

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	Ball Mastery - Foundation	2 x 10	Ball Mastery - Toe Taps	2 x 10	Ball Mastery - Push Pulls Laces	2 x 10	Dribbling - Sole Rolls Sideways	2 x 10
Ball Mastery Comments	After 1st set do 5 right leg hops moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 left leg hops moving away from ball then jog back to ball, then move to next skill.		After 1st set do 5 two footed jumps moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 two footed jumps moving away from ball then jog back to ball, then move to next skill.		After 1st set do 5 skips moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 skips moving away from ball then jog back to ball, then move to next skill.		After 1st set with Right foot, Mom or Dad stand about 8 yards away and have your child run to you, give you a high five then run back to the ball and start 2nd set, with left foot, After 2nd set run to your parent give a high five and run back to ball.	
Technical - Dribbling	Inside Cut Left	2 x 10	Outside Cut Left	2 x 10	Pullback Left	2 x 10	Dribbling - Slalom Left Foot	2 x 10
Technical - Passing	Passing - 2 Touch Inside	2 x 10	Passing - 2 Touch Inside	2 x 10				
Technical - Passing Comments	Left foot - After each pass your child makes to you Mum or Dad, have your child run to you give them a high five and then run back to there starting position and pass to them again, repeat each time they pass		Right foot - After each pass your child makes to you Mum or Dad, have your child run to you give them a high five and then run back to there starting position and pass to them again, repeat each time they pass					
Physical	See Ball Mastery		See Ball Mastery					
Psychological	I Played For							

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	Ball Mastery - Foundation	2 x 10	Ball Mastery - Toe Taps Forward	2 x 10	Ball Mastery - Inside - Outside Right & Left	2 x 10	Dribbling - Sole Rolls Forward	2 x 10	
Ball Mastery Comments	After 1st set do 5 right leg hops moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 left leg hops moving away from ball then jog back to ball, then move to next skill.		After 1st set do 5 two footed hops moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 two footed hops moving away from ball then jog back to ball, then move to next skill.		After 1st set do 5 skips moving away from ball then jog back to ball and start 2nd set. After 2nd set do 5 skips moving away from ball then jog back to ball, then move to next skill.		After 1st, Mom or Dad stand about 8 yards away and have your child run to you, give you a high five then run back to the ball and start 2nd set. After 2nd set run to your parent give a high five and run back to ball.		
Technical - Dribbling	Inside Cut Right	2 x 10	Outside Cut Right	2 x 10	Pullback Right	2 x 10	Dribbling - Slalom Right Foot	2 x 10	
Technical - Passing	Passing - 2 Touch Inside	2 x 10	Passing - 2 Touch Inside	2 x 10					
Technical - Passing Comments	Left foot - After each pass your child makes to you Mum or Dad, have your child run to you give them a high five and then run back to there starting position and pass to them again, repeat each time they pass		Right foot - After each pass your child makes to you Mum or Dad, have your child run to you give them a high five and then run back to there starting position and pass to them again, repeat each time they pass						
Physical	See Ball Mastery		See Ball Mastery						
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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