



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

Technical Training Day 1:

**Set Up (See Graphic): You need two cones (any type of markers) and a ball. Cones 10-12 yards apart. Dribble towards 2nd cone perform skill turn. Dribble back to beginning and repeat. Do each turn with each foot 5 times in a row before resting.

- 1) Right foot pullback
- 2) Left foot pullback
- 3) Right foot outside cut
- 4) Left foot outside cut
- 5) Right foot Cruyff turn
- 6) Left foot Cruyff turn
- 7) Right foot L turn
- 8) Left foot L turn
- 9) Right foot stepover turn
- 10) Left foot stepover turn

Be creative and use other turns as well. Think of possible sharp cuts or moves that will get a defender off balance.





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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 Squats

Day 2 Fitness Workout:

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

Day 3 Fitness Workout:

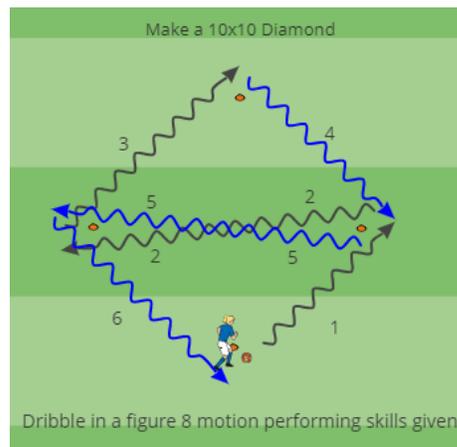
- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 3x
- 25 Push Ups
- 20 Leg Raises
- 30 Body Weight Calf Raises
- 25 Body Weight Squats

Technical Training Day 2:

Each rep is done at full speed

*Set Up (see graphic) – Make a 10x10 Diamond. Start at one end and dribble in a figure 8 motion around the cones until back at beginning. Do each listed twice.

- 1) Dribble Right foot only
- 2) Dribble Left foot only
- 3) Dribble both feet doing scissors at each cone
- 4) Dribble both feet doing stepovers at each cone
- 5) Dribble both feet being creative at the turns. I want you to be creative and think of 4 more ways you can dribble through the figure 8. Do different moves each turn.



Technical Training Day 3:

Each rep is done at full speed.

*Set up (See Graphic) – You will need 2 cones, 2 objects to dribble around, and a ball. Count 8-10 yds forward and then 3 yds to each side for your objects. You want to dribble towards the outside shoulder of the object and perform a skill move to beat them to the inside with a burst to finish. Do each skill on both sides.

- 1) Feint
- 2) Scissors
- 3) Stepover
- 4) V Cut
- 5) Try more advanced moves or move combinations at this point. Example: right foot roll into outside right foot cut back to the middle. Be creative and do at least 4 more moves.

