5 Day Challenge: U 9/10 Programs

(Individual Training)

**Do you want to share your soccer workout with others on your club’s web page? Video yourself, send it to Manny (**[manny@spokanesc.org](mailto:manny@spokanesc.org)**).**

* Day 1, 30 minutes
  + 5 minutes -Juggling warm up. Setup a realistic goal for 30 days. That means you will juggle the ball 5 or 10 or more times before the ball touches the ground. Hopefully by now you can do at least 5 keeping the ball up in the air. <https://www.youtube.com/watch?v=krSBbunxdUg>
  + 15 minutes – Individual ball skills without movement <https://youtu.be/OsgbY60vueA> <https://youtu.be/v3yFCVMY56Q> Take 30 seconds break between each exercise.
  + 10 minutes – Individual skills with movement <https://youtu.be/RukcQggHAZU>
* Day 2, 30 minutes
  + 5 minutes - Juggling warm up - Repeat day one juggling
  + 15 minutes – Individual ball skills without movement – Repeat day one training
  + 10 minutes - Individual skills with movement – Repeat Day one training
* Day 3, 30 minutes
  + 5 minutes - Juggling warm up - Repeat day one and two juggling
  + 15 minutes – Individual ball skills without movement – Repeat day one and two training
  + 10 minutes - Individual skills with movement – Repeat Day one and two training
* Day 4, 30 minutes
  + 5 minutes - Juggling warm up – Repeat day 1-3
  + 10 minutes – Individual ball skills with movement -<https://youtu.be/Lb7fnryhkiY>
  + 15 minutes – Individual ball skills with movement (One on One with tricks)) <https://youtu.be/1vNmYNH8d4I> , <https://youtu.be/Fsqe5lcarn4>
  + For your review only (try it when you can) <https://youtu.be/i_l0VkXLgho>
* Day 5, 30 minutes
  + 5 minutes - Juggling warm up Repeat day 1-4
  + 10 minutes – Individual ball skills with movement -
  + 15 minutes – Individual ball skills with movement (One on One with tricks) -
  + <https://youtu.be/78ZhF8_S6jU>, <https://youtu.be/Fsqe5lcarn4>
* FREE TIME (click on the link below):
  + Watch and enjoy the following soccer video and hope you will be one of them in the future.
  + <https://www.facebook.com/SoundersFC/videos/3139629402734784/?t=16>
  + <https://youtu.be/2M5D0rYR3v0>