

F.C. Bratz

Self Teaching Workout

Workout #1

1. Basic Foundation – 3 sets of 30 yards, back and forward.
 - a. Dribbling by outside and inside of foot alternate left and right for 30 yards
 - b. Dribbling by only outside of left and right foot
 - c. Dribbling by inside of right and left foot
 - d. Cutting the ball by inside of drive instep

2. 4 fakes with your back to the opponent – 2 sets, 20 repetitions in each set
 - a. Cruyff movement
 - b. Step over behind the ball
 - c. Step over around the ball
 - d. Step over around the ball by the same foot you dribble with

3. 4 fakes when you face opponent – 2 sets, 20 repetitions in each set.
Fake selection up to the players

4. 2 soccer tricks, 2 sets of 20 repetitions and juggle the ball with all parts of the body

Workout #2

Collection of high balls

Each collection, 3 sets, 20 repetitions in each set

1. Sole of the foot collections
2. Collection by inside of the foot
3. Collection by outside of the foot
4. Collection by thigh
5. Collection by chest
6. Collection by head

ATTENTION:

1. First set pure collection by above mentioned parts of the body, with Acceleration after collection and fake when your back is back to the opponent.
2. Second and third set combination collection plus acceleration plus fake.
For example, chest plus outside of the foot collection, then accelerate and Cruyff movement.
3. After collection, 15 minutes of juggling the ball plus 2 soccer tricks
2sets of 20 repetitions (tricks)

Workout #3

1. Wall practice ground balls – 30 repetitions minimum for each drill

Workout #4

1. Wall practice – High balls
 - a. Working on balance and touch – drive instep, inside of the foot, side valley
 - b. Heading
 - i. Stationary position
 - ii. Jumping heading – taking off by both feet
 - iii. Jumping heading – taking off by one foot
 - c. Collections of the high balls
 - i. Wedge Collections
 1. Inside, outside and side of the foot
 - ii. Cushion Collections
 1. top of the foot
 2. thigh
 3. chest
 4. heading

ATTENTION:

High ball collection – Do not forget to collect to the side and then pass against the wall.

For example: Chest collection and push pass

Minimum 20 repetitions on each type of collection

VIP:

- Mark on your calendars workout no. 1, 2, 3, and 4
- Please return your calendar to Jerzy
- Two workouts per week on your own and if a practice is missed, please add an extra workout