

# SOCA At-Home Training Program

Week 7 / 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 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 – 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	1-2 – Open Up to Right	20 passes
Passing & Receiving	1-2 – Open Up to Left	20 passes
Passing & Receiving	Driven Passes (Top of Foot) 15+ Yards	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	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 (B)	X 3 / 30 sec rest in between
Dribbling	Slalom – Inside/Outside Sole Roll	X 3 / 30 sec rest in between
Dribbling	Slalom – Roll Touch	X 3 / 30 sec rest in between
Passing & Receiving	Wall Pass	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	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	Receive Out of Air (Toss Ball Up and Settle)	25 Dominant Foot / 50 Non-Dominant Foot

# Week 7

## Skills Challenge

- The Bergkamp Touch – Dennis Bergkamp had one of the best touches in the game (see video below). Send us a video of you settling the ball out of the air. How high can you or a friend kick it and you settle it within 1 yard of your body?
- [Dennis Bergkamp](#)
- Send us your submissions on Instagram or Facebook!

