



TRAINING

* U15 and Older



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical		Technical		Technical		
Training		Training		Training	(Half Mile Light Jog)	
Fitness		Fitness		Fitness		

Juggling Progressions:

Non dominant/outside - 30
 Alternating thighs - 50
 Dominant thigh - 50
 Non dominant thigh - 50
 Head - 40
 Dominant foot to thigh - 50

Alternating feet/laces - 200
 Dominate foot/laces - 50
 Non dominant foot/laces - 50
 Alternating feet/inside - 50
 Dominate foot/inside - 50
 Non dominant foot/inside - 50

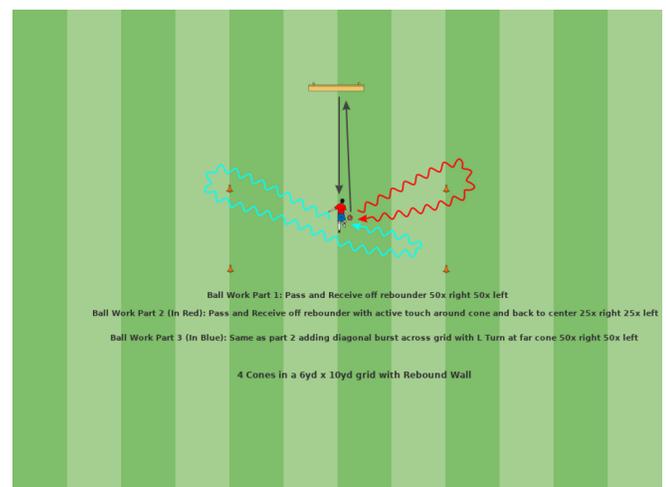
Technical Training Day 1:

**Set Up (See Graphic): You need four cones, a ball, and some type of rebounder to work with. This workout is for time. Complete in 15 minutes.

Stage 1 – Passing and Receiving off rebound wall. 50x Right Foot 50x Left Foot

Stage 2 (In Red) – Same as Stage 1 with active first touch around cone and back to center. 25x Right Foot 25x Left Foot

Stage 3 (In Blue) – Same as Stage 2 adding diagonal burst across grid with L Turn at far cone. 50x Right 50x Left.





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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. 6:30 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 10. If you score lower than 10 take a 5min**

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

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

Fitness Day 3:

- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 5x
 - o20 Push Ups
 - o20 Body Weight Calf Raises
 - o20 Body Weight Squats
 - o20 Second Plank

