

# GWINNETT SOCCER ACADEMY

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

Topic	Skill	Sets x Reps or Time	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Ball Mastery	Free Style Juggle - Feet to Thigh to Head and back	2'	<a href="#">L-Pulls Continuous Both Feet</a>	3x 20 secs high paced 20 sec rest inbetween	Scissors Continuous	20 secs high paced 20 sec rest repeat x3	<a href="#">Pull Reverse Continuous</a>	2x20 sec each foot - 20 sec rest inbetween
Technical - Dribbling	<a href="#">Attacking Step over Left</a>	10 each direction	<a href="#">Attacking Step over Right</a>	10 each direction	<a href="#">Attacking - Step left Scissor Right</a>	10 each direction	<a href="#">Attacking - Step Right Scissor Left</a>	10 each direction
Technical - Passing/Receiving Against a wall or with a partner	Receive ball w/ Inside of one foot and play back with inside of other foot	50 ea foot	Receive w/outside of foot and play back with same foot	50 ea foot	Receive w/outside of foot, cut back with inside of same foot and play back with opposite foot	50 ea foot	One touch passing - no more than 5 yards	3x20 secs 20 secs rest inbetween
Physical	Foundations - As fast as you can	30 secs immediately into next skill	Toe Taps - As fast as you can	30 secs immediately into next skill	Foundations - As fast as you can	30 secs immediately into next skill	Toe Taps - As fast as you can	30 secs immediately into next skill
Psychological	<a href="#">The Haka - A New Zealand Tradition - What does it mean?</a>							

## 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	Juggle - Feet only below the knee	2'	<a href="#">L-Pulls Continuous Both Feet</a>	20 secs high paced 20 sec rest repeat x3	Scissors Continuous	20 secs high paced 20 sec rest repeat x3	<a href="#">Pull Reverse Continuous</a>	20 sec one foot 20 sec rest, repeat on other foot 2x each foot
Technical - Dribbling	<a href="#">Defensive Step over left</a>	25 Alternate with next skill	<a href="#">Defensive Step Over Right</a>	25 Alternate with previous skill	<a href="#">Pull Cruyff Left</a>	25 Alternate with next skill	<a href="#">Pull Cruyff Right</a>	25 Alternate with previous skill
Technical - Passing/Receiving Against a wall or with a partner	<a href="#">Watch video and work through the 12 exercises. Do 30 seconds on each activity as fast as you can. Try not to stop while transitioning. 6 minutes of work.</a>							
Physical	Push Ups	3x max 30 secs inbetween sets	<a href="#">Tricep Dips</a>	3x20 30 secs inbetween sets	Plank	Max time		
Psychological	<a href="#">Guardiola - Wise Words</a>							

## 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	Freestyle Juggle no restrictions	2'	<a href="#">L-Pulls Continuous Both Feet</a>	20 secs high paced 20 sec rest repeat x3	Scissors Continuous	20 secs high paced 20 sec rest repeat x3	<a href="#">Pull Reverse Continuous</a>	20 sec one foot 20 sec rest, repeat on other foot 2x each foot
Technical-Dribbling	<a href="#">Inside Cut Left</a>	25 Alternate with next skill	<a href="#">Inside Cut Right</a>	25 alternate with previous skill	<a href="#">Double Step over Left</a>	25 Alternate with next skill	<a href="#">Double Step Over Right</a>	25 Alternate with previous skill
Technical - Receiving out of the air	Receive with Chest and Volley back with inside of foot	20 each foot	Receive with inside of one foot and play back with inside of other foot	20 each foot	Receive with laces of one foot and play back with laces of other foot	20 each foot	Receive with Foot and head back	10 each foot
Physical - If you dont have a ladder, use cones or concrete chalk	<a href="#">Ladder - Ickey Shuffle</a>	1' Continuous	<a href="#">Ladder - Ickey Shuffle Reverse</a>	1' Continuous	<a href="#">Ladder - Two feet in left foot lead</a>	1' Continuous	<a href="#">Ladder - Two feet in right foot lead</a>	1' Continuous
Psychological	<a href="#">Traits of High Performing Athletes</a>							

### Weekend Assignment



Losing Builds Winners - Self Reflection - Write your answers down and keep them in a safe place. Use them to reflect when things dont go your way. Winning like anything else takes practice, trying new things and collaborating with others. How do YOU rebuild after a tough game?

- What is your worse loss? This doesn't have to be your heaviest defeat, but the one that hurt the most.
- Why do you remember it so well? How did you feel? Why did you lose?
- What did you do after that game in regards to changing behaviour or doing things differently?
- Has it helped you grow or has it become a roadblock?
- If you could go back to that day and tell yourself something that you've learned from that game, what would it be?