

# SOCA At-Home Training Program

Week 5 / 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	Touch, Touch, Roll	30 sec on / 15 sec off x 2
Ball Mastery	Triangle (R)	30 sec on / 15 sec off x 3
Ball Mastery	Triangle (L)	30 sec on / 15 sec off x 3
Ball Mastery	Double Triangle	30 sec on / 15 sec off x 2
Ball Mastery	V Move	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	5 minutes
Dribbling	Slalom Dribble – Non-Dominant Foot	X 5 / 30 sec rest in between
Dribbling	Slalom Dribble – Dominant Foot	X 4 / 30 sec rest in between
Dribbling	Slalom Dribble – Inside/Outside	X 4 / 30 sec rest in between
Passing & Receiving	Wall Pass (add in move before pass)	1 min on / 30 sec off x 3
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	Receive Outside, Pass Inside (R)	1 min on / 30 sec off x 3
Passing & Receiving	Receive Outside, Pass Inside (L)	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 Roll to Outside	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	L Move	30 sec on / 15 sec off x 2
Ball Mastery	Foundation to L Move	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	5 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	Receive to Turn w/ Deception #1	1 min on / 30 sec off x 3
Passing & Receiving	One Touch w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Inside Foot Volley w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Top of Foot Volley w/ Reaction	1 min on / 30 sec off x 3

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DAY 3

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (R)	30 sec on / 15 sec off x 2
Ball Mastery	Inside/Outside (L)	30 sec on / 15 sec off x 2
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	V Move	30 sec on / 15 sec off x 2
Ball Mastery	V Move – Same Foot/Switch Feet	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	4 min Non-Dominant Only / 3 min Dominant Only
Dribbling	Box Dribble – Inside Turn	X 3 / 30 sec rest in between
Dribbling	Box Dribble – Outside Turn	X 3 / 30 sec rest in between
Dribbling	Box Dribble – V Turn (2 Right, 2 Left)	X 4 / 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	Receive to Turn w/ Deception #2	1 min on / 30 sec off x 3
Passing & Receiving	4 Color Cone Receive w/ Reaction	1 min on / 30 sec off x 3
Passing & Receiving	Bending the Ball	30 Dominant Foot / 50 Non-Dominant
Passing & Receiving	Clipping / Chipping	30 Dominant Foot / 50 Non-Dominant Foot

# Week 5

## Skills Challenge

- Moon Juggling! Juggling competition with every 3<sup>rd</sup> or 4<sup>th</sup> touch going over your head. How many juggles can you get?
- Send us your submissions on Instagram or Facebook!

