



# 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:

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:

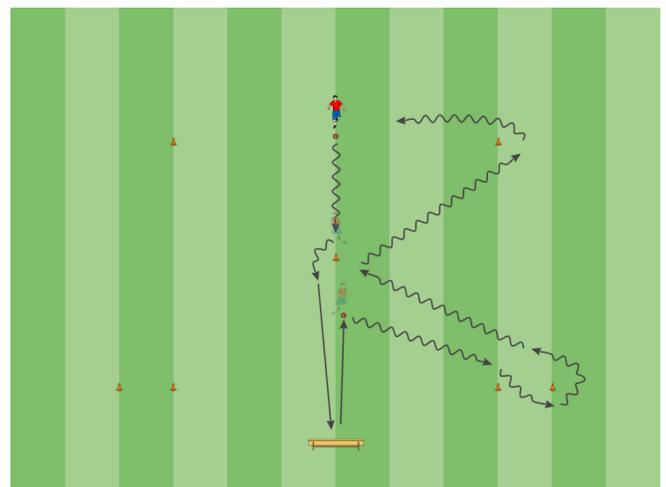
\*\*Set Up (See Graphic):

Dribble to central cone perform skill play into rebounder and escape either right or left. Once through the gate drive back to central cone and perform skill again and escape to perimeter cone. Recover back to start.

**Stage 1** – Fient 20x right 20x left at central cone. Outside of the foot off rebounder. 20x right 20x left.

**Stage 2** – Same as Stage 1 (reps as well), Scissors at central cone. Use inside of the foot touch across your body off rebounder to escape.

**Stage 3** – Same as Stage 1&2 (reps as well) Skill - Stepmover, Just use inside of the foot touch off rebounder. Open your hips as you receive.





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## Day 1 Fitness Workout:

- 1 mile run for time. 6:30min
- Super Set: Complete Set 5x
  - o20 Burpees
  - oSix Inch Killers: Draw the numbers with your feet 1-15
  - o30 Seconds Swimmers

## Fitness Day 2:

- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 5x
  - 20 Burpees
  - Six inch killers: Draw the numbers with your feet 1-15
  - 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**

## 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 (See Graphic 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

