GWINNETT SOCCER ACADEMY

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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 drills for faster footwork	**10' ball work put**				
Ball Mastery	Juggling - All surfaces	**10'**	15 Fast Footwork Exercises	**Go through it once**				
Physical	4 Minute Ab Workout	**Ab work out**	Mountain climber twist	**3 x 60 secs**				
Psychological	How to improve confidence							

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'**	5 Essential Dribbling Drills	**Watch video, 5 drills one minute per drill repeat each drill**				
Ball Mastery	Juggling and Freestyle	**Watch the video and try to perfect one trick**	Fast Feet, watch and learn	**Each Skill repeated twice**				
Physical	Burpees	**6 x 30 secs**	Body weight squats	**5 x 15**				
Psychological	5 mistakes players make							

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		Fast feet without cones	**Each Skill repeated twice**				
Ball Mastery	Juggling 20 minutes							
Physical	10 Explosive Speed Exercises	Pick 5 of 10 activities						
Psychological	Soccer Mental training							

Weekend Assignment

Jump rope daily 10-15 minutes 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 futuure CLICK HERE