

# SOCA At-Home Training Program

Week 3 / Age Group: U10-U12



DAY 1

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Inside/Outside w/ Double Touch (B)	30 sec on / 15 sec off x 2
Ball Mastery	Pull/Push	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Pull/Push	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Roll to Outside	30 sec on / 15 sec off x 2
Ball Mastery	Touch, Touch, Roll	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ L Move	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	5 minutes
Dribbling	Slalom (R)	X 3 / 30 sec rest in between
Dribbling	Slalom (L)	X 4 / 30 sec rest in between
Dribbling	Slalom (B)	X 3 / 30 sec rest in between
Passing & Receiving	Receive Across Body – Right to Left	1 min on / 30 sec off x 3
Passing & Receiving	Receive Across Body – Left to Right	1 min on / 30 sec off x 3
Passing & Receiving	Wall Pass	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn w/ Deception #1	1 min on / 30 sec off x 3

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DAY 2

Exercise Type	Exercise	Duration
Ball Mastery	Foundation	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Roll to Outside	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Pull/Push	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Step Over	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to L Move	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Spin Out	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Cruyff	30 sec on / 15 sec off x 2
Ball Mastery	Juggling – Small Ball	4 minutes
Dribbling	Zig Zag – Inside/Outside Cut	X 3 / 30 sec rest in between
Dribbling	Zig Zag – Outside Cut	X 3 / 30 sec rest in between
Dribbling	Zig Zag - Cruyff	X 3 / 30 sec rest in between
Passing & Receiving	One Touch w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	4 Color Cone Receiving w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn w/ Deception #1	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn w/ Deception #2	1 min on / 30 sec off x 3

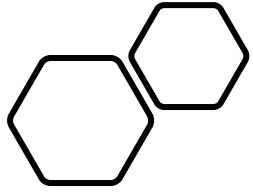
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DAY 3

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Touch, Touch, Roll	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Step Over	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ Pull/Push	30 sec on / 15 sec off x 2
Ball Mastery	Foundation w/ L Move	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Spin Out	30 sec on / 15 sec off x 2
Ball Mastery	Foundation Roll to Cruyff	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	3 min Non-Dominant Only / 2 min Dominant Only
Dribbling	Slalom – Inside/Outside (B)	X 3 / 30 sec rest in between
Dribbling	Y Dribble	X 3 / 30 sec rest in between
Dribbling	Speed Dribble w/ Turns	X 3 / 30 sec rest in between
Passing & Receiving	Receive to Turn – Shape Touch (R)	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn – Shape Touch (L)	1 min on / 30 sec off x 3
Passing & Receiving	Wall Pass	1 min on / 30 sec off x 3
Passing & Receiving	Clipping	25 Dominant Foot / 50 Non-Dominant Foot



## Week 3 Skills Challenge

- Learn a New Move! Check out this YouTube video of 4 new (and tricky) moves. Record your new move(s) and send them to us on Instagram or Facebook. Learn one or all four!
- <https://www.youtube.com/watch?v=x1x9WBTpZi8>

