



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

Technical Training Day 1:

Activity 1:

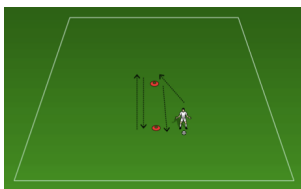
Set Up: Two Cones, Ball

Activity Description: Player toe taps the ball backwards with left foot until they reach the back cone, player does move listed and toe taps the ball forward with right foot until they reach the top cone. Player toe taps the ball backwards with right foot until they reach the back cone, player does move listed and toe taps the ball forward with left foot until they reach the top cone (starting point).

Skill 1: Chops (5 Sets)

Skill 2: Roll Catch (5 Sets)

Skill 3: V Turn (5 Sets)



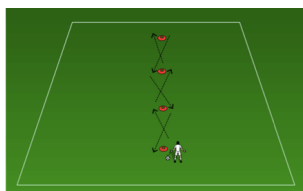
Activity 2:

Set Up: Four Cones, Ball

Activity Description: Player dribbles through cones using specific moves and dribbles back to the start.

Skill 1: Right foot (5 Sets)

Skill 2: Left foot (5 Sets)



Technical Training

Day 2:

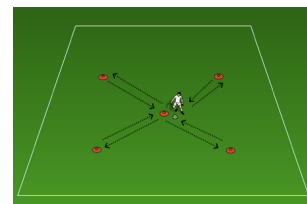
Activity 1:

Set Up: Four Cones, Ball

Activity Description: Player starts in the middle of the box, and dribbles to each corner doing a move prior to returning to the middle.

Skill 1: Drag Back

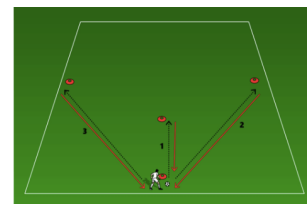
Skill 2: Step over turn



Activity 2:

Set Up: Four Cones, Ball

Activity Description: Player dribbles to the middle cone and toe touches backwards to the starting cone. This is repeated on the right cone and the left cone. Repeat a total of 10 times.



Technical Training Day 3:

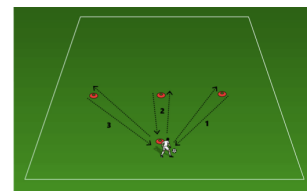
Activity 1:

Set Up: Four Cones, Ball

Activity Description: Player dribbles to the cones and back in numerical order.

Skill 1: Right foot (5 sets)

Skill 2: Left foot (10 sets)



Activity 2:

Set Up: Four Cones, Ball

Activity Description: Player dribbles through the cones and back using specific moves.

Skill 1: Right foot (5 sets)

Skill 2: Left foot (5 sets)

