



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 six cones, a ball, and some type of rebounder to work with.

This workout is for time. Complete in 15 minutes.

Stage 1 – Inside Outside Both feet through the gaps into Passing and Receiving off rebound wall. 50x Outside Right Foot 50x Outside Left Foot. Burst back around outside cone.

Stage 2 – Same as Stage 1, Roll Touch through the gaps. Now inside of the foot touch across the body off rebounder. 50x Right Foot 50x Left Foot.

Stage 3 – Same as Stage 2, Touch-Touch-Roll through the gaps. Cryuff touch off rebounder. EX) (Receiving with right foot from rebounder) Use inside of right foot to touch ball behind standing (left) foot escaping to the 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 and complete the test again.**

Technical Training Day 3 **Same Set Up as Day 1**:

**Set Up (See Graphic): You need six cones, a ball, and some type of rebounder to work with.

- 1) Right foot only through the gaps. From rebounder take a touch and perform stepover turn. 3min
- 2) Left foot only through the gaps. From rebounder take a touch and perform stepover turn. 3min
- 3) Outside-Outside-Scissors through the gaps. From rebounder take a touch and perform an L-Turn to escape. 3min
- 4) Box Touches through the gaps. From the rebounder take a touch with the outside of your foot and perform a cruyff turn to escape. 3min
- 5) Toe Touches through the gaps. From the rebounder take a touch with the inside of your foot across your body to escape. 3min
- 6) *Finisher*Any skill through the gaps. From the rebounder perform any turn and work back through the gaps. Once you've gone through the gaps turn and repeat. 5min.

Technical Training Day 2 (Tight Control):

Each rep is done at full speed. Dribble through maze as quickly as possible and play ball off rebounder. Receive and burst around starting cone on right or left side.

*Set Up (see graphic) – Cones in graphic are set up tight together in a maze. If you can use different colored cones. You also need a rebounder of some sort.

- 1) Right foot only 2min
- 2) Left foot only 2 min
- 3) Both feet. Use Cruyff touch to escape from rebounder. 2min
- 4) Roll the ball past 5 cones in the maze then progress to rebounder. 2min
- 5) Scissors at 5 cones in the maze then progress to rebounder. 2min
- 6) Stepover at 5 cones in the maze then progress to rebounder. 2min
- 7) Select a color cone. Dribble near or around 5 cones. You can go to the same cone more than once. Be creative with your footwork in the maze. From rebounder, take a touch then perform an L-Turn to escape. 2 min **Repeat this stage with new color selection or different cone layout**

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

