



# TRAINING

\* U13-U15



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>Summer Series Training</b>				Juggling	Active Recovery	
				Technical	Half Mile (Light Jog)	
				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:

\*\*Set Up (See Graphic): You need two cones (any type of markers) and a ball. Cones 1 yard apart. You will be working from the outside of one cone to the outside of the cone. You will have to move your feet quick. Going back and forth for 40 seconds each skill. Start on the outside of the cone on your right.

- 1) L turns – Right ft L turn with outside ft touch with left ft across, tap forward with Left ft, then Left ft L turn back the other way. Repeat process.
- 2) Pullbacks – Left ft Pullback while opening hips, inside left ft touch across, right ft tap forward into Right ft Pullback. Repeat process.
- 3) Outside ft Cuts – Left ft outside cut with inside left ft tap across, Right ft tap forward into Right ft outside cut. Repeat process.
- 4) Cruyff turns – Right ft Cruyff turn with left ft outside touch across, Left ft tap forward into Left ft Cruyff turn. Repeat process.
- 5) V Cuts – Left ft pull and tap forward in between cones, repeat in middle, Right ft pull and tap forward back the other way. Repeat process. Multiple ways to do the V cut. You do the version you like the most.
- 6) Pull and Roll – Right ft pull with right ft roll across; Left ft tap forward into left ft pull into left ft roll across. Repeat process.
- 7) Pull into inside/outside – Left ft pull into inside/outside with left ft across; tap forward into Right ft pull into inside/outside back across. Repeat process.

**If challenging, don't give up. Practice move for a few minutes then try.**





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## Fitness Workout:

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

