



## **Toronto Athletic Football Club Academy**

### **Weekly Soccer Practice Schedule - At Home**

#### **Overall Summary**

This at-home soccer practice schedule is designed to help players reach the 10,000-hour milestone needed for professional-level play. By practicing 3 hours a day, 7 days a week, players will accumulate over 1,000 hours per year. Reaching the 10,000-hour mark over the course of 10 years is a key component in mastering the skills and conditioning necessary for elite soccer performance.

#### **Tracking Repetitions**

Players should aim for 100 repetitions per skills session to ensure effective skill development. Tracking these repetitions is crucial for measuring progress and ensuring consistency. Parents can play an essential role in keeping their kids accountable by encouraging the maintenance of a practice journal. This journal will log the number of repetitions completed for each drill and track the player's daily progress. Parents should regularly review the journal to ensure that their child is following the plan and making consistent improvements.

#### **Planning and Scheduling**

Additionally, planning each day's practice environment and adding practice sessions to the player's calendar is vital for staying on track. If these sessions are not scheduled and planned properly, it will be difficult to maintain consistency and reach long-term goals.

## Monday: Dribbling & Ball Control

- **Warm-up (10 minutes):**
  - Dynamic Stretches: High knees, butt kicks, leg swings.
  - Light Jogging: 5 minutes around the practice area.
- **Dribbling Drills (20 minutes):**
  - Cone Weave: Dribble through cones set 1-2 meters apart. Increase speed gradually.
  - Dribble and Stop: Dribble 10-15 meters and stop the ball using different techniques (e.g., inside foot, outside foot).
  - Obstacle Course: Create a mini course using household items or cones for varied dribbling practice.
- **Ball Control (15 minutes):**
  - Juggling: Start with 5-10 juggles, progress to alternating feet, and then try with thighs and head.
  - Foot-Touch Exercises: Tap the ball alternately with each foot while stationary, then progress to moving slowly.
- **Cool-down (5 minutes):**
  - Stretching: Focus on hamstrings, calves, and quads.
  - Deep Breathing: 2 minutes of deep breathing exercises to relax.

## Tuesday: Passing & Receiving

- **Warm-up (10 minutes):**
  - Light Ball Touches: Pass the ball against a wall or with a partner.
  - Jogging: Gentle jogging to increase heart rate.
- **Passing Drills (20 minutes):**
  - Wall Passes: Pass the ball against a wall and control it on return. Vary the distance.
  - Partner Passing: Work with a family member on short and long passes, emphasizing accuracy and technique.
  - Passing and Moving: Pass the ball, then move to a new position, and receive a pass back.
- **Receiving Drills (15 minutes):**
  - Trap and Control: Receive passes from different angles and control the ball using different parts of the foot.

- Receiving with Pressure: Wall Passes or with one extra player - Have a partner or family member lightly apply pressure as the ball is received.
- **Cool-down (5 minutes):**
  - Gentle Stretching: Focus on calves, thighs, and lower back.
  - Relaxation: 2 minutes of deep breathing or light stretching.

## Wednesday: Skill Development & Light Conditioning

### 1. Warm-up & Light Activity (10 minutes):

- **Gentle Jogging:** 5 minutes to get the blood flowing.
- **Dynamic Stretches:** 5 minutes to prepare muscles for activity.
  - **Leg Swings:** 10 swings per leg.
  - **Arm Circles:** 30 seconds forward and backward.
  - **Hip Circles:** 10 circles in each direction.

### 2. Skill Development Drills (30 minutes):

- **Ball Mastery (10 minutes):**
  - **Toe Taps:** Tap the top of the ball with the soles of your feet, alternating feet. Aim for 1-2 minutes.
  - **Inside-Outside Touches:** Alternate touching the ball with the inside and outside of each foot while stationary or moving slowly. Practice for 3-4 minutes.
  - **Tapping Drills:** Tap the ball lightly with the inside and outside of each foot while maintaining control. Practice for 3 minutes.
- **Passing & Receiving (10 minutes):**
  - **Wall Passes:** Pass the ball against a wall and control it on return. Vary the distance and angle. Practice for 5 minutes.
  - **Partner Passing:** With a family member, practice short and medium-distance passes. Focus on accuracy and technique. Practice for 5 minutes.
- **Dribbling (10 minutes):**
  - **Cone Weaving:** Set up 3-4 cones in a line or zigzag pattern. Dribble through them at a controlled pace, focusing on precision. Perform 5-10 repetitions.
  - **Dribble and Change Direction:** Dribble for 5-10 meters, then make a controlled turn around a marker or cone. Practice for 5 minutes.

### 3. Light Conditioning (15 minutes):

- **Agility Drills (7 minutes):**
  - **Cone Sprints:** Set up 2-3 cones and perform short sprints between them. Focus on quick, controlled movements. Practice for 5 minutes.

- **Side Shuffles:** Shuffle sideways between cones or markers, keeping a low and balanced stance. Practice for 2 minutes.
- **Core Exercises (8 minutes):**
  - **Planks:** Hold a plank position for 30 seconds, rest for 15 seconds, and repeat 2-3 times.
  - **Bicycle Crunches:** Perform 15-20 bicycle crunches, focusing on controlled movements and form.

#### 4. Cool-down & Stretching (10 minutes):

- **Gentle Stretching (5 minutes):**
  - **Hamstring Stretch:** Hold for 20-30 seconds each leg.
  - **Quadriceps Stretch:** Hold for 20-30 seconds each leg.
  - **Calf Stretch:** Hold for 20-30 seconds each leg.
  - **Lower Back Stretch:** Hold for 20-30 seconds.

### Thursday: Shooting & Finishing

- **Warm-up (10 minutes):**
  - **Light Jogging:** 5 minutes.
  - **Shooting Stretches:** Focus on legs and hips.
- **Shooting Drills (20 minutes):**
  - **Target Practice:** Use cones or buckets as targets and aim to shoot into them from different distances.
  - **One-Touch Shots:** Practice shooting with one touch from different angles.
  - **Dribble and Shoot:** Dribble towards a target and shoot at the goal.
- **Finishing Drills (15 minutes):**
  - **Close-Range Finishes:** Practice finishing from close range with both feet.
  - **Volley Practice:** Practice volleys and half-volleys with a partner or against a wall.
- **Cool-down (5 minutes):**
  - **Stretching:** Focus on quads, hamstrings, and lower back.
  - **Relaxation:** 2 minutes of slow breathing and stretching.

### Friday: Agility & Speed

- **Warm-up (10 minutes):**
  - **Agility Drills:** Light ladder drills or cone drills to warm up.
  - **Dynamic Stretches:** Focus on legs and hips.
- **Agility Drills (20 minutes):**
  - **Cone Drills:** Perform various cone drills, including quick direction changes and weaving.
  - **Ladder Drills:** Use an agility ladder or tape on the ground for footwork exercises.

- **Hurdle Drills:** Use small objects to practice jumping and quick footwork.
- **Speed Drills (15 minutes):**
  - **Sprints:** Short sprints (10-20 meters) with rest periods.
  - **Acceleration Drills:** Focus on explosive starts from a standing or crouched position.
- **Cool-down (5 minutes):**
  - **Stretching:** Emphasize calves, hamstrings, and quads.
  - **Relaxation:** Slow jogging or walking for a few minutes.

## Saturday: Solo Tactical Skills

1. **Warm-up (10 minutes):**
  - **Light Jogging:** 5 minutes to gradually increase heart rate.
  - **Dynamic Stretches (5 minutes):**
    - **Leg Swings:** 10 swings per leg (forward/backward and side-to-side).
    - **Arm Circles:** 30 seconds forward and backward.
    - **Hip Circles:** 10 circles in each direction.
2. **Tactical Skills Drills (30 minutes):**
  - **Solo Passing and Receiving (10 minutes):**
    - **Wall Passes:** Pass the ball against a wall and control it on the rebound. Focus on accuracy, timing, and using both feet.
    - **One-Touch Passing:** Aim for one-touch passes against the wall to improve quick decision-making and control. Use different parts of the foot (inside, outside).
  - **Dribbling and Movement (10 minutes):**
    - **Dribbling Course:** Set up a simple course using cones or markers. Dribble through the course, incorporating changes of direction, speed, and different dribbling techniques.
    - **Controlled Dribbling:** Practice dribbling at a slow pace, focusing on ball control and precision. Include moves like step-overs and feints to simulate game situations.
  - **Tactical Awareness (10 minutes):**
    - **Positional Awareness Drill:** Use a marked area or visual markers (like cones) to practice moving into different positions on the field. Visualize how you would position yourself to support attack, defense, or transition.
    - **Imaginary Scenarios:** Run through mental exercises where you imagine specific game scenarios, such as receiving a pass under pressure or positioning yourself to intercept a pass. Mentally practice your decision-making and positioning.
3. **Cool-down & Stretching (5 minutes):**
  - **Gentle Jogging or Walking (2 minutes):**

- **Activity:** Slow jogging or walking to bring heart rate down gradually.
- **Static Stretching (3 minutes):**
  - **Hamstring Stretch:** Hold for 20 seconds each leg.
  - **Quadriceps Stretch:** Hold for 20 seconds each leg.
  - **Calf Stretch:** Hold for 20 seconds each leg.
  - **Lower Back Stretch:** Hold for 20 seconds.

## Sunday: Active Rest Day

### 1. Warm-up & Light Activity (10 minutes):

- **Gentle Jogging:** 5 minutes of light jogging or brisk walking to get the blood flowing.
- **Dynamic Stretching:** 5 minutes of dynamic stretches to prepare the muscles for gentle activity.
  - **Leg Swings:** Swing one leg forward and backward, then switch legs. Perform 10 swings per leg.
  - **Arm Circles:** Make large circles with your arms, forward and backward, for 30 seconds each direction.
  - **Hip Circles:** Place hands on hips and make circular motions with your hips, 10 circles in each direction.

### 2. Optional Soccer Drills (20 minutes):

- **Touch and Pass (10 minutes):**
  - **Solo Touches:** Perform light touches using the inside, outside, and sole of the foot while stationary. Aim for 2 minutes on each foot.
  - **Wall Passing:** Pass the ball against a wall and receive it back. Focus on soft touches and control. Vary the distance and angle of the passes.
- **Controlled Dribbling (10 minutes):**
  - **Cone Weaving:** Set up 3-4 cones in a line or zigzag pattern. Dribble through them slowly, focusing on precision and control. Perform 5-10 repetitions.
  - **Slow Dribble and Stop:** Dribble slowly and practice stopping the ball using different parts of the foot (inside, outside, sole). Perform 5-10 repetitions.

### 3. Stretching Routine (20 minutes):

- **Hamstring Stretch (3 minutes):**
  - **Technique:** Sit on the ground with one leg extended and the other bent. Reach towards the toes of the extended leg. Hold for 30 seconds, then switch legs.
- **Quadriceps Stretch (3 minutes):**

- **Technique:** Stand on one leg, pull the other foot towards the buttocks, and hold for 30 seconds. Switch legs and repeat.
- **Calf Stretch (3 minutes):**
  - **Technique:** Place one foot forward and press the heel of the back foot into the ground. Hold for 30 seconds, then switch legs.
- **Hip Flexor Stretch (3 minutes):**
  - **Technique:** Kneel on one knee with the other foot forward. Push hips forward gently. Hold for 30 seconds, then switch legs.
- **Lower Back Stretch (3 minutes):**
  - **Technique:** Lie on your back, pull your knees towards your chest, and hold for 30 seconds.
- **Groin Stretch (3 minutes):**
  - **Technique:** Sit with the soles of your feet together and gently press your knees towards the ground. Hold for 30 seconds.
- **Shoulder and Arm Stretch (5 minutes):**
  - **Technique:** Extend one arm across your chest and use the other arm to gently pull it closer. Hold for 30 seconds, then switch arms.
  - **Tricep Stretch:** Raise one arm overhead, bend at the elbow, and use the other hand to gently push the elbow. Hold for 30 seconds, then switch arms.

#### 4. Relaxation & Reflection (10 minutes):

- **Deep Breathing (5 minutes):**
  - **Technique:** Sit or lie down comfortably. Practice deep breathing by inhaling through the nose for 4 seconds, holding for 4 seconds, and exhaling through the mouth for 6 seconds. Repeat for 5 minutes.
- **Review & Goal Setting (5 minutes):**
  - **Discussion:** Reflect on the week's practice, discussing what went well and areas for improvement.
  - **Set Goals:** Establish specific goals for the upcoming week, focusing on both skills and physical conditioning.

### Additional Tips:

- **Variety:** Rotate drills and activities to maintain interest and cover different skills.
- **Equipment:** Use cones, a wall, a ladder, and other household items creatively.
- **Progress Tracking:** Keep a journal to track progress and set new goals.
- **Safety:** Ensure the practice area is safe and free from hazards.
- **Involvement:** Encourage family members to participate or help set up drills.
- **Hydration:** Drink plenty of water throughout the day to stay hydrated.
- **Nutrition:** Eat a balanced meal or snack after the stretching and relaxation routine to support muscle recovery.
- **Consistency:** Regular stretching and gentle drills help maintain flexibility and prevent injuries.
- **Sleep:** Ensure a good night's sleep to aid in physical and mental recovery.