

# SOCA At-Home Training Program

Week 4 / Age Group: U13-U15



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	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	6 minutes
Dribbling	Box Dribble – Inside Turn	X 5
Dribbling	Box Dribble – Outside Turn	X 5
Dribbling	Speed Dribble w/ Turns	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	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

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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	Inside/Outside (B)	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 Cruyff	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 – Small Ball	6 minutes
Dribbling	Zig Zag – Inside/Outside Cut	X 3 / 30 sec rest in between
Dribbling	Zig Zag – Cruyff	X 3 / 30 sec rest in between
Dribbling	Box Dribble w/ V Turns	X 3 (Dominant Foot) / x 5 (Non-Dominant Foot)
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
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	X 25 (Dominant Foot) / x 50 (Non-Dominant Foot)

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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	V Move	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	Y Dribble	X 3 / 30 sec rest in between
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
Passing & Receiving	Receive to Turn – Deception 1	1 min on / 30 sec off x 3
Passing & Receiving	Receive to Turn – Deception 2	1 min on / 30 sec off x 3
Passing & Receiving	Reaction Receive to Pass/Shoot	1 min on / 30 sec off x 3

# Week 4 Skills Challenge

- Bend it Like Beckham— How good can you bend the ball? Bend it around objects, from behind, or get creative! You must bend the ball in a goal or hit an object.
- Send us your submissions on Instagram or Facebook!

