



## April 20<sup>th</sup> Individual Player Development Plan

With warmer weather on the way, I hope that players are excited to continue training outdoors working on their craft. Thank you to those players/teams that have been sharing some highlight videos of the work you are putting in.

### Day 1: Ball Work

- Juggle for 5 minutes continuous using feet only, trying to achieve your high score.
- Set 2 cones about 8 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 5 times.
- Incorporate dynamic stretching
- Juggle for 5 minutes alternating feet every touch
- Using the same 2 cones as above, work on the following turns. As you get familiar with the turns please be sure that you are dribbling at pace. Be sure to alternate feet each turn.
  - [Inside Cut turn](#) – 45 seconds set
  - Outside Cut turn – 45 seconds set
  - [Stepover Turn Inside](#) – 45 seconds set
  - Stepover Turn Outside – 45 seconds set
  - [Cryuff Turn](#) – 45 second set
  - Rest 1 Minute
  - Repeat sequence 5 times.

### Day 2: Ball work

- Juggle for 5 minutes continuous alternating feet. Keep track of your high score for the day.
- Complete the following juggling sequence. If the ball drops its ok, just start where you left off until you get all the touches.
  - Right foot while hopping on your left – 50 touches
  - Left Foot while hopping on your right – 50 touches
  - Alternate feet – 100 touches
  - Alternate thigh – 50 touches
  - Head – 20 touches
  - Low-High Right Foot – 20 touches
  - Low-High Left Foot – 20 touches
  - Inside Right Foot juggle – 25 touches
  - Inside Left Foot juggle – 25 touches
  - Outside Left Foot – 10 touches

- Outside Right Foot – 10 touches
- 4 Cone Skill work
  - [Cone work 1](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 2](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 3](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 4](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times

### Day 3: Off

### Day 4: Ball work

- Juggle for 5 minutes continuous using feet only, trying to achieve your high score.
- Set 2 cones about 8 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 5 times.
- Incorporate dynamic stretching
- Juggle for 5 minutes working on the [Around the world](#)
- Using the same 2 cones as above, work on the following turns. As you get familiar with the turns please be sure that you are dribbling at pace. Be sure to alternate feet each turn.
  - [Inside Cut turn](#) – 45 seconds set
  - [Outside Cut turn](#) – 45 seconds set
  - [Stepover Turn Inside](#) – 45 seconds set
  - [Stepover Turn Outside](#) – 45 seconds set
  - [Cryuff Turn](#) – 45 second set
  - Rest 1 Minute
  - Repeat sequence 5 times.

### Day 5: Ball work

- Juggle for 5 minutes continuous alternating feet. Keep track of your high score for the day.
- Complete the following juggling sequence. If the ball drops its ok, just start where you left off until you get all the touches.
  - Right foot while hopping on your left – 50 touches
  - Left Foot while hopping on your right – 50 touches
  - Alternate feet – 100 touches
  - Alternate thigh – 50 touches
  - Head – 20 touches
  - Low-High Right Foot – 20 touches
  - Low-High Left Foot – 20 touches
  - Inside Right Foot juggle – 25 touches

- Inside Left Foot juggle – 25 touches
- Outside Left Foot – 10 touches
- Outside Right Foot – 10 touches
- 4 Cone Skill work
  - [Cone work 1](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 2](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 3](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times
  - [Cone work 4](#)
    - 1-minute sets with 15 seconds rest. Repeat 5 times

**Day 6: Off**

**Day 7: Off**