



# TRAINING

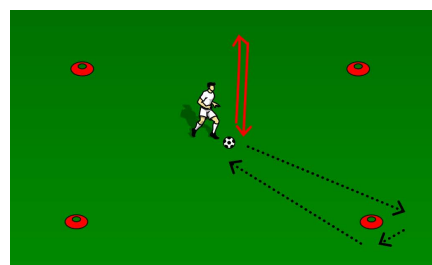
\* U12 AND YOUNGER



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 rolls ball forward and sprints to ball. Player does specific move to change direction and speed dribbles to back cone, does specific move to change direction and dribbles back to middle cone.

Drag Back/ Left Foot Only (4 Sets)

Drag Back/ Right Foot Only (4 Sets)

Pull Behind/ Left Foot Only (4 Sets)

Pull Behind/ Right Foot Only (4 Sets)

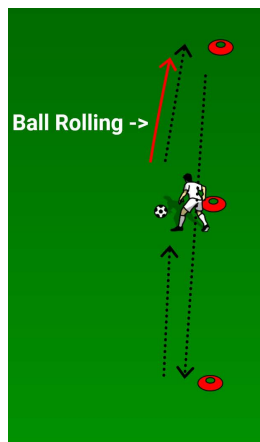
#### Activity Stage 2:

Cruyff/ Left Foot Only (4 Sets)

Cruyff / Right Foot Only (4 Sets)

Step Over Turn/ Left Foot Only (4 Sets)

Step Over Turn/ Right Foot Only (4 Sets)



#### Technical Training Day 2 (Wednesday):

**Activity Stage 1:** Player juggles 5 times with certain foot, traps ball with the same foot, does specific move and speed dribbles with that foot around one of the cones. Player repeats activity to each cone to complete one set.

Left Foot Only Juggles, Scissors (2 Sets)

Right Foot Only Juggles, Scissors (2 Sets)

Left Foot Only Juggles, Step Over (2 Sets)

Right Foot Only Juggles, Step Over (2 Sets)

#### Activity Stage 2:

Left Foot Only Juggles, L Turn (2 Sets)

Right Foot Only Juggles, L Turn (2 Sets)

Left Foot Only Juggles, Faint (2 Sets)

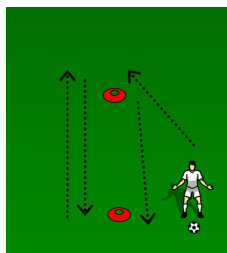
Right Foot Only Juggles, Faint (2 Sets)

#### Technical Training Day 3 (Friday):

**Activity (Stage 1):** Player toe touches ball backwards with certain foot, does specific move to get across cone then toe touches forward with the opposite foot. Player repeats on opposite side to complete 1 set.

Left Foot (Back), Chop, Right Foot (Forward): 5 Sets

Right Foot (Back), Faint, Left Foot (Forward): 5 Sets



#### Activity (Stage 2):

Both Feet (Back), Roll Catch, Both Feet (Forward): 5 Sets

Both Feet (Back), Step Over, Both Feet (Forward): 5 Sets

