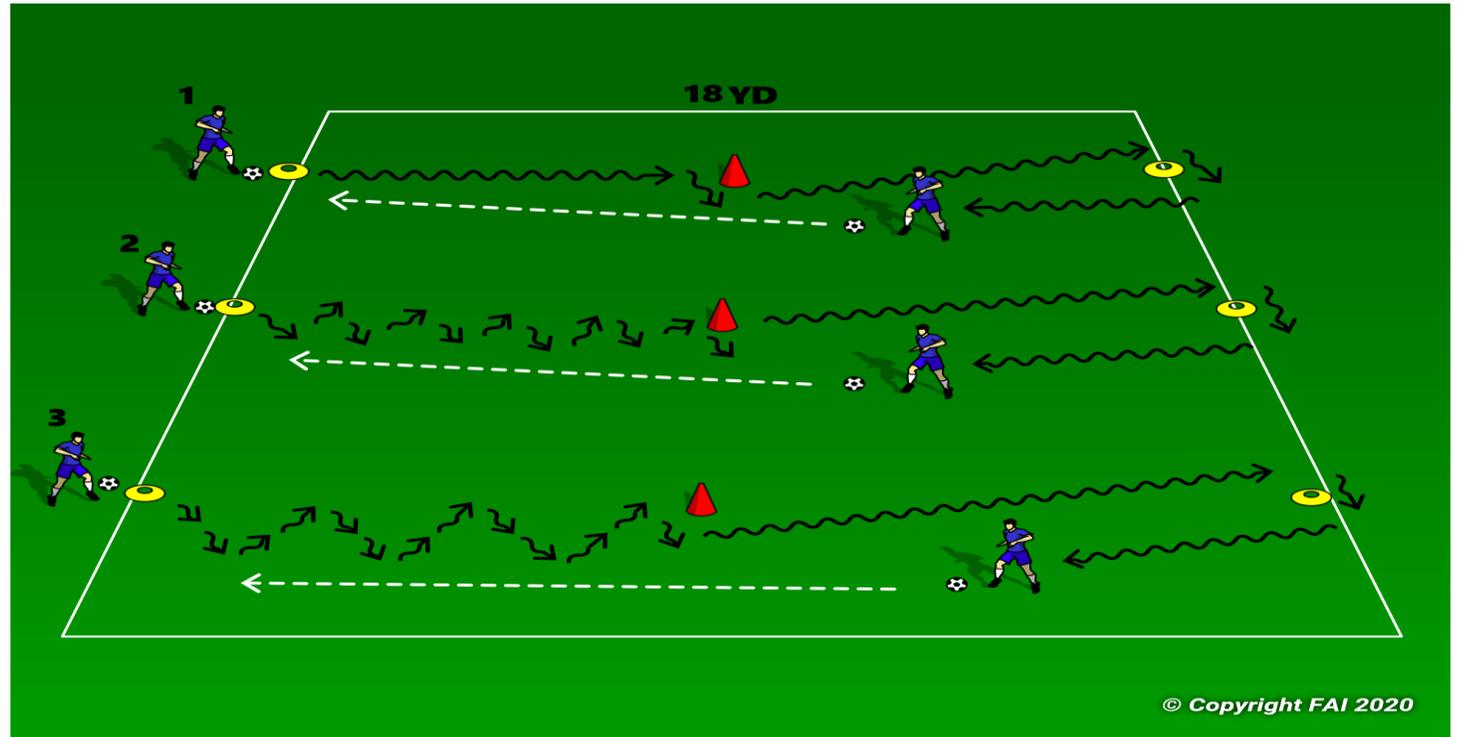
PLAYER TIP-DO YOUR BEST TO COMPLETE THE BALL MASTERY WITH GOOD TECHNIQUE.

PARENT TIP-ENCOURAGE,AND ALWAYS GIVE POSITIVE FEEDBACK TO THE PLAYER.

AFTER YOU COMPLETE EACH BALL MASTERY YOU MUST SPRINT BACK TO YOUR STARTING POINT AS QUICKLEY AS POSSIBLE AND TAKE A 20 SECOND RECOVERY INCREASE THIS TO 30 SEC AS YOU MOVE FROM BAL MASTERY 1 TO BALL MASTERY 6.



1.B. Ball Mastery Warm Up



DYNAMIC COACHING BALL MASTERY WARM UP DRILL 1B

PURPOSE-TO IMPROVE DRIBBLING WITH THE BALL AND TO INCOPORATE SPEED.

SET UP-TEAM OF TWO, IF POSSIBLE ASK A PARENT BROTHER OR SISTER TO GIVE A HAND.ADD IN A CONE IN THE MIDDLE OF YOUR GRID.

ACTION-1 LACE DRIBBLE TOWARDS THE MIDDLE CONE AND WHEN YOU GET TO THE MIDDLE CONE YOU PERFORM AN OUTSIDE CUT AND EXPLODE AWAY AS QUICKLEY AS POSSIBLE TO THE LEFT HAND SIDE OF THE NEXT CONE WHERE YOU WILL PERFORM ANOTHER OUTSIDE CUT AND THEN MAKE A KILLER PASS ACROSS TO YOUR TEAM MATE,IF YOU DONT HAVE A TEAM MATE DRIBBLE BACK TO THE START AND TAKE A 30 SEC BREAK.

ACTION 2-SAME FORMAT BUT THIS TIME ITS AN INSIDE OUTSIDE CUT DRIBBLE.START WITH RIGHT FOOT AND PROGRESS TO YOUR LEFT FOOT.

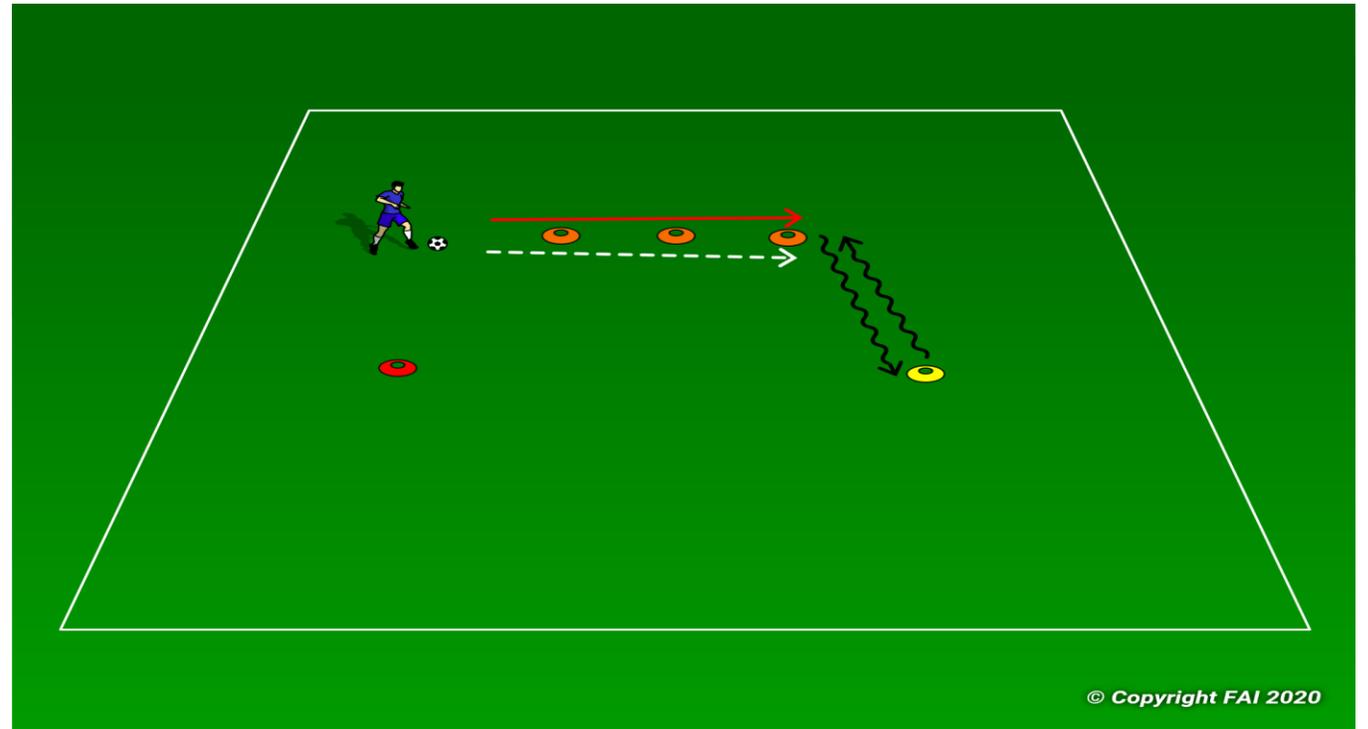
ACTION 3.AGAIN SAME FORMAT AS ABOVE BUT THIS TIME WE PROGRESS ONTO DOUBLE OUTSIDE CUTS. DOUBLE OUTSIDE RIGHT STEP ACROSS THE BALL THEN DOUBLE OUTSIDE CUT LEFT STEP ACROSS ETC ETC

PLAYER TIP-FOCUS ON GOOD TECHNIQUE WHEN DRIBBLING AND WHEN MAKING THE KILLER PASS LOOK TO MAKE A FIRM PASS TO YOUR TEAM MATE.

PARENT TIP-ENCOURAGE GOOD TECHNIQUE BEFORE SPEED AS ITS NOT A RACE.



1.A. Ball Mastery Change of Direction



DYNAMIC COACHING BALL MASTERY DRILL CHANGE OF DIRECTIONS.

PURPOSE-TO IMPROVE SKILL ON THE MOVE WITH SHARP CHANGE OF DIRECTIONS.

SET UP-FIVE CONES AS PER IMAGE.

ACTION 1-FAST FEET DRAG BACK, START BY MAKING A SHORT PASS ON RIGHT SIDE OF CONES AND YOU MAKE A SPRINT ON THE LEFT SIDE OF THE CONES TO GET BACK ONTO YOUR OWN PASS, THEN CHANGE DIRECTION AND LACE DRIBBLE TOWARDS THE YELLOW CONE AND WHEN YOU HIT THE YELLOW CONE PERFORM A RIGHT LEG DRAG BACK AND AGAIN CHANGE DIRECTION HEAD BACK TO ORANGE CONES MAKE THE SAME PASS TO YOURSELF CHANGE DIRECTION AND LACE DRIBBLE TO RED CONE WHEN YOU WILL PERFORM A LEFT LEG DRAG BACK AND CONTINUE THE DRILL.

ACTION 2-FAST FEET CRUYFF TURN, SAME MOVEMENT AS ABOVE BUT WHEN YOU HIT BOTH THE RED AND YELLOW CONES PERFORM A CRUYFF TURN.

PROGRESSION-INCREASE THE SIZE OF THE GRID, CHANGE UP THE TYPE OF DRIBBLE 1.LACE 2.INSIDE OUTSIDE 3.TOETAP

NOTE-IF YOU DONT HAVE CONES GO OLD SCHOOL AND USE SOME ITEMS OF CLOTHING OR BITS AND BOBS IN THE BACK GARDEN.

Cool Down

- The cool down routine is just as important as the training session as its a way for your body to ease back from the intensity of the technical session.
- A cool down is a key part of injury prevention and recovery after a session.
- We suggest playing a small game of head tennis, 1 to 1,inside volleys or work on killer passes to a wall for 5 to 10 mins at a low intensity.
- After your cool down finish up with a five minute stretch to help your muscles recover.

