



TRAINING

* U13-U15



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		

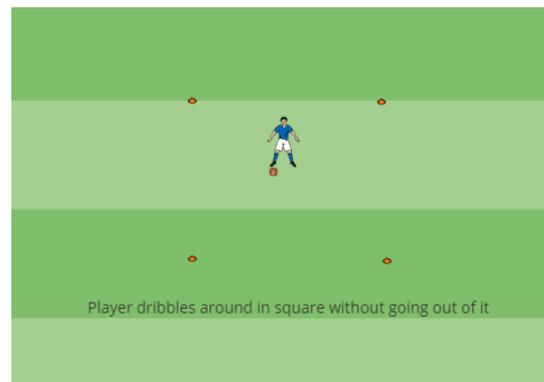
Juggling Progressions:

Non 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
 Challenge: laces, thigh, inside foot – 10 times

Technical Training Day 1:

****Set Up (See Graphic):** You need 4 cones and a ball. Make a 10x10yd grid. Go 30 seconds on and 30 seconds rest. (If you need a longer rest take it, focus on the quality of your moves) Dribble around in grid using different manipulations and surfaces of your feet to improve ball control and change of direction. Right foot only, left foot only, right and left ft sole rolls, scissors and double scissors, step overs, V cuts. Use skill turns whenever necessary to change direction and stay in grid. Be creative with your skills. Combine moves such as L turn to V cut and roll into step over. Work hard. Stay low to get low center of gravity to become stronger on the ball.





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Day 1 Fitness Workout:

- 1 mile run for time. 6:30min
- Super Set: Complete Set 5x
- 20 Push Ups
- 45 Seconds planks
- 30 Second swimmers

Fitness Day 2:

- 1 miles run for time (6:30 min)
- Super Set: Complete Set 5x
- 30 Burpees
- 45 second Plank
- 45 second Mountain Climbers

Fitness Day 3:

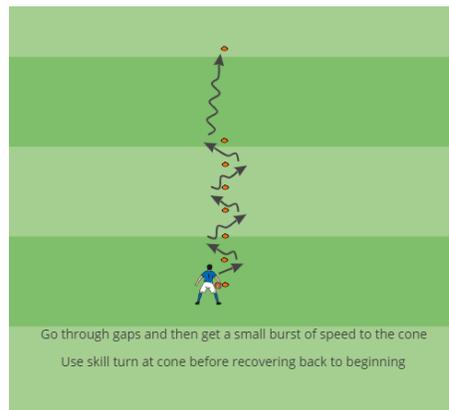
- 1 mile run for time. 6:30 min
 - Super Set: Complete the Set 3x
 - 25 Push Ups
 - 20 Folding Touches
- (Go from laying on back with feet 6in off the ground to folding in half touching your toes with your fingers above you.)
- 30 Body Weight Calf Raises
 - 25 Body Weight Squats

Technical Training Day 2:

Each rep is done at full speed

*Set Up (see graphic) – Need 8 cones or objects to dribble around, and a ball. Seven cones a half a yard apart with the last cone 7yds away. Dribble through gaps using skills listed. Small burst of speed to the last cone. Use skill turn and recover to beginning. Do each skill 3 times or until you are satisfied with your ball control with that skill.

Inside/outside right ft only, Inside/outside left ft only, inside/outside both ft, roll stop, tap tap roll, outside/outside both ft, tap tap scissors, tap tap step over, V cuts, toe taps. Vary the skill turns you use at the end. Choose ones you want to improve on.



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 trap, 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.

