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**	Ball Mastery - 1 2 3 Outside	**3 x 20 sec**	Ball Mastery - Scissors Continuous	**3 x 20 sec**	Ball Mastery - Inside Inside Top Roll Right and Left	**3 x 20 sec**
Technical - Dribbling	Moves - Step Left Scissors Right	**25 reps**	Moves - Step Right Scissors Left	**25 reps**	Moves - Double Stepover Left	**25 reps**	Moves - Double Stepover Right	**25 reps**
Technical - Passing	Passing - Double Pass to Wall Pass	**25 reps :2 cones set up a 8yds**	Passing - 2 Touch Inside	**25 each foot. Use wall if no partner**	Passing - Outside	**25 each foot. Use wall if no partner**		
Physical	Ladder - In-Out Left Foot	**3x5 Reps 30 secons rest inbetween**	Ladder - In-Out Right Foot	**3x5 Reps 30 secons rest inbetween**				
Psychological	Touchline Talk with GSA - Interview with Walker Zimmerman							

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**	Freestyle juggle	**200 touches... Be Creative**	L-Pulls	**25 each**	L Pull with Cruyff	**30 each foot 30 reversed L pull then Cruyff**
Technical - Dribbling	Slalom dribbling: Inside only, Outside only, R only, L only	**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 (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**		
Physical	Planks	**3 x 60 seconds**	Balance control Pick up sock and put down opposite side of you	**3 X 10 pick ups each side**				
Psychological	Analysis - Blind Side Runs							

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 differnt 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: Ickey Shuffle**	Ladder work: Hopscothch shuffle	**Ladder work: Hopscotch**	**6 Sets each with 1 min rest in between**			
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

Take online referee quiz and see how much you know the game

@gsasoccer @gsasoccer1 @gsasoccer www.gsasoccer.com