



TRAINING

* U12 AND YOUNGER



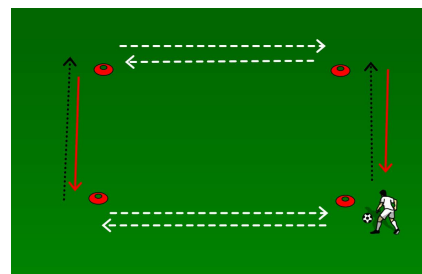
Monday	Tuesday	Wednesday	Thursday	Friday
Juggling	Juggling	Juggling	Juggling	Juggling
Technical		Technical		Technical

Juggling Curriculum:

Alternating feet with bounce in between - 30

Right foot laces with bounce in between - 30

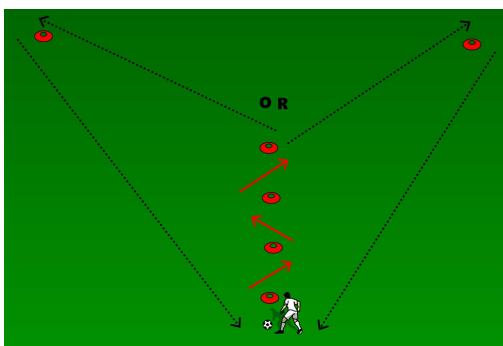
Left foot laces with bounce in between - 30



Technical Training Day 1 (Monday) :

Activity: Player does specific footwork through the cones with the ball. Player then sprints to wide cone and does recovery dribble back to starting point. Player then alternates to the opposite wide cone to complete the set.

- Left Foot Only (5 Sets)
- Right Foot Only (5 Sets)
- Inside/ Outside (5 Sets)
- Tap Tap Roll (5 Sets)
- Roll Catch (5 Sets)



Technical Training Day 2 (Wednesday):

Activity (Stage 1): Player dribbles forward to top cone, then does toe touches backwards to starting point. Player then dribbles to top cone then sole rolls across their body to wide left cone. Player then sole rolls across their body back to top cone then does toe touches backwards to starting point. Player then dribbles to top cone then sole rolls across their body to wide left cone then toe touches backwards to back cone. Player then dribbles forward then sole rolls across their body back to top cone then does toe touches backwards to starting point. Player then dribbles to top cone then sole rolls across their body to wide left cone then toe touches backwards to back cone then sole rolls back to opposite cone. Player then dribbles forward then sole rolls across their body back to top cone then does toe touches backwards to starting point. (Back line: Dribbling, Red Line: Toe touches backwards, White Line: Sole Rolls).

Activity (Stage 2): Player does inside/outside forward to top cone, then does boxes backwards to starting point. Player then does inside/outside to top cone then sole rolls across their body to wide left cone. Player then sole rolls across their body back to top cone then does boxes backwards to starting point. Player then does inside/outside to top cone then sole rolls across their body to wide left cone then boxes backwards to back cone. Player then does inside/outside forward then sole rolls across their body back to top cone then does boxes backwards to starting point. Player then does inside/outside to top cone then sole rolls across their body to wide left cone then boxes backwards to back cone then sole rolls to starting point and sole rolls back to opposite cone. Player then does inside/outside forward then sole rolls across their body back to top cone then does boxes backwards to starting point. (Back line: Inside/ Outside, Red Line: Boxes backwards, White Line: Sole Rolls).

Technical Training Day 3 (Friday):

Activity: Player dribbles to top cone, does specific move to change direction and dribbles around wide cone and back to starting point. Player should perform each skill below for both left and right set ups.

- Scissors (6 Left/ 6 Right)
- Step Over (6 Left/ 6 Right)
- L Turn (6 Left/ 6 Right)
- Feint (6 Left/ 6 Right)

