

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)	Sole Role (3 right then 3 left)	3 x 30 sec	V pull alternating	3 x 30 sec	Sole Role Then V Pull	3 x 30 sec (15 sec starting with right then switch)
Technical - Dribbling	Step over on the move	25 ea direction	Scissors on the move	25 ea direction	Slalom Dribbling- Sole role	5 times through	Pull-push pull Cruyff	25 ea direction
Technical - Passing	Passing - 2 Touch inside	25 each foot. Use wall if no partner	Passing - Outside Inside	25 each foot. Use wall if no partner	Passing - Outside Sole	25 each foot. Use wall if no partner		
Physical	Ladder Snake Hops	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	Juggle Pattern (Laces, Laces, outside foot) goal is 10+ consecutively	200 touches... Be Creative	L-Pulls	25 each	L Pull with Cruyff	30 each foot 30 reversed L pull then Cruyff
Technical - Dribbling	Cruyff on the move	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 (receive w/outside)	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	Superset: 10 pushups, 10 crunches, 10 squats, 10 pushups, 5 crunches, 5 squats	3 sets with 60 second rest in between sets	Balance control Pick up sock and put down opposite side of you	3 X 10 pick ups each side				
Psychological	Playing as a striker: How to improve your influence on the game							

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	Sole Role slap	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	Slalom Dribbling- Sole role	5 times through	Pull Back @ obstacle	25 ea direction
Technical - Passing	Passing - Double Pass to Wall Pass	25 reps :2 cones set up a 8yds	Wall Drill: Receive with inside or outside of foot and pass back	50 Inside control and 50 outside control of each foot	Passing - Outside Inside	25 each foot. Use wall if no partner		
Physical	Ladder Snake Hops	Ladder work: lckey Shuffle	Ladder work: Hopscotch shuffle	Ladder work: Hopscotch	6 Sets each with 1 min rest in between			
Psychological								

Weekend Assignment

Watch the following video, and discuss the following questions: [Top goals 2019](#)

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?