



TRAINING

* U12 & Younger



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Summer Series Training				Juggling	Active Recovery	
				Technical Training		

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:

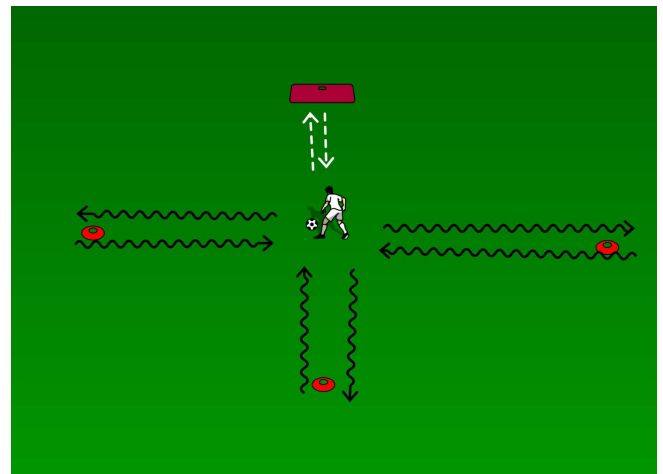
Set Up: Player will need a flat surface to pass a ball against (for example: wall, bench)

Player passes ball against wall/bench for 1 minute with a 30 second recovery in between each set.

- Left Foot One Touch (5 Sets)
- Right Foot One Touch (5 Sets)
- Left Foot Two Touch (5 Sets)
- Right Foot Two Touch (5 Sets)
- Pass Right Foot, Receive Left Foot (5 Sets)
- Pass Left Foot, Receive Right Foot (5 Sets)

Player passes ball against the wall/bench x6, does specific skill to change direction and speed dribbles around one of the wide cones. Player completes passing/ dribbling around cone three times to complete 1 set. Player should rest 30 seconds in between each set.

- Left Foot One Touch, Drag Back (3 Sets)
- Right Foot One Touch, Drag Back (3 Sets)
- Left Foot Two Touch, Pull Behind (3 Sets)
- Right Foot Two Touch, Pull Behind (3 Sets)





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