

SOCA At-Home Training Program

Week 6 / Age Group: U10-U12



DAY 1

Exercise Type	Exercise	Duration
Ball Mastery	Triangle (R)	30 sec on / 15 sec off x 2
Ball Mastery	Triangle (L)	30 sec on / 15 sec off x 2
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	V Move – Same Foot/Switch Feet	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	Juggling	6 minutes
Dribbling	Box Dribble – Inside Turn	X 5
Dribbling	Box Dribble - Outside Turn	X 5
Dribbling	Box Dribble – V Turn	X 3 (Dominant Foot) / x 5 (Non-Dominant Foot)
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	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Foundation	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	6 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	Receive to Turn w/ Deception #2	1 min on / 30 sec off x 3
Passing & Receiving	4 Color Cone Reaction to Receive	1 min on / 30 sec off x 3
Passing & Receiving	Driven Passes (Top of Foot) 15+ Yards	X 25 Dominant Foot / x 50 Non-Dominant Foot



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	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/ Stepover	30 sec on / 15 sec off x 2
Ball Mastery	Juggling	3 min Non-Dominant Only / 2 min Dominant Only
Dribbling	Slalom – Inside/Outside (R)	X 3 / 30 sec rest in between
Dribbling	Slalom – Inside/Outside (L)	X 3 / 30 sec rest in between
Dribbling	Slalom – Inside/Outside (B)	X 3 / 30 sec rest in between
Dribbling	Slalom – Roll Touch	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	Reaction Receive to Pass/Shoot	1 min on / 30 sec off x 3
Passing & Receiving	Reaction Turn to Pass/Shoot	1 min on / 30 sec off x 3
Passing & Receiving	Bending the Ball	25 Dominant Foot / 50 Non-Dominant Foot

Week 6

Skills Challenge

- Bend it Like... Roberto Carlos!— How good can you bend the ball with the outside of your foot? Bend it around objects, from behind, or get creative! You must bend the ball in a goal or hit an object. See below for a video.
- [Roberto Carlos Free Kick](#)
- Send us your submissions on Instagram or Facebook!

