

GWINNETT

SOCCER ACADEMY

Day 1 - At-Home Training (04U-05U)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Freestyle juggling	Juggle/Catch(100 Reps)	Foundations	4 x 10 sec	Inside-Outside Stationary	4 x 10 sec	Scissors	10 ea
Technical - Dribbling	Inside Outside 2 ft at obstacle	25 ea direction	Scissors @ obstacle	25 ea direction	Scissors Left	10 ea	Pull Back @ obstacle	10 ea direction
Technical - Passing	2-touch passing	20 ea foot	2-touch passing (receive one, pass opposite)	20 ea foot	2-touch passing (Receive Sole, Pass inside)	20 ea foot		
Physical	Ladder: Right Food Lead	5 x 15 sec	Ladder: Left Foot Lead	5 x 15 sec				
Psychological	Spot the difference							

Day 2 - At-Home Training (04U-05U)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Thigh Juggling	Thigh/Catch(20 touches ea)	Foundations Forward & Backward	20 touches	Inside-Outside Forwards	20 touches	Top Roll Right & Left	2 x 10 sec
Technical - Dribbling	Inside Outside 1 ft @obstacle	25 ea direction	Pull/Push Left	10 ea direction	Pull/Push Right	10 ea direction	Scoop and go right	25 ea direction
Technical - Passing	2-touch passing (out-in same foot)	15 ea foot	2-touch passing (sole roll same foot)	15 ea foot	2-touch passing (in-out opp foot)	15 ea foot		
Physical	Jumping Jacks	3 x 10 sec	Hops	15 on each leg				
Psychological	Use the following form to reflect on your own training: What did you like? What were you good at? What do you need to work on?							CLICK HERE



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