

GWINNETT SOCCER ACADEMY

Day 1 - At Home Training (14U-15U - All Programs)

| Topic | Skill | Sets x Reps | Skill | Sets x Reps | Skill | Sets x Reps | Skill | Sets x Reps |
|-----------------------|---|-----------------|---|-------------------------------|-----------------------------------|-----------------|---|------------------------------|
| Ball Mastery | Freestyle juggling- Alt above/below knees | 300 touches | Alt feet drill touches- freestyle | 00 touches 3 sets X 60 sec | Inside-Outside Stationary | 3 x 20 sec | Scissors @ obstacle | 3 x 20 sec |
| Technical - Dribbling | Inside Outside 2 ft at obstacle | 25 ea direction | Pull Back @ obstacle | 25 ea direction | Double Scissors @ obstacle | 25 ea direction | Figure 8s- 2 cones/objects- 5 yds apart-fast as U can | 3 sets ea direction x 30 sec |
| 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 | 2-touch passing (in-out opp foot) | 50 ea foot |
| Physical | Plank | 3 x 60 sec | Light Jog (in running shoes or flats) | 8 min | Body Weight Push ups (to failure) | 3 x 60 sec | 20 sec full sprint to recovery 40 sec light jog | 6 sets (6 mins of work) |
| Psychological | Player Nutrition - Podcast | | | | | | | |

Day 2 - At Home Training (14U-15U - 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 | 200 touches ea | Foundations Forward & Backward | 100 touches | Inside-Outside Forwards | 100 touches | L-Pulls | 3 x 20 sec |
| Technical - Dribbling | Inside Outside 1 ft @obstacle | 25 ea direction | Sole Roll Drag @ obstacle | 25 ea direction | Inside-Scissors @ obstacle | 25 ea direction | Stepover turn @ obstacle | 25 ea direction |
| Technical - Passing | FAN passing w/partner | 5 X 40 sec | W- Passing & Check away (need cone/shoes) | 3 X 40 sec each foot | W-weaving Passing (need cone/shoes) | 4 X 40 sec | 1- touch Passing coming forward and dropping off after release | 50 ea foot |
| Physical | Crunches bicycles leg raises | 30 ea | Low Body wt squats (10) to Jump Squats (10) | 4 sets x 20 | Ball Jumps- Side 2 Side Double Hop each side Side 2 Side | 20 Each Side for each round | Fast pace tempo Run- try to cover as much distance in by house/track as possible | 12 min Run |
| Psychological | Start with Why! - Podcast Interview with Simon Sinek | | | | | | | |

Day 3 - At Home Training (14U-15U - All Programs)

| Topic | Skill | Sets x Reps | Skill | Sets x Reps | Skill | Sets x Reps | Skill | Sets x Reps |
|---------------------|--|-------------------|---|-----------------|-----------------------------------|-----------------|-----------------------------------|----------------------------|
| Ball Mastery | feet only below knee feet only above knee double touch right/left | 100 each | Inside Outside Forwards | 100 touches | Out-In-Out Forwards | 25 each leg | In-Out-In Forwards | 25 each leg |
| Technical-Dribbling | Inside Outside at obstacle | 25 ea direction | Scissors @ obstacle | 25 ea direction | Double Scissors @ obstacle | 25 ea direction | Pull Back @ obstacle | 25 ea direction |
| Technical - Passing | 2-touch passing (15') | 50 ea foot | 2-touch passing (in-out same foot) | 50 ea foot | 2-touch passing (in-out opp foot) | 50 ea foot | 2-touch passing (in-out opp foot) | 50 ea foot |
| Physical | 7 Minute Tabata workout | 7 min (use sound) | Yoga for Soccer Players | 16 mins | | | | |
| 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 |

Weekend Assignment

[CLICK HERE FOR VIDEO](#)



Watch the following video, and discuss the following questions:

1. Who scores your favorite goal?
2. How did they score it?
3. Is there something they did that you would want to try in the game or practice this coming week?



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