



SOCA At-Home Training Program

U13 – U15 Age Groups



Week 1

DAY 1

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside Right Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Left Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Both Feet	30 sec on / 15 sec off x 3
Ball Mastery	Foundation	30 sec on / 15 sec off x 2
Ball Mastery	Touch, Touch, Roll	30 sec on / 15 sec off x 2
Ball Mastery	Touch, Touch, Roll, Roll	30 sec on / 15 sec off x 2
Ball Mastery	L Move	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	5 minutes
Dribbling	Slalom Dribble – Inside/Outside – Dominant Foot	X 2
Dribbling	Slalom Dribble – Inside/Outside – Non-Dominant Foot	X 3
Dribbling	Slalom Dribble – Inside/Outside – Both Feet	X 3
Dribbling	Slalom – Inside/Outside – Sole Roll	X 3
Passing & Receiving	Distance of 10 yards – Inside Foot Pass & Receive	50 Dominant Foot / 100 Non-Dominant Foot
Passing & Receiving	1 Touch Passes with Reaction	1 min on / 30 sec off x 3

Strength & Conditioning – See ADAPT Week 1 / Day 1

DAY 2

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside Right Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Left Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Both Feet	30 sec on / 15 sec off x 3
Ball Mastery	Foundation	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Outside	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Push/Pull	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Step Over	30 sec on / 15 sec off x 2
Ball Mastery	Juggling with Small Ball	5 minutes
Dribbling	Slalom Dribble – Inside/Outside Both Feet	X 3
Dribbling	Slalom Dribble – Roll Touch	X 3
Dribbling	Zig Zag Dribble – Inside/Outside Cut	X 3
Dribbling	Zig Zag Dribble – Outside Cut	X 3

Passing & Receiving	Distance of 10 yards – Receive Outside of Foot / Pass Inside of Foot	50 Dominant Foot / 100 Non-Dominant Foot
Passing & Receiving	4 Color Cone Receiving with Reaction	1 min on / 30 sec off x 3

Strength & Conditioning – See ADAPT Week 1 / Day 2

DAY 3

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside Right Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Left Foot	30 sec on / 15 sec off x 3
Ball Mastery	Inside/Outside Both Feet	30 sec on / 15 sec off x 3
Ball Mastery	Touch, Touch, Roll	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Step Over	30 sec on / 15 sec off x 2
Ball Mastery	Foundation to Push Pull	30 sec on / 15 sec off x 2
Ball Mastery	Foundation to Cruyff	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	3 minutes Non-Dominant Foot Only / 2 minutes Dominant Foot Only
Dribbling	Slalom Dribble – Inside/Outside – Dominant Foot	X 3
Dribbling	Slalom Dribble – Inside/Outside – Non-Dominant Foot	X 5
Dribbling	Slalom Dribble – Inside/Outside Both Feet	X 5
Dribbling	Y Dribble	X 5
Passing & Receiving	Distance of 10 yards – Inside Foot Pass & Receive	50 Dominant Foot / 100 Non-Dominant Foot
Passing & Receiving	1 Touch Passes with Reaction	1 min on / 30 sec off x 3

Strength & Conditioning – See ADAPT Week 1 / Day 1

DAY 4 – CHALLENGE DAY!

Soccer Challenge: Alternate Feet Juggling – Record how many **consecutive** juggles you can get alternating between your right and left foot. Start over any time the ball touches the ground or you take 2 touches in a row with the same foot. Send us your high scores! **Video submissions will be put into consideration to go on our Instagram page!**

ADAPT Challenge: