



TRAINING

* U13-U15



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Summer Series Training				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 4 cones (any type of markers) and a ball. Cones in a 8x8 yard grid. You will be starting in the middle of the grid. Do all activities 3 times.

- 1) Toe taps forward to cone and then backwards to back cone.
- 2) Right ft dribble with laces forward to cone, Right ft toe taps backward to back cone.
- 3) Left ft dribble with laces forward to cone, Left ft toe taps backward to back cone.
- 4) Inside Right ft touches moving to your left to cone, Inside Left ft touches moving to your right to cone.
- 5) Inside Left ft touches moving to your right to cone, Inside Right ft touches moving to your left to cone.
- 6) Right ft touches moving to your left to cone, then outside Right ft touch forward with burst to front cone.
- 7) Left ft touches moving to your right to cone, then outside Left ft touch forward with burst to front cone.
- 8) Outside Right ft touches moving to right cone, Right ft Cruyff turn to back cone.
- 9) Outside Left ft touches moving to left cone, Left ft Cruyff turn to back cone.
- 10) Choose a series of your own movements. Be creative with them. Think of how you would move around on the field.





TRAINING

*U13-U15



Fitness Workout:

- 1 mile run for time. 6:30 min
- Super Set: Complete the Set 5x
 - o Without ball starting in middle – sprint forward to cone and backpedal to back cone
 - o Without ball starting in middle – side shuffle to cone on your left and then to the right. Alternate
 - o Without ball starting in middle – side shuffle to right cone, burst forward to cone, back pedal to back cone, burst to left cone

