



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

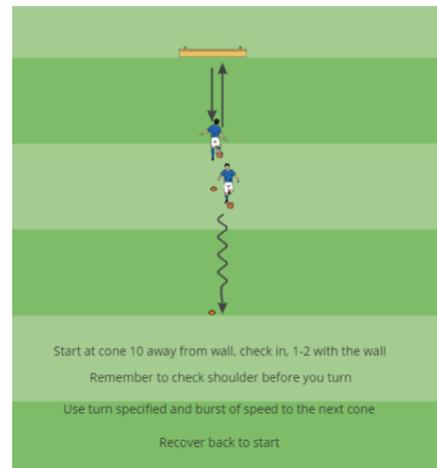
- Dominate foot/laces - 50
- Non dominant foot/laces - 50
- Alternating feet/inside - 50
- Dominate foot/inside - 50
- Non dominant foot/inside - 50
- Dominant foot/outside - 30

Technical Training Day 1:

**Set Up (See Graphic): You need two cones, a ball and wall. Start 10 yds away from wall. Give'n go with wall and perform a turn followed by a burst of speed to the next cone 8 yds away from starting cone. Repeat 10 times.

Inside right foot turn, Inside left foot turn, outside right foot turn, outside left foot turn, across your body right foot turn, across your body left foot turn, right foot Cryuff turn, left foot Cryuff turn, trap/right foot scissors turn, trap/left foot scissors turn, trap/right foot step over turn, trap/left foot step over turn.

Be creative and do reps that combine turns like across your body right foot and then do a Cryuff to cut the other way.





TRAINING

* U13 - U15



Day 1 Fitness Workout:

- 1 mile run for time. 7:00min
- Super Set: Complete Set 5x
 - o45 Second Swimmers
 - o30 Seconds Six inch killers

Fitness Day 2:

- 1 mile run for time. 7:30 min
- Super Set: Complete the Set 5x
 - 20 Burpees
 - 30 Second Plank
 - 30 Seconds Mountain Climbers

Fitness Day 3:

- 1 mile run for time. 7:30 min
- Super Set: Complete the Set 5x
 - o20 Push Ups
 - o20 Body Weight Squats
 - o20 Second Plank

Technical Training Day 3 **Graphic Shaded in Green**:

Each rep is done at full speed.

*Set Up (see graphic) – Need 2 cones, a ball, and a wall. From your starting point, do a figure 8 through the cones. You should end with moving towards the ball. Play ball against wall with assigned foot and trap. Do each skill 5 times each or more.

Inside left foot pass/Inside left foot trap, Inside right foot pass/inside right foot trap, laces left foot pass/laces left foot trap, laces right foot pass/laces right foot pass, outside left foot pass/outside left foot trap, outside right foot pass/outside right foot trap.

If you have a higher wall, you can scoop the ball up and trap the ball out of the air with thighs and chest. If you have a friend to workout with, they can toss you the ball.

Technical Training Day 2 **Graphic Shaded in Red**:

Each rep is done at full speed.

*Set Up (see graphic) – Need 2-3 cones or one object to dribble around, and a ball. Two cones 20 yards apart with the object in the middle 10 yds from starting cone. Dribble at object, do a skill move to get past defender finish with a burst of speed. Recover back to start or turn around and work back then rest. Do each skill 5 times or more.

Right foot feint, left foot feint, right foot rolls, left foot rolls, right foot scissors, left foot scissors, double scissors, right foot stepover, left foot stepover. Be creative and do a series of combination moves like a roll with a stepover, or anything else that comes to mind.

