

**PLAN TRENINGOWY NA 2 TYGODNIE  
DLA ZAWODNIKÓW  
UCZESTNICZĄCYCH W PROJEKCIE  
WWW.FOOTBALLTRIAL.PL**

**ZAPRASZAMY NA OBOZY PIŁKARSKIE  
Z TRENERAMI CELTIC GLASGOW  
SZCZEGÓŁY  
WWW.OBOZYPILKARSKIE.PRO**

**ZAKAZ UDOSTĘPNIANIA**

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**PRO**  
OBOZY PIŁKARSKIE



# Technical Training Programme

## Celtic International Soccer Academy

CELTIC FOOTBALL CLUB



# Guidance Notes – Training at Home



- The following exercises are to be completed at home.
- Some can be completed on your own, others will require a parent or brother/sister.
- If you don't have a stack of cones get creative. A tin of soup will do the trick!
- 30mins of practice a day should be the aim. However you can break this down into 3 x 10min slots if it makes it easier to complete.
- Stay focused – Repetition is key to progress!
- If the exercise becomes too easy, find a way to make it more challenging! Get creative & have fun!

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# WEEK 1



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# Practice #1

- 100 keepy ups with both left / right foot. Can you complete that without a bounce? If not allowing a bounce is fine.
- 200 keepy ups using all parts of the body – thigh, chest, head.
- Double keepy ups, two touches on one side, two touches on the other. Can also work alternate feet. Aim to do 200.
- Repeat all exercises 3 time through.
- How many can you do in a minute?



# Practice #2

- Players to perform different dribbling movements through the cones.
- Complete at least 4 repetitions on each foot, the insides of both feet, outsides of both feet and the soles of both feet.
- Make it a race! How quickly can you dribble up & down the set of cones?



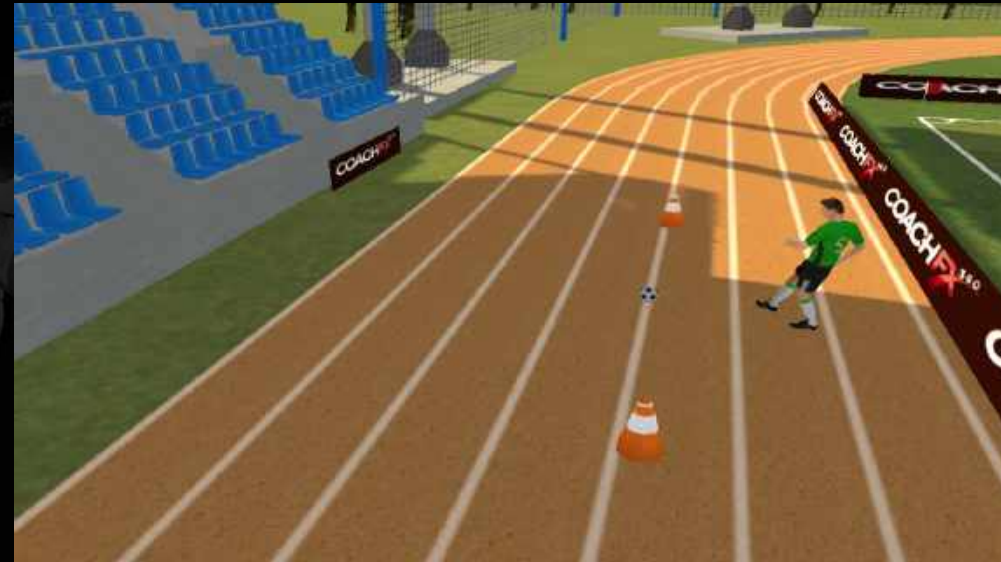
# Practice #3

- Place some cones 1 or 2 meters apart in a zig zag set up.
- Dribble in and out the markers using your right foot on the way up and left foot on the way back. Repeat 12 times.
- Use the sole of your foot to dribble in and out the markers. Use the roll over technique when going from side to side. Repeat 12 times.
- Dribble through the markers backwards, dragging the ball with your sole of the foot. Repeat 6 times.
- Can you keep the ball up in the air while moving through the cones? Repeat 6 times.



# Practice #4

- Pass & control a ball off a wall from a distance of 5m. Use both feet. Aim to do this for one minute then rest. Repeat five times.
- Increase to 10m then repeat.
- Same again however when the ball bounces back from the wall, receive the ball on the half turn, take a few touches in the opposite direction. Repeat this on both feet.
- Now try one touch passing of the wall from 5m. How many can you successfully complete in one minute. Repeat five times.
- Make it a game, how many times can you pass it off the wall without making a mistake? Can you play vs a brother/sister/parent?







# WEEK 2



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# Practice #5

- Can you master the Celtic 7?
- Flick the ball from the ground and complete seven keepy ups in the following order = left foot, left knee, left shoulder, head, right shoulder, right knee, right foot.
- Practice this until you can complete it without the ball bouncing.
- Now try and complete it starting with your other foot.
- How many times can you do it in a row?
- How many can you complete in 30secs?



# Practice #6

- Set out the cones as shown in the diagram. Dribble in toward the central cone, back out and then down to the next corner cone & repeat. Work in a clockwise order until you have completed all 4 sides.
- At the central cone perform the following skills to change direction.
  - 1 – Drag Back
  - 2 – Cruyff Turn
  - 3 – Inside Cut
  - 4 – Outside Cut
  - 5 – Step Over & Turn



# Practice #7

- Set out 4 different coloured cones in a box. The box should be 5/5m.
- Stand in the middle and receive a pass taking it in turns to control the ball with your first touch towards each of the different coloured cones then pass the ball back. Work your way round in a clockwise direction.
- Work each foot and each part of the foot (inside/outside/sole) equally. Complete 10 attempts then change with your partner.
- Now react to your partners call. When they pass the ball into the box they call a colour – you take your touch in that direction.
- Now get them to throw the ball. What different parts of the body can you use?



# Practice #8

- Use four cones to create a box 2/2m in size.
- On your own, throw the ball up in the air and practice controlling it using the top of your foot. The aim is to make sure the ball does not leave the box when you control it.
- Do this five times on each foot and repeat until you can control every throw inside the box.
- Now use your strength to throw the ball higher to make it more challenging. If a throw is too easy then try and kick the ball directly above you.
- Make sure and practice with both feet. If it becomes easy, decrease the size of the box.





# Logbook



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# Guidance Notes – Logbook



- The following slides contains a logbook so you can track your training.
- Every time you complete some training record it in the logbook to keep track of your progress.
- The next slide is an example of what the logbook may look like after a weeks practice.
- Following that is a blank logbook that can be printed off and completed as you go. Feel free to stick this on your bedroom wall to remind you to practice every day.
- The challenge is to see how many days in a row you can practice!

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Player Name: S Brown

Age Group: Under 13's

Date	Practice Number	Practice Time	Notes
1 <sup>st</sup> April	1	30mins	Enjoyed the exercise, had to make it more challenging.
2 <sup>nd</sup> April	2	30mins	Simple exercise, enjoyed the repetition.
3 <sup>rd</sup> April	3	30mins	Going backwards in a zig zag was hard. Need to practice more.
4 <sup>th</sup> April	4	60mins	Played with my sister and created a game which was fun so we practiced for 60mins.
5 <sup>th</sup> April	1 & 2	30mins	Trained two exercises today. Getting better.
6 <sup>th</sup> April	3 & 4	40mins	Trained two exercises again so I could practice my dribbling and passing/control.
7 <sup>th</sup> April	1, 2, 3 & 4	60mins	Had 60mins to practice today so tried all the exercises.





Player Name:

Age Group:

Date	Practice Number	Practice Time	Notes



ENJOY THE  
PRACTICE

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