

# SOCA At-Home Training Program

Week 3 / Age Group: U13-U15



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	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	Juggling	5 minutes
Dribbling	Slalom – Non Dominant Foot	X 5 / 30 sec rest in between
Dribbling	Slalom – Dominant Foot	X 3 / 30 sec rest in between
Dribbling	Slalom (B)	X 3 / 30 sec rest in between
Passing & Receiving	4 Color Cone Receiving w/ Reaction	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	Inside/Outside (Non-Dominate)	30 sec on / 15 sec off x 4
Ball Mastery	Inside/Outside (Dominate)	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 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	Receive to Turn w/ Deception #2	1 min on / 30 sec off x 3
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	Clipping / Chipping	1 min on / 30 sec off x 3

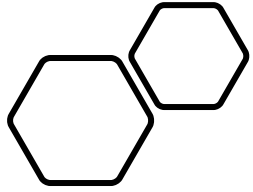
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DAY 3

Exercise Type	Exercise	Duration
Ball Mastery	Inside/Outside (B)	30 sec on / 15 sec off x 2
Ball Mastery	Touch, Touch, Roll, Roll	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	4 min Non-Dominant Only / 3 min Dominant Only
Dribbling	Zig Zag - Cruyff	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	Wall Pass (add Deception 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 to Turn – Shape Touch (L)	1 min on / 30 sec off x 4
Passing & Receiving	Receive to Turn – Shape Touch (R)	1 min on / 30 sec off x 3
Passing & Receiving	Driven Pass (20+ yards if possible)	25 Dominant Foot / 50 Non-Dominant Foot



## Week 3 Skills Challenge

- Around the World – Juggle up one side of your body & back down the other side. Example: Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot. Bonus points if you can go back the other way!
- Send us your submissions on Instagram or Facebook!

