

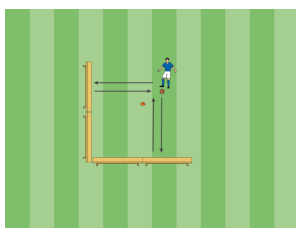
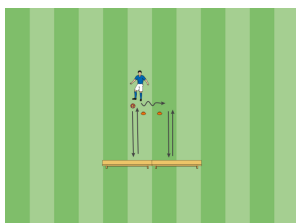


TRAINING

* 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 -

Technical Training Day 1:

**Set Up (See Graphic): You need two cones, a ball, and some type of rebounder to work with. 2 mins for each activity.

-Pass off rebounder, receive on back foot and play with opposite foot.

-Pass off rebounder, receive on back foot and play with the same foot

-1 Touch passes off back foot

-Pass off rebounder inside foot touch across and pass again.

-Pass off rebounder outside foot touch across and pass again.

-Pass ball twice into rebounder, after second pass open up, receive on the back foot and step over turn.

-Pass ball twice into rebounder, after second pass open up, receive on the back foot and Cruyff turn.

-Pass ball twice into rebounder, after second pass open up, receive on the back foot and fake shot L-turn.

-Pass ball twice into rebounder, after second pass open up, receive on the back foot and drag back.





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Day 1 Fitness Workout:

- Sprint 50 yards in 12 seconds and recover in 25 seconds. 2 sets of 10 sprints.
- Super Set: Complete Set 5x
 - o20 Push Ups
 - o30 Seconds Six inch killers
 - o30 Seconds Swimmers

Fitness Day 2:

- Sprint 50 yards in 12 seconds and recover in 25 seconds. 2 sets of 10 sprints.
- Super Set: Complete Set 5x
 - o20 Burpees
 - o30 Seconds plank
 - o30 Mountain Climbers

Technical Training Day 3:

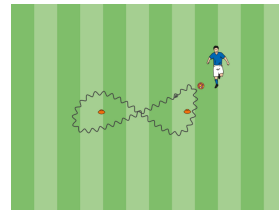
Equipment: Ball and 2 cones or markers
1 Minute per aerial control
2 Sets

- Flick overhead turn and bring down with laces
- Flick overhead squeeze ball with sole of foot and ground
- Flick overhead bring down off chest then foot
- Flick overhead bring down with thigh then foot
- Flick up in the air, squeeze ball with ground and instep of foot across
- Flick up in the air, squeeze ball with ground and outside of foot across
- Flick up in the air, bring down cushioning the ball with laces
- Flick up in the air, Cruyff control
- Flick up in the air, fake shot, instep squeeze across
- Flick up in the air, fake shot, outside foot squeeze across

Technical Training Day 2:

Equipment: Ball and 2 cones or markers
1 Minute per manipulation, 2 Sets total

- Dribble in figure 8 around 2 cones with dominate foot
- Dribble in figure 8 around 2 cones with non-dominate foot
- Inside outside dominate foot
- Inside outside non-dominate foot
- Inside outside both feet
- Big touch, little touch dominate foot
- Big touch, little touch non-dominate foot
- Side to side on the hope 5 times then roll across



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

