

GWINNETT

SOCCER ACADEMY

Day 1 - At Home Training (11U-13U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Aerial control. Toss ball in the air and receive with different surfaces	120 touches (15 Sole, laces, inside and outside of each foot)	Juggle Pattern (Foot, thigh) goal is 10+ consecutively	10 minutes	Pull Cruyff (Right and Left)	3 x 30 sec	Scissors	3 x 30 sec
Technical - Dribbling	Step over on the move	25 ea direction	Scissors on the move	25 ea direction	Cruyff on the move	25 ea direction	Pull-push, pull Cruyff	25 ea direction
Technical - Passing	Receive and pass back- Move around cone after pass	25 each foot :4 cones set up a 1yd square box	2-touch passing go around coordinated cone after pass (1,2,3, or 4)	50 ea foot: 4 cones set up a 1yd square box	2-touch passing (First touch exits box, 2nd touch is pass back)	50 ea foot: 4 cones set up a 1yd square box		
Physical	Superset: 10 pushups, 10 crunches, 10 squats, 10 pushups, 5 crunches, 5 squats	3 sets with 60 second rest in between sets	Agility Patterns: With and Without the ball	3 reps of each pattern: 3-5 patterns				
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	

Day 2 - At Home Training (11U-13U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Aerial Control Volley back. Thigh volley back	50 touches ea type and each side	Freestyle juggle	200 touches... Be Creative	L-Pulls	25 each	L Pull with Cruyff	30 each foot 30 reversed L pull then Cruyff
Technical - Dribbling	Slalom dribbling: Inside only, Outside only, R only, L only	10 cones 3 sets each	Pull Back	25 ea direction	Drag scissor	25 ea direction	Stepover turn @ obstacle	25 ea direction
Technical - Passing	2-touch passing (out-in same foot)	50 ea foot	2-touch passing (out-sole roll same foot)	50 ea foot	2-touch passing (in-out opp foot)	50 ea foot		
Physical	Planks	3 x 60 seconds	Balance control Pick up sock and put down opposite side of you	3 X 10 pick ups each side				
Psychological	Self Confidence: Ted Talk							

Day 3 - At Home Training (11U-13U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Freestyle flick ups	5 minutes	Scissor push with L pull	100 touches	Elastico	50 each foot	Aerial control. Toss ball in the air and receive with different surfaces	120 touches (15 Sole, laces, inside and outside of each foot)
Technical - Dribbling	Matthews	25 ea direction	Scissors on the move	25 ea direction	Double Scissors @ obstacle	25 ea direction	Pull Back @ obstacle	25 ea direction
Technical - Passing	Wall Drill: Receive with inside or outside of foot and pass back	50 Inside control and 50 outside control of each foot	2-touch passing (in-out same foot)	50 ea foot	2-touch passing go around coordinated cone after pass (1,2,3, or 4)	50 ea foot		
Physical	Ladder work: 2 feet in	Ladder work: Lckey Shuffle	Ladder work: Hopscotch shuffle	Ladder work: Hopscotch	6 Sets each with 1 min rest in between			
Psychological	Throw in possession: Man City u12 looking to keep possession on each offensive throw in.							

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?