

Dear NWSF Local Club Players,

Please see the NWSF At Home Training Program - Youth and Premier League Players - for you to use (attached as a PDF). This program starts this Tuesday (wc 14 April) after the Easter break however you can start whenever you want. This is for male and female players.

We have made the program to replicate your needs for training so their transition back to training later will be much easier for you. This is aimed at players who are of Division 1 level and above who have a base fitness/health level to build on. You should tailor the activities and targets to suit your needs.

This includes sessions for Strength/Mobility, Conditioning, Technical and Tactical development. Not to mention increasing your love of the game. We have also included some mindfulness/resilience work to help support you through this time.

The Strength and Mobility sessions are on the pages included in the document and have links to videos for all activities. Thanks to Brendan Hoyer - NWS Spirit/Koalas FC Head of High Performance - who built these so tailored just for you.

The Technical is thanks to FFA Skills Hub and NWS Spirit/Koalas FC's Head of Strikers Travis Cooper. For the senior program just click the link and enter HOME PROGRAM and NWSF for the password. Tactical video's to watch and analyse are thanks to Tim Palmer - NWS Spirit/Koalas FC Head of Player Development, just click the links to go to the games to watch. Youth can use this as well if they want.

Ken Greenhead (Goalkeeping TD - NWS Spirit/Koalas FC) has put technical development on his facebook page which we link in the program.

A reminder that if you are sick to rest and not do the technical/core strength/aerobic sessions so as to regain your health.

All these activities are designed for you to be able to do them in your back yard or in your house. Just modify them to suit. Ensure all that you do complies with the Australian Government expectations on keeping yourself healthy and being around others, including social distancing, isolation and not sharing equipment. These expectations will change daily so make sure you keep up to date at all times. The link is <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>. Participation in these activities and/or sessions is at your own risk, which you acknowledge and accept by participating. You agree not to bring any claim or proceeding against NWSF or NWS Spirit FC or NWS Koalas FC or NWSF member club (or individual contributors) for any loss, injury or liability that you or a third party suffers due to your participation in these activities or sessions. Please note that the personal accident insurance provided by FFA and Member Federations and to NWSF registered participants in football does not cover participation in these activities or sessions.

Once you finish the 4 weeks you can just then repeat the program from the start of pick and extend parts of what you have done to challenge yourself.

The final message is to watch football while you are at home. The more you watch the more you will understand the beautiful game.

Stay healthy and keep your love for football.
Yours in football.

Tim Thorne
NWSF Head of Football





NWSF - HOME TRAINING PROGRAM - YOUTH TO PREMIER LEAGUE

WEEK 1 - powered by NWS Spirit/Koalas FC

	Session 1	Session 2	Session 3	Session 4
	Monday or Tuesday	Wednesday or Thursday	Friday	Saturday or Sunday
Strength		Strength Program (page 6)	Strength Program (page 6)	
Conditioning	Conditioning Program (page 7)			Conditioning Program (page 7)
Technical (Youth) - Utilising FFA Skills Hub	Juggling - Click HERE	Football against the Wall - Click HERE	Touch Control - Click HERE	
<small>Note make sure you follow guidelines for social distance, isolation and sharing equipment when doing the skills/activities, you will need to modify some of these to suit these guidelines or restrictions in the space or areas you can train. If you are practicing passing and you are by yourself use a wall. Shooting sessions should be done outside as long as you have the space and it is OK to do this within the government COVID-19 guidelines. Keep it simple and you will have a ball.</small>				
Technical (Snr) - To log in, click link & enter username: home program. The password is: nwsf	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3	
Tactical				Watch the Game of the Week, focusing on a player in your position and their core behaviours
Goalkeepers - Click on link and scroll down the posts to the focus for that day	Practice High Balls - Facebook post 6/4		Practice High Balls - Facebook post 6/4	Watch Ken Greenhead's tactical video on Facebook, then apply learning to Game of the Week above
Challenges	Name 3 things that you are grateful for!		Submit a video for the NWSF Juggling Challenge - Last week! - see Facebook/Instagram	

Note that if you are sick, do not do the activities or exercises. You participate at your own risk. See page 1 for details.



NWSF - HOME TRAINING PROGRAM - YOUTH TO PREMIER LEAGUE

WEEK 2 - powered by NWS Spirit/Koalas FC

	Session 1	Session 2	Session 3	Session 4
	Monday or Tuesday	Wednesday or Thursday	Friday	Saturday or Sunday
Strength		Strength Program (page 6)	Strength Program (page 6)	
Conditioning	Conditioning Program (page 7)			Conditioning Program (page 7)
Technical (Youth) - Utilising FFA Skills Hub	Dribbling - Click HERE	Tight Turns - Click HERE	Running with the ball Zig-Zag - Click HERE	
<small>Note make sure you follow guidelines for social distance, isolation and sharing equipment when doing the skills/activities, you will need to modify some of these to suit these guidelines or restrictions in the space or areas you can train. If you are practicing passing and you are by yourself use a wall. Shooting sessions should be done outside as long as you have the space and it is OK to do this within the government COVID-19 guidelines. Keep it simple and you will have a ball.</small>				
Technical (Snr) - To log in, click link & enter username: home program. The password is: nwsf	Week 2 Session 1	Week 2 Session 2	Week 2 Session 3	
Tactical				Watch the Game of the Week, analysing the Tactics & playing style of the Matildas
Goalkeepers - Click on link and scroll down the posts to the focus for that day	Live Training Session 11/4		Live Training Session 11/4	Watch Ken Greenhead's Half Spa tactical video on Facebook (18/4), then apply learning to Game of the Week above
Challenges	Put the amount of juggles you can do in your team whats app group and see who can do the most!			Watch the game with a freind on Zoom (by sharing screen) and only talk formations and tactics.

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NWSF - HOME TRAINING PROGRAM - YOUTH TO PREMIER LEAGUE

WEEK 3 - powered by NWS Spirit/Koalas FC

	Session 1	Session 2	Session 3	Session 4
	Monday or Tuesday	Wednesday or Thursday	Friday	Saturday or Sunday
Strength		Strength Program (page 6)	Strength Program (page 6)	
Conditioning	Conditioning Program (page 7)			Conditioning Program (page 7)
Technical (Youth) - Utilising FFA Skills Hub	Passing - Click HERE	Shooting - Click HERE	Football Tennis - Click HERE	
<small>Note make sure you follow guidelines for social distance, isolation and sharing equipment when doing the skills/activities, you will need to modify some of these to suit these guidelines or restrictions in the space or areas you can train. If you are practicing passing and you are by yourself use a wall. Shooting sessions should be done outside as long as you have the space and it is OK to do this within the government COVID-19 guidelines. Keep it simple and you will have a ball.</small>				
Technical (Snr) - To log in, click link & enter username: home program. The password is: nwsf	Week 3 Session 1	Week 3 Session 2	Week 3 Session 3	
Tactical				Watch the Game of the Week, and profile the player in your position. What are their strengths & weaknesses?
Goalkeepers - Click on link and scroll down the posts to the focus for that day	Diving - Facebook post 13/4		Diving - Facebook post 13/4	Watch Ken Greenhead's latest tactical video on Facebook, then apply learning to Game of the Week above
Challenges	Name 3 things that you are grateful for!		Submit a video for the NEW NWSF Challenge - see Facebook/Instagram	

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NWSF - HOME TRAINING PROGRAM - YOUTH TO PREMIER LEAGUE

WEEK 4 - powered by NWS Spirit/Koalas FC

	Session 1	Session 2	Session 3	Session 4
	Monday or Tuesday	Wednesday or Thursday	Friday	Saturday or Sunday
Strength		Strength Program (page 6)	Strength Program (page 6)	
Conditioning	Conditioning Program (page 7)			Conditioning Program (page 7)
Technical (Youth) - Utising FFA Skills Hub	Juggling - Click HERE	Tight Turns - Click HERE	Football against the Wall - Click HERE	
	Note make sure you follow guidelines for social distance, isolation and sharing equipment when doing the skills/activities, you will need to modify some of these to suit these guidelines or restrictions in the space or areas you can train. If you are practicing passing and you are by yourself use a wall. Shooting sessions should be done outside as long as you have the space and it is OK to do this within the government COVID-19 guidelines. Keep it simple and you will have a ball.			
Technical (Snr) - To log in, click link & enter username: home program. The password is: nwsf	Week 4 Session 1	Week 4 Session 2	Week 4 Session 3	
Tactical				Watch any game live or on replay who plays your teams style and formation and note how your position plays in attack and defending
Goalkeepers - Click on link and scroll down the posts to the focus for that day	See 2nd Diving focus 20/4		See 2nd Diving focus 20/4	Watch Ken Greenhead's latest tactical video on Facebook, then apply learning to Game of the Week above
Challenges	Repeate the program for another month starting next week			

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STRENGTH and MOBILITY

MOVEMENT PREP - COMPLETED BEFORE EVERY SESSION				Sets	Reps	Tempo [1]
A1:	90/90 to Shin Box			1	4/side	NA
A2:	World's Greatest Stretch			1	4/side	NA
A3:	Arabesque			2	8/side	NA
POWER - COMPLETE BEFORE STRENGTH				Sets	Reps	Tempo
B1:	Hop to Double Leg Landing			2	3 hops/side	NA
B2:	Altitude Landing			2	4	NA
B3:	Skipping (Jump rope)			2	60 seconds	NA
CORE STRENGTH - COMPLETED WEDNESDAY AND FRIDAY as minimum				Sets	Reps	Tempo
C1:	Bodyweight or Goblet Squat			3	8	3/1/X/1
C2:	Push Up - Complete the hardest progression you can			3	8-12	3/0/1/0
D1:	Banded Bent Over Row			3	15	2/1/2/0
D2:	Side Plank			3	30 seconds/side	SLOW
D3:	Single Leg Squat to Box - find a height of a chair that you can keep control of the movement but its challenging			3	20-30 second hold	
E1:	Groin Ball Squeeze			3	10 seconds/each	0
E2:	Lying Hip Flexor March			3	10/leg	3/1/1/0
E3:	Deadbug (bent knee)			3	60 seconds	SLOW

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CONDITIONING

Wk1: 1.5 min run w/4.5 min rest for 8 reps 2 times/week	1 - 10 Borg Rating of Perceived Exertion Scale	
	0	Rest
	1	Really Easy
	2	Easy
	3	Moderate
	4	Sort of Hard
	5	Hard
	6	
	7	Really Hard
	8	
	9	Really, Really, Hard
	10	Maximal: Just like my hardest race
Aim to hit a 5-6 RPE for each set and try to maintain running the same distance for each rep		
Complete low intensity skill work between sets - juggling, free kicks, short passing etc		
If you are short on space skip or run in your tight space back and forth for the stated timings		
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