

GWINNETT

SOCCER ACADEMY

Day 1 - At-Home Training (06U-07U)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Thigh juggling and 1 bounce	50 of each	Foundations	3 x 20 sec	1-2-3-Outside touch with pinky toe	3 x 20 sec	1-2 sole roll catch	3 x 20 sec
Technical - Dribbling	1-Ft. only dribble 10 yards cut it back dribble back	10 with each Ft	1-Ft. only dribble 10 yards do a stop go do a stop go on the way back	10 with each foot	Same as the previous this time do a double scissors	10 with each foot	Pull Back @ obstacle	10 each direction
Technical - Passing	2-touch passing	50 ea foot	Receive and dribble it back to the passer then back pedal back to where you receive the ball	25 each foot	2-touch passing after passing it do 2 jumping jacks touch the ground then receive the next ball	25 each foot		
Physical	Knee push ups	3 x 10	Light Jog (in running shoes or flats)	10'				
Psychological	Player Nutrition - Podcast							

Day 2 - At-Home Training (06U-07U)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Thigh juggling and 1 bounce	50 of each	Foundations	3 x 20 sec	1-2-3-Outside touch with pinky toe	3 x 20 sec	1-2 sole roll catch	3 x 20 sec
Technical - Dribbling	Foundations moving 10 yards and back	10 with each Ft	forward pushing the ball	5 times	Toe taps pulling the ball backwards 5 yards	5 times	Pull Back @ obstacle	10 times each foot
Technical - Passing	2-touch passing	50 ea foot	Receive and dribble it back to the passer then back pedal back to where you receive the ball	25 each foot	2-touch passing after passing it do a push up get up receive the next ball	10 each foot		
Physical	Crunches	2 x 30 seconds	1-legged squats use a wall to help balance	8 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



Weekly Highlight Reel
[CLICK HERE FOR VIDEO](#)



@gsasoccer



@gsasoccer1



@gsasoccer



www.gsasoccer.com