



TRAINING

* U12 AND YOUNGER



Monday	Tuesday	Wednesday	Thursday	Friday
Juggling	Juggling	Juggling	Juggling	Juggling
Technical		Technical		Technical

Juggling Curriculum:

- Alternating feet with bounce in between - 30
- Right foot laces with bounce in between - 30
- Left foot laces with bounce in between - 30

Technical Training Day

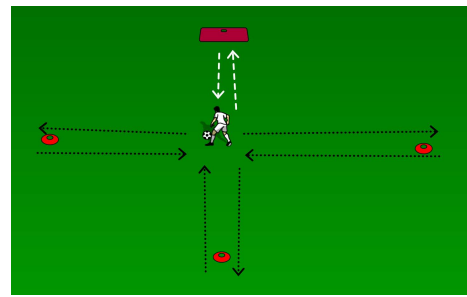
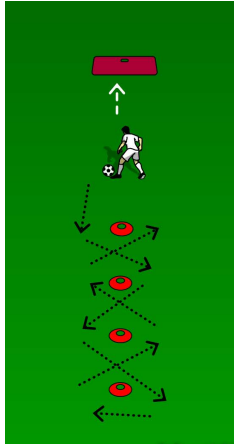
1 (Monday) :

Activity (Stage 1): Player passes ball against wall and receives to turn and dribble through cones using specific skill and back to wall to pass again.

- Left Foot Only (4 Sets)
- Right Foot Only (4 Sets)
- Outside Both Feet (4 Sets)
- Inside Both Feet (4 Sets)

Activity Stage 2:

- Inside Outside (4 Sets)
- Roll Catch (4 Sets)
- Tap Tap Roll (4 Sets)
- 2 Toe Touches, Roll (4 Sets)
- Outside, Outside, Chop (4 Sets)



Technical Training Day 2 (Wednesday):

Activity Stage 1: Player passes ball against wall, receives using specific move and dribbles around wide cone and back to the middle. Player passes ball against the wall, receives using specific move and dribbles around back cone and back to the middle. Player passes ball against wall, receives using specific move and dribbles around all three cones equals 1 set. Player performs each set 5 times.

- L Turn (Wide Cones), Drag Back (Back Cone)
- Outside Tap (Wide Cones), Pull Behind (Back Cone)
- Faint (Wide Cones), Pull Behind (Back Cone)

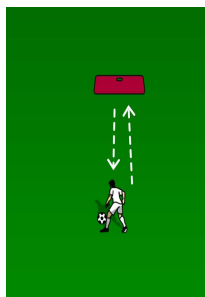
Activity Stage 2:

- Scissors (Wide Cones), Drag Back (Back Cone)
- Step Over Turn (Wide Cones), Pull Behind (Back Cone)
- Chop (Wide Cones), Drag Back (Back Cone)

Technical Training Day 3 (Friday):

Activity (Stage 1): Player continuously passes ball against the wall receiving and passing as listed below for 90 seconds for each set.

- Left Foot Only (1 Touch)
- Right Foot Only (1 Touch)
- Left Foot Only (2 Touch)
- Right Foot Only (2 Touch)



Activity (Stage 2):

- Receive Left, Pass Right
- Receive Right, Pass Left
- Receive Outside Right, Pass Right
- Receive Outside Left, Pass Left

