



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

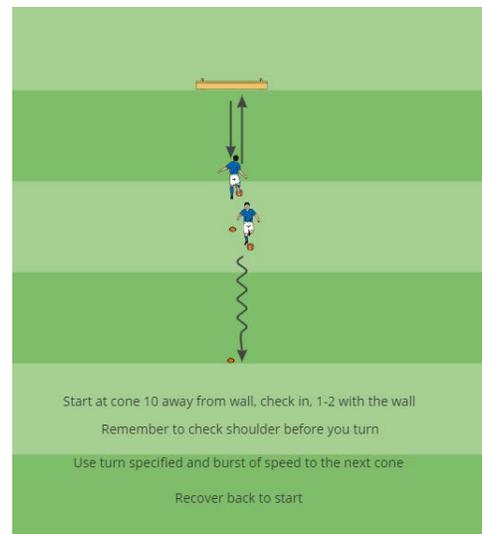
Alternating feet/laces - 200
 Dominate foot/laces - 50
 Non dominant foot/laces - 50
 Alternating feet/inside - 50
 Dominate foot/inside - 50
 Non dominant foot/inside - 50

Technical Training Day 1:

**Set Up (See Graphic): You need two cones, a ball and wall of some sort. Start 10 yds away from wall. Give'n go with wall and perform a turn followed by a burst of speed to the next cone 8 yds away from starting cone. Do each turn 10 times each or more if you feel you need more work on a certain turn.

Inside right foot turn, Inside left foot turn, outside right foot turn, outside left foot turn, across your body right foot turn, across your body left foot turn, right foot Cruyff turn, left foot Cruyff turn, trap/right foot scissors turn, trap/left foot scissors turn, trap/right foot step over turn, trap/left foot step over turn.

Be creative and do reps that combine turns like across your body right foot and then do a Cruyff to cut the other way.





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-Day 1 Fitness Workout:

- 1 mile run for time (6:30 minutes)
- Super Set: Complete Set 5x
 - o 25 push ups
 - o 30 knees to chest jumps
 - o 30 second six inch killers

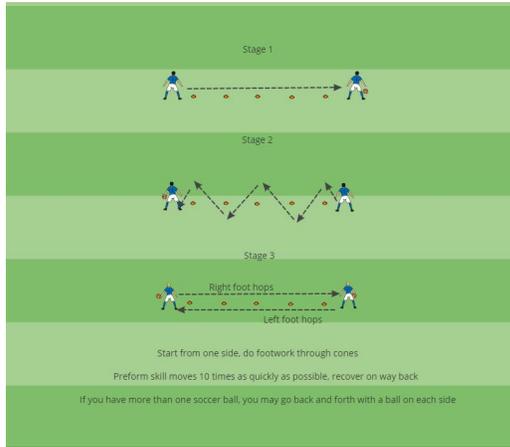
Day 2 Fitness Workout:

- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 5x
 - 20 burpees
 - 30 mountain climbers
 - 25 dips
 - Beep test(app is free in app store)
- If lower than 10, take 5min break and repeat

Day 3 Fitness Workout:

- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 5x
 - o 30 Push Ups
 - o 20 leg raises
 - o 30 Body Weight Calf Raises
 - o 30 Body Weight Squats

Technical Training Day 2



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) – 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.

Technical Training Day 3:

Each rep is done at full speed.

*Set Up (see graphic) – Need 2 cones, a ball, and a wall. From your starting point, do a figure 8 through the cones. You should end with moving towards the ball. Play ball against wall with assigned foot and trap. Do each skill 5 times each or more.

Inside left foot pass/Inside left foot trap, Inside right foot pass/inside right foot trap, laces left foot pass/laces left foot trap, laces right foot pass/laces right foot pass, outside left foot pass/outside left foot trap, outside right foot pass/outside right foot trap.

If you have a higher wall, you can scoop the ball up and trap the ball out of the air with thighs and chest. If you have a friend to workout with, they can toss you the ball.

