

SOCA At-Home Training Program

Week 6 / 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/ Sole Roll Across (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 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	Juggling	7 minutes
Dribbling	Slalom Dribble – Inside/Outside (B)	X 5
Dribbling	Slalom Dribble – Inside/Outside w/ Sole Roll	X 5
Dribbling	Slalom Dribble – Roll, Touch	X 5
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
Passing & Receiving	Clipping/Chipping the Ball	X 30 Dominant Foot / x 50 Non-Dominant Foot

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DAY 2

Exercise Type	Exercise	Duration
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 3
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 3
Ball Mastery	Foundation to Spin Out	30 sec on / 15 sec off x 2
Ball Mastery	Juggling – Small Ball	7 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 (Dominant Foot) / x 5 (Non-Dominant Foot)
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	10 passes x 3
Passing & Receiving	Reaction Turn to Pass/Shoot	10 passes x 3
Passing & Receiving	Driven Pass (20+ yards)	X 30 (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	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	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 Turns (2 Left, 2 Right)	X 4 / 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	4 Color Cone Reaction to Receive	1 min on / 30 sec off x 3
Passing & Receiving	Clipping/Chipping the Ball	X 30 Dominant Foot / x 50 Non-Dominant
Passing & Receiving	Bending the Ball	x 20 Inside / x 20 Outside Each 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!

