



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

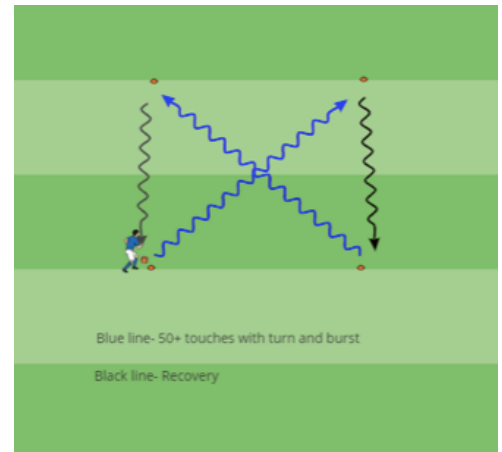
Technical Training Day 1:

**Set Up (See Graphic): You need four cones and a ball. 10x10 grid. This workout is for maximum touches. Do each skill twice. You must get the required amount of touches in before getting to the next cone where you will perform a skill turn with a burst. Work in a figure eight. One figure eight is one rep.

Stage 1 50x Inside/Outside Right Foot, 50x Inside/Outside Left Foot, 50x Inside/Outside both feet, 50x Inside/Inside, 50x Outside/Outside, You should do a Feint for each turn.

Stage 2 (In Red) – 50x Laces Right Foot, 50x Lace Left Foot, 50x Roll Stop, 50x Tap Tap Roll, 50x V Cuts, You should do a Cruyff turn for each turn.

Stage 3 (In Blue) – 50x Scissors, 50x Step Overs, 50x Triangles, 100x Toe Taps, 100x Box Touches, You should do an L turn for each turn.





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Day 1 Fitness Workout:

- 1 mile run for time. 6:30min
- Super Set: Complete Set 5x
 - o20 Push Ups
 - o30 Seconds Six inch killers
 - o30 Seconds Swimmers

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
- Beep Test (The app is free in the app store)

Minimum score of 12.

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 2 **Graphic Shaded in Red**:

Each rep is done at full speed.

Burst forward into tight figure eight around 2 outside cones, and then burst back to starting point.

*Set Up (see graphic) – Cones in graphic are set up 5yds apart from each other in a row of three in front of a central cone 10yds back from that row.

- 1) Right foot only 2min
- 2) Left foot only 2 min
- 3) Burst into Left footed scissors at central cone escaping right and then into figure eight. 2min
- 4) Burst into Right footed scissors at central cone escaping left and then into figure eight. 2min
- 5) Burst into Left footed stepover at central cone escaping left and then into figure eight. 2min
- 6) Burst into Right footed stepover at central cone escaping right and then into figure eight. 2 min

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

Each rep is done at full speed.

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

*Set Up (see graphic) – From your starting point, walk five yards forward and then five yards to the right. Repeat this process alternating turning either right or left each time until you have a zig zag (slalom).

- 1) Right foot only. 2min
- 2) Left foot only. 2min
- 3) Box touches around the cones. 2min
- 4) Toe Touches around the cones. 2min
- 5) Rolling the ball alternating feet. 2min
- 6) Scissors at the cones alternating feet. 2min
- 7) Stepover at the cones alternating feet. 2min
- 8) Feint at the cones alternating feet. 2 min

