**Day One: Ball Work**

* Juggle for 3 minutes continuous.
* Juggle right foot only, hopping on your left, for 45 seconds continuous.
* Rest 15 seconds.
* Juggle left foot only, hopping on your right, for 45 seconds continuous.
* Rest 15 seconds.
* Repeat 3 times.
* Juggle head only for two minutes.
* Juggle head, thigh, foot (one touch, in order) for one minute.
* Rest 15 seconds.
* Juggle foot, thigh, head for one minute.
* Rest 15 seconds.
* Repeat three times.
* Dribbling sequence #1 through a set of 5 cones. Do 3 sets of each dribbling sequence.
  + [Dribble Cones #1](https://www.youtube.com/watch?v=-2Ijw3GK2sI)
* Incorporate some dynamic stretching
* Juggle for 1 minute with Right foot only
* Juggle for 1 minute with Left foot only
* Dribbling sequence #2. Complete each set 3 times with Right foot and then again with Left foot.
  + [Dribble Cones #2](https://www.youtube.com/watch?v=Vy7XeWg-AYM)
* Incorporate more dynamic stretching
* Juggle for 2 minutes. Juggle while walking and see how far you can go without the ball hitting the ground. Ideally try and alternate feet for every touch. Pick a starting point and have an object that you can use to mark the spot where you dropped the ball. Try and beat that spot on your next try.
* Set 2 cones about 5 yards apart
* Dribble in figure 8 pattern, turning with the inside of your right foot around one cone and the outside of your right foot around the other cone. Work for 45 seconds at high intensity. Count how many points you can get in the time. Rounding each cone counts as 1 point. Rest 15 seconds.
* Repeat above with your left foot.
* Rest 1 minute
* Repeat sequence 3 times.
* Set a line of cones one foot apart, 8-10 cones, with a final cone five yards beyond the last in the line.
* Dribble through the cones right foot only, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
* Dribble through the cones left foot only, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
* Dribble through the cones alternating feet, inside-inside, with both feet crossing through the gate, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
* Dribble through the cones alternating feet, inside-outside, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
* Dribble through the cones alternating feet, rolling the ball through the cones with your insole and trapping with the inside of the other foot, rolling back, etc, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
* Rest one minute, then repeat the cycle until you’ve accomplished the set three times.
* If at a field with a goal — shoot on your own for 15 minutes.
* Physical work:
* 50 flutter kicks
* 25 pushups
* 25 sit-ups
* 10 burpees
* Rest for one minute
* Complete the cycle two more times.

**Day 2: Ball Work and Agility/Fitness and Core**

* Warm-up: Jog at 50% max for 5 minutes
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* Cooldown: Jog at 50% max for 5 minutes
* Juggle 3 minutes continuous, trying to achieve your high score.
* [Seattle Sounders Shuffle](https://vimeo.com/239911081)
* 1 minute sets with 15 seconds rest. Repeat 5 times. Final set do for 30 seconds and count how many touches you get on the ball. Challenge your teammates to beat your score.
* Juggle 2 minutes. Take 2 or 3 touches then knock the ball in the air above head and cap (bring it to the ground) using the inside of your foot.
* [Seattle Sounders "Forward/Backwards"](https://vimeo.com/239911091)
* 1 minute sets with 15 seconds rest. Repeat 5 times. Final set do for 30 seconds and count how many touches you get on the ball. Challenge your teammates to beat your score.
* Juggle 2 minutes. Take 2 or 3 touches then knock the ball in the air above your head and cap (bring it to the ground) using the outside of your foot.
* [Seattle Sounders "Inside/Outside"](https://vimeo.com/239911109)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Rest 1 minute

**Ladder Work:**

* Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work though each of the sets in this video 2 times down and back.
* Rest 1 minute between sets. Repeat 3 times.

**Core work:**

* 1 minute normal plank
* 30 seconds plank with right arm extended straight ahead
* 30 seconds plank with left arm extended straight ahead
* 30 seconds plank with right leg lifted four inches off the ground
* 30 seconds plank with left leg lifted four inches off the ground
* 30 seconds normal plank
* Rest 2 minutes then repeat the set a second and third time, cutting working time in half.

**Day 3: Ball work**

* Juggle for 3 minutes continuous alternating feet. Keep track of your high score for the day. Challenge your teammates to beat your high score.
* Set two cones five yards apart
* Dribble in a figure 8 pattern, turning with the inside of right foot around one cone and the outside of the right foot at the other cone. Work 45 seconds at high intensity, rest 15 seconds.
* Dribble in a figure 8 pattern, turning with the inside of left foot around one cone and the outside of the left foot at the other cone. Work 45 seconds at high intensity, rest 15 seconds.
* Rest one minute.
* Repeat 3 times.
* [Seattle Sounders "push/pull"](https://vimeo.com/239911116)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes – try to complete the sequence. Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot.
* [Seattle Sounders "squish roll"](https://vimeo.com/239911128)
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes – Thighs only. Keep track of your high score. Challenge your teammates to beat your score.
* [Seattle Sounders "Brazilian Taps"](https://vimeo.com/239911153)
* 1 minute set with 15 seconds rest. Repeat 5 times
* Set up 2 cones in a straight line 5 yds apart from each other. Start at the first cone and dribble at pace to the second cone and perform the following moves. Repeat move between cones.
* Cruyff turn – 1 minute sets with 15 seconds rest. Repeat 5 times
* Stepover turn – 1 minute sets with 15 seconds rest. Repeat 5 times
* [Video of 2 moves above](https://www.youtube.com/watch?v=c7jEelA6_94) – the first 2 moves in this video
* Set up 4 cones in a straight line. 1st-2nd is 8 yds apart. 2nd-3rd is 3 yds apart 3rd-4th is 8yds apart.
* Dribble at pace to 3rd cone – cut using the outside of your right foot back to the 2nd cone. Cut using the inside of your right foot to the 4th cone. Repeat process coming back.
* 1 minute sets with 15 seconds rest. Repeat 5 times
* Do same as above with your left foot.
* [Video of the setup](https://www.youtube.com/watch?v=c7jEelA6_94) – 3rd activity in the video
* Now dribble from cone to cone at high intensity, turning with a specific COD move at each line: Inside of foot cuts / Outside of foot cuts / Cruyff turn / U-turn / Stop-on, etc. Work 30 seconds at a time, then rest 15 seconds. Repeat using the opposite foot for each move.
* Rest one minute.
* Repeat 3 times.
* Set two cones 15 yards apart, with a third cone directly in the middle - one player per ball.
* Dribble at speed, accomplishing various hesitation/stop-and-go moves at the middle cone (high wave, pull-push, cookie cutter, etc) then a change-of-direction move at the far cone, repeating on the way back. Work 30 seconds high intensity, rest 15 seconds.
* Repeat 3 times.
* If at a field with a goal — shoot on your own for 15 minutes.
* Physical work:
* 50 flutter kicks
* 25 pushups
* 25 sit-ups
* 10 burpees
* Rest for one minute
* Complete the cycle two more times.

**Day 4: Ball work and Core**

* Warm-up: Jog at 50% max for 5 minutes
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* 6 x sprint for 20 seconds + 10 seconds rest
* 1 minute rest
* Cooldown: Jog at 50% max for 5 minutes
* Juggle for 3 minutes continuous. Keep track of you high score for the day
* [Seattle Sounders "Tap-Tap-Roll"](https://vimeo.com/239911166)
* 1 minute set with 15 seconds rest. Repeat 5 times
* Juggle for 2 minutes. Juggle while walking and see how far you can go without the ball hitting the ground. Ideally try and alternate feet for every touch. Pick a starting point and have an object that you can use to mark the spot where you dropped the ball. Try and beat that spot on your next try.
* [Seattle Sounders "Continuous Stepover"](https://vimeo.com/239911178)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Continuous L-turn"](https://vimeo.com/239911197)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Backwards L-Turn"](https://vimeo.com/239911216)
* 1 minute set with 15 seconds rest. Repeat 5 times
* [Seattle Sounders "Single Foot-V"](https://vimeo.com/239911232)
* 1 minute set with 15 seconds rest. Repeat 5 times
* Ladder Work. Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work though each of the sets in this video 2 times down and back.
* [Ladder Work](https://www.bing.com/videos/search?view=detail&mid=AB07CE496ED4F60282F7AB07CE496ED4F60282F7&shtp=Gmail&shid=8e25182c-d0e7-4dd5-9449-cd46f4c8aed8&shtk=MTUgRmFzdCBGb290d29yayBFeGVyY2lzZXMgfCBJbmNyZWFzZSBZb3VyIEZvb3QgU3BlZWQgV2l0aCBUaGVzZSBTcGVlZCBMYWRkZXIgRHJpbGxz&shdk=SW4gdGhpcyB2aWRlbywgSSBzaG93IHlvdSAxNSBmYXN0IGZvb3R3b3JrIGV4ZXJjaXNlcyB0byBpbmNyZWFzZSB0aGUgc3BlZWQgYW5kIGNvb3JkaW5hdGlvbiBvZiB5b3VyIGZlZXQuIEZhc3QgYW5kIGNvb3JkaW5hdGVkIGZvb3R3b3JrIGNhbiBpbXByb3ZlIHlvdXIgcGVyZm9ybWFuY2Ugb24gdGhlIHBpdGNoLCBhbmQgd2l0aCB0aGVzZSBzcGVlZCBsYWRkZXIgZHJpbGxzLCB5b3UgY2FuIHRha2UgeW91ciBmb290IHNwZWVkIHRvIGFub3RoZXIgbGV2ZWwuIEZhc3QgZm9vdHdvcmsgYW5kIGJhbGFuY2UgYXJlIGVzc2VudGlhbCBmb3IgdHVybmluZywgZHJpYmJsaW5nIGFuZCBtb3Zpbmcgc2hhcnBlciBvbiAuLi4%253D&shhk=Se%252Bp%252BaQ7ifxMvXcvrXKEENUsrtn5zkkuyUkr2xyu8YA%253D&form=VDSHOT&shth=OSH.owslSt%25252BUcZ2O5zN3rQpWMw)
* Rest 1 minute between sets. Repeat 3 times.
* Core work:
* 1 minute normal plank
* 30 seconds plank with right arm extended straight ahead
* 30 seconds plank with left arm extended straight ahead
* 30 seconds plank with right leg lifted four inches off the ground
* 30 seconds plank with left leg lifted four inches off the ground
* 30 seconds normal plank
* Rest 2 minutes then repeat the set a second and third time, cutting working time in half.

**Day 5: Off (Recovery Day)**

**Day 6: Fitness and Core Exercises**

* Warm-up with Dynamic stretching. Be sure to take time to go over all stretches the proper way.
* Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
* 1 Minute rest
* Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
* 1 Minute rest
* Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
* Cooldown: Jog at 50% for 5 minutes

**Lower Bodyweight work-out:**

Lower sets and reps for younger age groups / higher sets and reps for older age groups. Always listen to your body. Do not continue to do exercises that cause pain. Do one exercise of each going through the entire series and then start again younger players – 3 sets for older – for single leg squats and single leg toe touches there is one less set listed for those activities, you can add a third if your body is responding well.

* [Bodyweight Split](https://www.youtube.com/watch?v=JLW4AVzdzTc) Squats 2-3 Sets of 15-20 seconds each leg
* [Bodyweight Lunge](https://www.youtube.com/watch?v=rKh41FO_eao) 2-3 Sets of 20-40 Seconds total
* [Repeated Broad Jumps](https://www.youtube.com/watch?v=_At_tUklFPg) 2-3 Sets of 3-4 reps
* [Cossack Squat](https://www.youtube.com/watch?v=YvxmS5BIPi8) 2-3 Sets x 8-10 reps each leg
* [Single-Leg Squats](https://www.youtube.com/watch?v=keSzg7MaoVQ) (pistol squat holding a bar in front or rear foot elevated split squat) 1-2 sets x 6-8 reps each leg –

\*[**USE A CHAIR IF NEEDED!**](https://www.youtube.com/watch?v=H5L31-Ng0aI)

* [Single-Leg Toe Touch](https://www.youtube.com/watch?v=EtQxjKrdKSA) (extending back foot behind the body, keeping plated leg knee slightly bent) 1-2 sets x 6-8 each leg
* [Sprinter Sit-Up](https://www.youtube.com/watch?v=1eEeUBWJmpk) 2-3 Sets of 25-30 seconds each

**Core Work:**

* 1 Minute Normal Plank
* 30 seconds plank with right arm extended straight ahead
* 30 seconds plank with left arm extended straight ahead
* 30 seconds plank with right leg lifted 4 inches off the ground
* 30 seconds plank with left leg lifted 4 inches off the ground
* 1 minute [abdominal twist with ball](https://www.youtube.com/watch?v=hRIdAjDs08Q)
* Rest for 2 minutes then repeat all the core work with times cut in half

**Day 7: Off (Recovery Day)**