

# SOCA At-Home Training Program

Week 7 / 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	1-2 Open Up to Right	X 25
Passing & Receiving	1-2 Open up to Left	X 25
Passing & Receiving	Reaction Receive to Pass/Shoot	X 20
Passing & Receiving	Reaction Turn to Pass/Shoot	X 20
Passing & Receiving	Driven Pass Alternating Feet	20 Passes 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	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	1-2 Open Up Alternating	10 passes x 3
Passing & Receiving	Bending the Ball	X 20 Inside / x 20 Outside Each Foot
Passing & Receiving	Receive out of Air (Toss Ball Up and Settle)	x 20 Dominant / x 30 Non-Dominant

# 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!

