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/run	**10'**	https://youtu.be/3ev	**10-15'**				
Ball Mastery	Juggling free and on move	**10'**	https://youtu.be/IeojJNNtSdI	**10'**				
			2-					
Physical	20 yard sprint with ball	**6-8 reps**	Abdominals	**100 crunchies**				
Psychological	https://youtu.be/HvvfATrXtlw							

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

Topic	Skill	Sets x Reps	Skill	Note	Rest	Sets x Reps	Skill	Sets x Rep
Warm up	Jog with ball	**10-15'**	20-30 yard shuffles run with ball	**3 times both ways, total of 120-150 yards**	Rest 30 seconds between	**3 x 20 sec**		
Ball Mastery	Juggling not so strong foor	**10'**	https://youtu.be/-raaJ1KGbzk	**Repeat eaxh skill twice, focus on mot so strong foot**				
Physical	Push ups	**150 total**	Body weigh squats	**5 x 15**				
Psychological	https://youtu.be/XCaOePc3ICQ							

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 with ball	**10-15'**	https://youtu.be/tuM0V3KWK48	**Repeat each skill**				
Ball Mastery	Choose from Day 1 or 2							
Physical	https://youtu.be/aFb8JUMramg	**Choose 4 activities, 2 x**						
Psychological	https://youtu.be/Ng3GcxTg6BY							

Weekend Assignment

100 x 10 full aprints - Record your time: CLICK HERE

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?

@gsasoccer @gsasoccer1 @gsasoccer www.gsasoccer.com