



# 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:

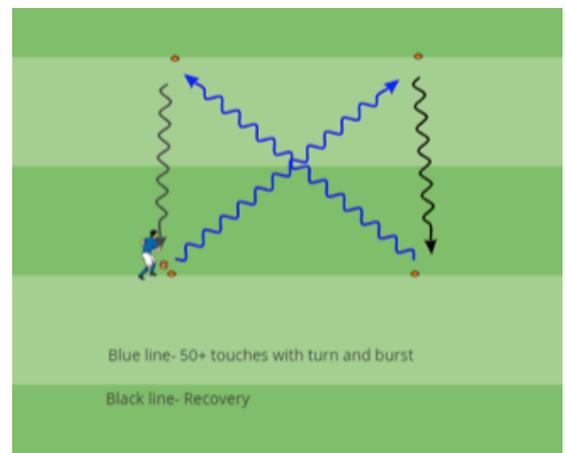
\*\*Set Up (See Graphic): You need four cones and a ball. 10x10 grid. This workout is for maximum touches. Do each skill twice. You must get the required amount of touches in before getting to the next cone where you will perform a skill turn with a burst. Work in a figure eight. One figure eight is 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** – 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** – 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. 7:00min
- Super Set: Complete Set 3x
  - o40 jumping lunges
  - o1:30 minute plank

## Fitness Day 2:

- 1 mile run for time. 7:00 min
- Super Set: Complete the Set 3x
  - 25 Knee to chest jumps
  - 25 Pushups
  - 25 Dips

## Fitness Day 3:

- 1 mile run for time. 7:00 min
- Super Set: Complete the Set 3x
  - o25 Push Ups
  - o25 Body Weight Squats
  - o25 Body weight calf raises

## Technical Training Day 3:

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) – Place cones down 10 yards apart. Four for each way. Start 8 yards back. Go through the slalom both ways doing the skill moves before you get to the cones.

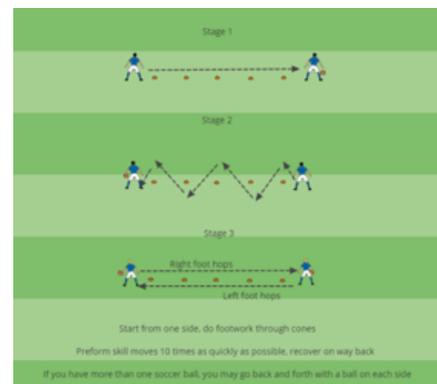
1. Right foot only. Feints at cones.
2. Left foot only. Feints at cones.
3. Inside/outside at cones.
4. Roll/outside touch at cones.
5. Scissors at cones alternating feet.
6. Stepovers at the cones alternating feet.
7. Pullback inside push at the cones alternating feet.
8. Pullback outside push at the cones alternating feet.
9. L turns at the cones alternating feet.
10. Inside touch to Cruyff to outside touch at the cones

## Technical Training Day 2:

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

\*Set Up (see graphic) – Five cones a yard apart. Ball at end of cones. If you have more than one soccer ball you can put one

at both ends. Each skill is performed 10 times each time you get to the ball. Do 2 reps each. Make sure you work the other way if you only have one soccer ball.



Stage 1 – Do each of the following skills while going two feet in through the cones: right foot only (inside touch/outside touch counts as 1), left foot only, inside/outside both feet.

Stage 2 – Do each of the following skills while going shuffling forward and backwards through cones: V cuts; Right foot outside/outside L turn Left foot outside/outside L turn; Right foot inside/outside Roll Left foot inside/outside Roll.

Stage 3 – Do each of the following skills while hopping on foot closest to cone:

Triangles starting with right foot, Triangles starting with left foot, Right foot Pull inside/outside Cruyff Left foot Pull inside/outside Cruyff.

