



TRAINING

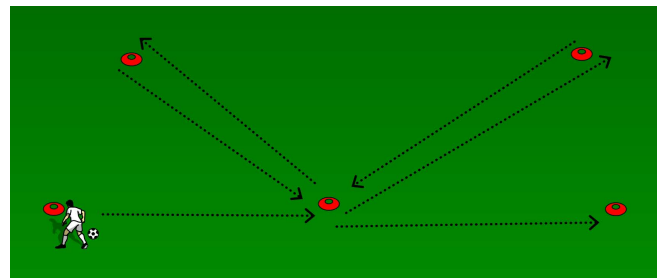
* U12 AND YOUNGER



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

Juggling Curriculum:

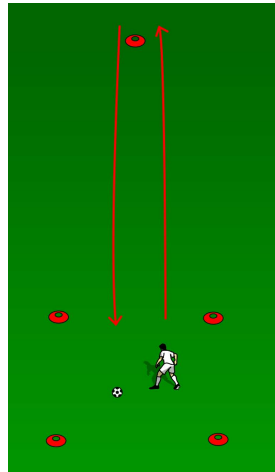
- Alternating feet with bounce in between - 30
- Right foot laces with bounce in between - 30
- Left foot laces with bounce in between - 30



Technical Training Day 1 (Monday) :

Activity (Stage 1): Player sprints around top cone without ball. Player does specific skills/ dribbling within the box for 1 minute. Player should rest for 90 seconds in between each set.

- Dribble around cones with left foot only (5 Sets)
- Dribble around cones with right foot only (5 Sets)
- Inside/outside with left foot only (5 Sets)
- Inside/outside with right foot only (5 Sets)



Technical Training Day 2 (Wednesday):

Activity: Player sole rolls to middle cone, dribbles to/around wide left cone and back to middle cone. Player then dribbles to/around wide right cone and back to middle cone. Player then continues to sole roll to last wide cone. Player should repeat from opposite side to complete the set.

- Left Foot Only Dribble (4 Sets)
- Right Foot Only Dribble (4 Sets)
- Left Foot Only Inside/Outside (4 Sets)
- Right Foot Only Inside/Outside (4 Sets)
- Boxes (4 Sets)
- Toe Touches (4 Sets)

Activity (Stage 2):

Player sprints around top cone without ball. Player does specific skills within the box for 50 touches. Player should rest for 90 seconds in between each set.

- Toe Touches (5 Sets)
- Boxes (5 Sets)

Technical Training Day 3 (Friday):

Activity: Player dribbles to top cone, sole rolls diagonally, dribbles to top cone, sole rolls diagonally to starting cone.

- Left Foot Dribble Only (5 Sets)
- Right Foot Dribble Only (5 Sets)
- Toe Touches Forward (5 Sets)
- Boxes (5 Sets)
- Inside/Outside (5 Sets)

