

# GWINNETT

## SOCCER ACADEMY

### Day 1 - At Home Training (8U-10 - All Programs)

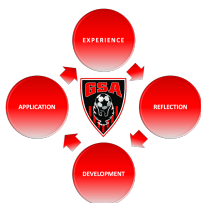
Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Freestyle Juggling	100 touches	<a href="#">Foundations</a>	3 x 20 sec find your PR	<a href="#">Inside-Outside Stationary</a>	3 x 20 sec find your PR	Scissors Stationary	3 x 20 sec find your PR
Technical - Dribbling	<a href="#">Inside Outside 2 ft at obstacle</a>	25 ea direction	<a href="#">Scissors @ obstacle</a>	25 ea direction	<a href="#">Double Scissors @ obstacle</a>	25 ea direction	<a href="#">Pull Back @ obstacle</a>	25 ea direction
Technical - Passing	2-touch passing	50 ea foot	<a href="#">2-touch passing (receive w/outside)</a>	50 ea foot	<a href="#">2-touch passing (in-out opp foot)</a>	50 ea foot		
Physical	Plank	3 x 60 sec	Light Jog (in running shoes or flats)	10'				
Psychological	<a href="#">Player Nutrition - Podcast</a>							

### Day 2 - At Home Training (8U-10U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Feet Juggling Thigh Juggling	100 touches ea	<a href="#">Foundations Forward &amp; Backward</a>	100 touches	<a href="#">Inside-Outside</a>	100 touches	<a href="#">Pull 90s</a>	25 ea foot
Technical - Dribbling	<a href="#">Inside Outside 1 ft @ obstacle</a>	25 ea direction	<a href="#">Sole Roll Drag @ obstacle</a>	25 ea direction	<a href="#">Attacking Stepover</a>	25 ea foot	<a href="#">Stepover turn @ obstacle</a>	25 ea direction
Technical - Passing	<a href="#">2-touch passing (receive w/outside)</a>	50 ea foot	<a href="#">2-touch passing (out-sole roll same foot)</a>	50 ea foot	<a href="#">2-touch passing (in-out opp foot)</a>	50 ea foot		
Physical	Crunches	3 x 60 sec	Body weight squats	5 x 15				
Psychological	<a href="#">Start with Why! - Podcast Interview with Simon Sinek</a>							

### Day 3 - At Home Training (8U-10U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Feet Only Juggling	200 touches	<a href="#">Inside Outside One Foot</a>	50 reps ea foot	<a href="#">In-In-Out Same Foot</a>	30 reps ea foot	<a href="#">Sole Rolls</a>	50 ea foot
Technical - Dribbling	<a href="#">Inside Outside at obstacle</a>	25 ea direction	<a href="#">Scissors @ obstacle</a>	25 ea direction	<a href="#">Double Scissors @ obstacle</a>	25 ea direction	<a href="#">Pull Cruyff @ obstacle</a>	25 ea foot
Technical - Passing	2-touch passing	50 ea foot	2-touch passing (in-out same foot)	50 ea foot	<a href="#">2-touch passing (out-sole roll same foot)</a>	50 ea foot		
Physical	Jump Rope 2 feet	3 x 60 sec	Jump Rope 1 leg hops	2 x 30 sec 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?							<a href="#">CLICK HERE</a>



### Weekend Assignment

Watch the following video, and discuss the following questions: [CLICK HERE FOR VIDEO](#)

1. Who scores your favorite goal?
2. How did they score it?
3. Have you ever scored a goal? If so, how did you score it?

