



TRAINING

* 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:

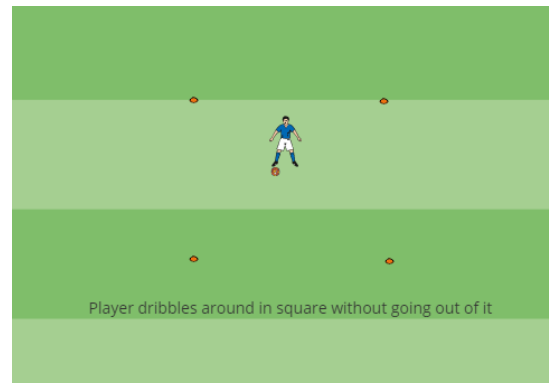
Non dominant/outside - 30
Alternating thighs - 50
Dominant thigh - 50
Non dominant thigh - 50
Head - 40
Dominant foot to thigh - 50

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 4 cones (any type of markers), and a ball. Make a 8x8 grid. You will be dribbling for 30 seconds and resting for 30 seconds.

- 1) Dribble around square with right foot only. Use any turns you want to stay in grid.
- 2) Dribble around square with left foot only. Use any turns you want to stay in grid.
- 3) Dribble only doing sole rolls with both feet. Use any turns you want to stay in grid.
- 4) Dribble around with both feet doing scissors/double scissors every few touches. Use any turns you want to stay in grid.
- 5) Dribble around with both feet doing step overs every few touches. Use any turns you want to stay in grid.
- 6) Dribble around with both feet doing V cuts every few touches. Use any turns you want to stay in grid.





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Day 1 Fitness Workout:

- 1 mile run for time. 6:00min
- Super Set: Complete Set 5x
- 60 Second Side Planks
- 60 Second planks

Day 2 Fitness Workout:

- 1 miles run for time (6:00 min)
- Super Set: Complete Set 5x
- 20 yd sprint, back pedal to start
- 10 yd sprint, back pedal to start

Day 3 Fitness Workout:

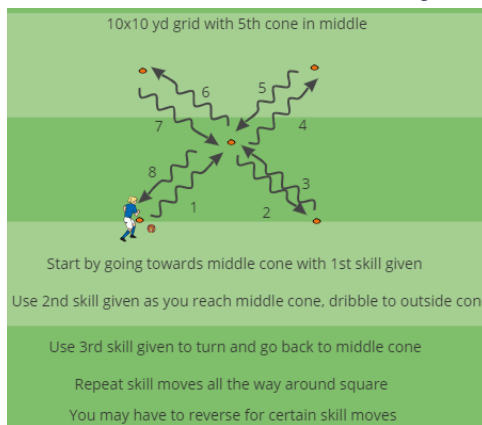
- 1 mile run for time. 6:00 min
- Super Set: Complete the Set 3x
- 25 Push Ups
- 20 Burpees
- 30 Body Weight Calf Raises
- 25 Body Weight Squats

Technical Training Day 2:

Each rep is done at full speed

*Set Up (see graphic) – Make a 10x10 grid with a cone in the middle. You will dribble towards the middle cone dribbling a certain way, perform a skill move before you get to middle cone, burst after skill and use a turn to go back to the middle cone. Repeat process until around whole square. Do each set twice. Get as many touches as you can.

- 1) Right foot inside/outside towards middle cone, right foot feint at middle cone, right foot pullback at outside cones, repeat
- 2) Left foot inside/outside towards middle cone, left foot feint at middle cone, left foot pullback at outside cones, repeat
- 3) Right foot laces towards middle cone, left foot scissors at middle cone, right foot outside cut at outside cones, repeat
- 4) Left foot laces towards middle cone, right foot scissors at middle cone, left foot outside cut at outside cones, repeat
- 5) Right foot laces towards middle cone, right foot stepover at middle cone, right foot Cruyff turn at outside cones, repeat
- 6) Left foot laces towards middle cone, left foot stepover at middle cone, left foot Cruyff turn at outside cones, repeat
- 7) Toe taps towards middle cone, V cut at middle cone, right foot L turn at outside cones, repeat



Technical Training Day 3:

Each rep is done at full speed.

*Set up (See Graphic) – You will need three objects to dribble around, 2 cones, and a ball. Start 8 yards in front of first object. Perform given skill move to outside and then same skill move to inside to beat the second object. Small burst to finish. Dribble normal. Do each skill in both directions.

- 1) Feint, Feint
- 2) Scissors, Scissors
- 3) Stepover, Stepover
- 4) Here is where you will need to be creative. I want you to do different skills at each object. Example: Stepover and then a chop to cut in between defenders.

Do at least 6 more reps going both ways of combining skills and being creative with your moves.

