

GWINNETT

SOCCER ACADEMY

Day 1 - At Home Training (16U-19U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Warm Up	Light jog	10'	10 Explosive Speed Exercises	10'				
Ball Mastery	Juggling - All surfaces	10'	Close Control Dribbling	Each Skill repeated twice				
Physical	50 yd sprints	6 reps	Planks	3 x 60 secs				
Psychological	Cristiano Ronaldo Hardest Worker Proved							

Day 2 - At Home Training (16U-19U - All Programs)

Topic	Skill	Sets x Reps	Skill	Note	Rest	Sets	Skill	Sets x Reps
Warm Up	Light jog	10'	20 yard shuttle run	Out and back 3 times total 120 yards	Rest 30 seconds	10		
Ball Mastery	Juggling - Weak Foot ONLY	10'	15 Tight Space Ball Mastery	Each Skill repeated twice				
Physical	Crunches	3 x 60 sec	Body weight squats	5 x 15				
Psychological	Nutrition is key							

Day 3 - At Home Training (16U-19U - All Programs)

Topic	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps	Skill	Sets x Reps
Warm Up	Light Jog	10'	15 Fast Footwork Exercises	Each Skill repeated twice				
Ball Mastery	Choose one of the Ball Mastery workouts from Day 1 or 2							
Physical	10 Explosive Speed Exercises							
Psychological	From Last to First							

Weekend Assignment

3 mile run - Record your time: [CLICK HERE](#)

Weekly Journal: Record your thoughts on the week. What went well? What do you need to work on? What did you like? What would you like to see the At-Home Training Program include in the future?

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