



# TRAINING

\* U15+



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

## 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 three cones (any type of markers) and a ball. Two Cones 1 yard apart. The third cone 3-4 yds from the middle of the other two cones. You will be working from the outside of one cone to the outside of the cone. You will have to move your feet quick. Go back and forth 10 times each skill then explode forward towards the 3rd cone. Start on the outside of the cone on your right. Rest as needed. You will then do it again starting on the outside of the cone on your left. This way you explode forward from the other direction.

- 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. Explode forward after the 10th time.
- 2) Pullbacks – Left ft Pullback while opening hips, inside left ft touch across, right ft tap forward into Right ft Pullback. Repeat process. Explode forward after the 10th time.
- 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. Explode forward after the 10th time.
- 4) Cruyff turns – Right ft Cruyff turn with left ft outside touch across, Left ft tap forward into Left ft Cruyff turn. Repeat process. Explode forward after the 10th time.
- 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. Explode forward after the 10th time.
- 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. Explode forward after the 10th time.
- 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. Explode forward after the 10th time.

**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
  - o 20 Dips
  - o 20 Lunges

