



# TRAINING

\* U13 - U15



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical Training		Technical Training		Technical Training	(Half Mile Light Jog)	
Fitness		Fitness		Fitness		

## Juggling Progressions:

Non dominant/outside - 30  
 Alternating thighs - 50  
 Alternating feet/laces - 100  
 Dominate foot/laces - 50  
 Non dominant foot/laces - 50  
 Alternating feet/inside - 50

Dominate foot/laces - 50  
 Non dominant foot/laces - 50  
 Alternating feet/inside - 50  
 Dominate foot/inside - 50  
 Non dominant foot/inside - 50  
 Dominant foot/outside - 30

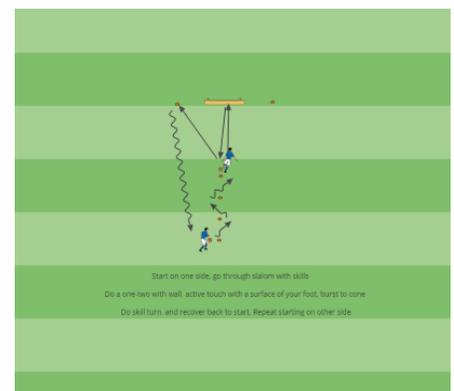
### Technical Training Day 1:

\*\*Set Up (See Graphic): You need six cones (any type of markers), a ball, and some type of solid object to play the ball off of, like a wall. Four cones a yard apart to go through gaps. The wall 8 yards away. The other two cones 10 yards diagonally from the last cone of the gaps. Do each skill starting on both sides.

Stage 1 - Inside/Outside Right Foot, Inside/Outside Left Foot, Inside/Outside both feet, Inside/Inside. Inside touch when receiving the pass from the wall. You should do a Cruyff for each turn.

Stage 2 – Outside/Outside, Roll Stop, Tap Tap Roll, V Cuts, Outside touch when receiving the pass from the wall. You should do a quick outside of the foot touch for each turn.

Stage 3 - Scissors, Step Overs, Triangles, Toe Taps, Box Touches. Touch across your body when receiving each pass. You should do an L turn for each turn.





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## Day 1 Fitness Workout:

- 1 mile run for time. 7 mins 15 seconds.
- Super Set: Complete Set 3x
  - o 40 Jumping lunges
  - o 1 minute planks
  - o 30 second side plank

## Fitness Day 2:

- 1 mile run for time. 7 mins 15 seconds
- Super Set: Complete the Set 3x
  - 20 Knee to chest jumps
  - 20 Pushups
  - 20 Dips

## Fitness Day 3:

- 1 mile run for time. 7:30 min
- Super Set: Complete the Set 5x
  - o 30 Crunches
  - o 20 Body weight calf raises
  - o 20 Body weight squats

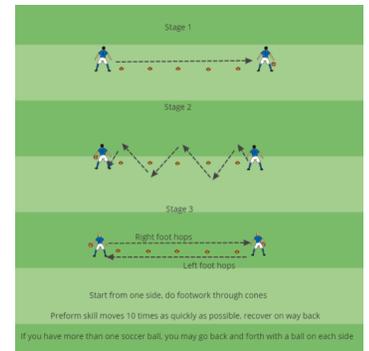
## Technical Training Day 2:

\*Set Up (see graphic) – Five cones a yard apart. Ball at end of cones. If you have more than one soccer ball you can put one at both ends. Each skill is performed 10 times each time you get to the ball. Do 2 times each. Make sure you work the other way if you only have one soccer ball.

Stage 1 – Do each of the following skills while going two feet in through the cones: right foot only (inside touch/outside touch counts as 1), left foot only, inside/outside both feet.

Stage 2 – Do each of the following skills while going shuffling forward and backwards through cones: V cuts, outside/outside L turn outside/outside L turn, inside/inside Roll inside/inside Roll.

Stage 3 – Do each of the following skills while hopping on foot closest to cone: Triangles starting with right foot, Triangles starting with left foot, Pull inside/outside Cruyff Pull inside/outside.



## Technical Training Day 3:

Burst with the ball under control through the slalom as fast as you can.

\*Set Up (see graphic) – Place cones down 10 yards apart. Four for each way. Start 8 yards back. Go through the slalom both ways doing the skill moves before you get to the cones.

1. Right foot only. Feints at cones.
2. Left foot only. Feints at cones.
3. Inside/outside at cones.
4. Roll/outside touch at cones.
5. Scissors at cones alternating feet.
6. Stepovers at the cones alternating feet.
7. Pullback inside push at the cones alternating feet.
8. Pullback outside push at the cones alternating feet.

