



TRAINING

* U12 AND YOUNGER



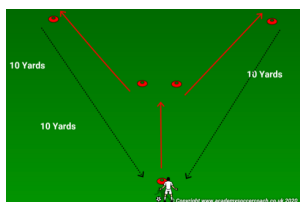
Monday	Tuesday	Wednesday	Thursday	Friday
Juggling	Technical	Juggling	Technical	Juggling
		Technical		

Juggling Curriculum:

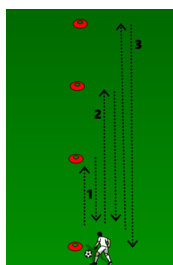
- Alternating feet with bounce in between - 30
- Right foot laces with bounce in between - 30
- Left foot laces with bounce in between - 30

Technical Training Day 1 (Monday):

Activity 1: Player dribbles for first cone, does a move and then dribbles to wide cone. This is then repeated on the opposite side. 8 sets of each; Scissors, Feint, Step Over and Chop.

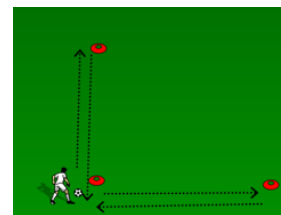


Activity 2: Player dribbles to the first cone, does the specific move and dribbles back to the starting cone, then dribbles to the third cone, does the move again and comes back to the beginning. 4 sets of each; Drag Back, Cruyff and Step Over Turn



Player then dribbles around the cone and the diagonal cone and returns to the middle. 6 sets on both left and right foot.

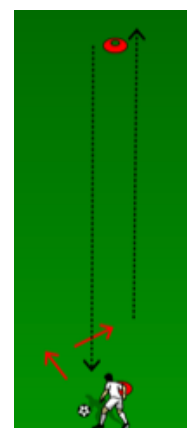
Activity 2: Player dribbles forward to top cone and does specific skill backwards to the starting cone. Player then side rolls to wide cone (left foot) and side rolls back to starting cone (right foot)



Technical Training Day 5 (Friday):

Activity 1: Player taps the ball with outside of left foot twice and then does specific move. Player then taps the ball with the outside of their right foot twice and repeats the move and dribbles to the far cone. 4 sets; Tap Tap Scissor, Tap Tap Step Over, Tap Tap Chop.

Activity 2: Player dribbles in a figure eight movement around the two cones for 30 seconds using the specific foot. 4 sets on each foot.



Technical Training Day 3 (Wednesday):

Activity 1: Player Dribbles around the box with specific foot for 20 seconds.

