



TRAINING

* U12 AND YOUNGER



Monday	Tuesday	Wednesday	Thursday	Friday
Juggling	Juggling	Juggling	Juggling	Juggling
Technical		Technical		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

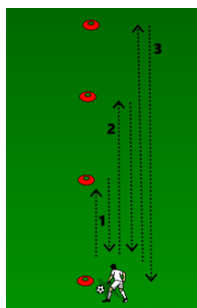
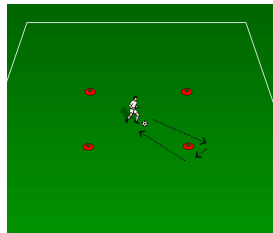
1 (Monday) :

Activity 1: Player performs specific skill continuously in the middle of the cone square for 20 seconds. Player then speed dribbles around one of the cones and back to the middle.

- Inside Outside: 6 Sets
- Roll Catch: 6 Sets
- Boxes: 6 Sets

Activity 2: Player does specific skill to the first cone, back to start, does skill to second cone, back to start, does skill to third cone and back to start.

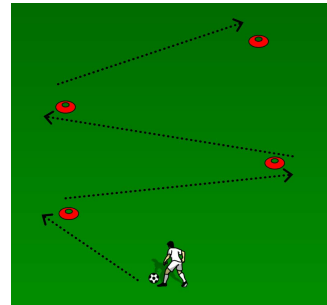
- Toe Touches: 4 Sets
- Boxes: 4 Sets



Technical Training Day 3 (Wednesday):

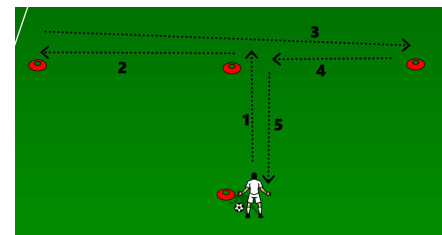
Activity 1: Player dribbles to each cone performing a move to change directions and dribbles back through cones to starting cone.

- Chop: 3 Sets
- Faint: 3 Sets
- L Turn: 3 Sets



Activity 2: Player dribbles to middle cone, dribbles to wide left cone, does move to change direction, dribbles to wide right cone, does move. Player then dribbles to middle cone and back to starting cone.

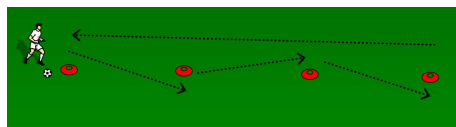
- Step Over Turn: 3 Sets
- Cruyff: 3 Sets
- Pull Behind: 3 Sets



Technical Training Day 5 (Friday):

Activity 1: Player dribbles weaving through cones and does specific skill backwards to starting cone.

- Toe Touches: 4 Sets
- Boxes: 4 Sets
- Roll Catch: 4 Sets



Activity 2: Player does specific skills through cones and back through to starting cone.

- Inside Outside: 5 Sets
- Roll Catch: 5 Sets
- Tap Tap Roll: 5 Sets

