

Burlingame SC
Training @ Home V2
Zoom Live Sessions

www.burlingamesoccerclub.org/trainingathome



Participation and Purpose

BSC players and coaches make social connection

Body and Mind Active – means – Healthy

Parents are welcome to observe



ROLES



Players

1. Download zoom app on your comp/i-pod/phone
2. Log in & be on time;
3. Set up space & have a ball;
4. Follow along; and,
5. Type into CHAT any questions or comments happening live; and,
6. Participate as needed.



ROLES

Head Coach

1. Be host for the age group/team; Schedule Zoom session
2. Start the online meeting;
3. Manage guests – 100 participants on zoom
 1. Mute players
 2. Enable coaches
4. Approve & allow coaches & players into call;
5. Highlight the coach who is talking/demoing;
6. During player work time - highlight various players to put them on the screen;
7. Monitor any CHAT questions and communicate to coach when/if appropriate.
8. Keep time of the class to ensure we don't run out of time (zoom – 40 min max)
9. Close the session out with Q/A (self evaluation)



ROLES



Head Coach*

* some sessions will be run by multiple coaches

1. Session planning – joint effort

1. Prepare the session with Head coach
 - a. Space organization
 - b. List of ball mastery skills to cover & variations
 - c. Player engagement ideas
2. Share organization with Head Coach and coaches

2. Session

1. Open the class and do intro
2. Run the session
3. Give opportunity to other coach(es) to add to the flow
4. Keep players engaged with dynamic coaching
5. Keep time of exercises!



Session Timeline

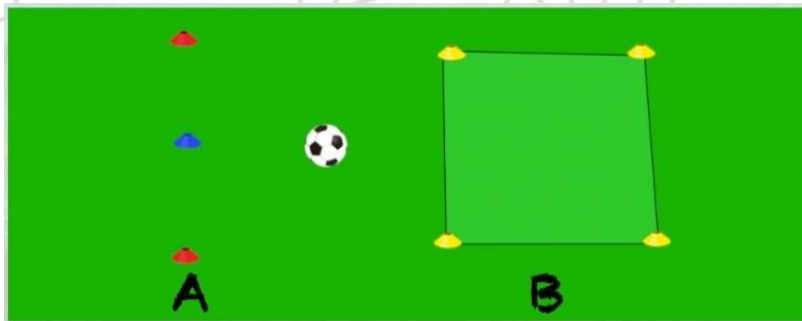
1. Session is scheduled for 40 min but training time is 35 minutes
 - 0 - 2 Welcome, Intro & Theme
 - 2- 7 Warm Up
 - Ball Mastery & Juggling
 - 7 - 33 Session
 - 15 - 20 second trainer demo
 - 40 - 45 second work
 - Allows for up to 25 unique skills to be covered
 - 33 - 35 Closing
 - Trainer message, move-to-go/ player demo
 - *Zoom gives us total of 40 min for session*
 - *Ex.: session at 4pm; open 3:58, session 4:00-4:35*



Learning Space Organization

Find a small space (3x3yd) and 4 cones ready. If you don't have cones, you can use shoes, rocks, cups, etc.

Examples of possible setups are below:



CONTENT



Majority of training content will be centered on ball mastery that can be done in small spaces.

Special attention to be given to ensuring players are training with head up.

The sessions will focus on quality and proper execution first and then progress with an emphasis on speed.

Some sessions will include fitness, strength and coordination training.



**BE YOU | BELONG | BE PROUD
GO BSC!!!**

