



# 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**

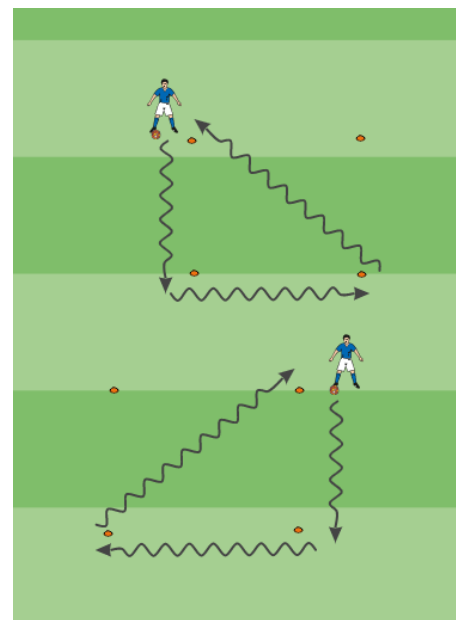
### Technical Training Day:

\*\*Set Up (See Graphic): You need four cones (any type of markers) and a ball. Cones in a 8x8 grid. Do each activities 10 times each.

- 1) Toe taps forward to cone, Right ft rolls to cone, Right inside cut dribble back to beginning.
- 2) Right ft dribble with laces forward to cone, Right ft inside touches sideways to cone, Right ft Cruyff turn dribble to beginning.
- 3) Reverse direction. Left ft dribble with laces forward to cone, Left ft inside touches sideways to cone, Left ft Cruyff turn dribble to beginning.
- 4) Box touches to cone, Outside Left ft touches sideways to cone, Outside Left ft cut turn dribble back to beginning.
- 5) Reverse direction. Box touches to cone, Outside Right ft touches sideways to cone, Outside Right ft cut turn dribble back to beginning.
- 6) Choose a series of your own movements. Be creative with them. Think of how you would move around on the field.

### Fitness Workout:

- 1 mile run for time. 6 min
- Super Set: Complete the Set 5x
  - o 20 knees to chest jumps
  - o 30 second planks
  - o 20 push ups
  - o 20 squats





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