



Spokane Sounders Week Four Training Program

Day 1

Wake up and become a better player (Mental)

Juggle - see where you are at on first 3 attempts. If it's less than 20 in first three try's work to do!

(20 min) Work on relaxing and juggling the ball—clean, no spins, pure clean touch with no rotation. It's hard! Requires you to bring your knee high and get under the ball with a locked ankle.

(20 min) Find a wall or curb to knock ball and get it back like a game pass and want ball back. Stay low stay in an athletic, balanced posture and this 20 min should burn your thighs. Embrace the pain! As you get fatigued, stay sharp, stay woke, stay focused on technique. Try to clean up and bounces in as few touches as possible

(20 min) Stop and go dribble this should be fitness area so grind and make mistakes, make bad touches, it's the reflex of your mind to recover and get sharp again immediately. If you are clean and perfect then you are Maradona or Rapinoe... or not working hard enough at pace. Take your heart rate each 5 minutes. [Here's how you do that if you don't have a FitBit or an Apple Watch](#). You should be over 100 in your first take. Try to increase your HR every single time. It's hard!

Relax and sit and day dream about touching the ball correctly.

Day 2

(20 min) Warmup with juggles but working on high balls so juggle a few and then touch ball high in air then bring down and trap smoothly smooth into space.

(20 min) Find that wall or curb and then juggle 5 times then touch it high and collect and control to a pass on the ground to wall or curb this should be done with pace and perfection. If you need more than 20 min to master then take that time but make sure your movement is fluid and clean meaning your 5 juggles are precise then your high touch gain your balance ready to trap into space then play off wall and get it back and repeat.

(20 min) One touch with a wall or curb don't come off your toes this is a grind trust me the more you focus the better you will be. If using a curb, and you need 2 touches, then go ahead. Wall should be one touch.



Day 3

Find your position find your body type find a player that you can relate to relax and watch highlights of him or her for

(45 min) Study the ways the movements the decisions. Study the demeanors learn to act and play like your showcased player. Watch individual highlights or full games, if needed, on YouTube.

(15 min) juggling and moving like this player move the way he does.

Day 4

Now you have a player to emulate don't take this lightly respect his or her game and energy and change yourself into a player like him or her.

(20 min) Moving exactly like the player does how does he/she look? Is he/she smooth or is he/she choppy? Just play with ball no rules except the rule of respecting that players game a work ethic to get there, so focus and imagine you are in a stadium making the moves you are training to be like your player.

(20 min) Feet only juggles set your touches up to succeed don't miss touch where you have to use thighs, head, etc. Note your highest score down and see how many days in a row you can get this many. How long can you keep your streak??

(20 min) Kick yourself to the curb again and pass get it back turn into space after a head check dribble away at speed then turn come back to the curb pass off it again and again REPEAT! Embrace this work because it's how all the older players grew up—just check our Instagram with Jesse Retan!

Day 5

Spend a hour today writing down goals you have as a player. Write down goals you can accomplish while in quarantine, goals you can accomplish while you're back on the field wearing the club's badge, and goals you can accomplish when you're an adult. Send this to your coach in an email, please.

You love dreams. You have even big dreams, like "I want to play for Manchester United," as silly as it is find a way to escape in this magic world of soccer the more you dream about it the more your dreams become real.

Day 6

Recap all earlier work that you've put in.



(60 min) Today is a remix. Today is bounce off curb/receive/dribble into space—flick ball up and juggle—today is about rhythm and dancing with the ball.

By Day 6 you should have focus and ideas. Not just going through the motions. Day 6 is about feeling better, feeling balanced with touch, and enjoying the confidence you put in a week of self-soccer care.

Pick your favorite activities from the first five days and repeat them. Better than you were last time. If you want to add something that is a spin on what I've given you, go ahead. This should be an hour of you and the ball together, transporting yourself to another place, a World Cup Final maybe. You are the star of this story. Forget about the quarantine and place yourself in the most enjoyable environment you could think of.

Do these things and enjoy Day 7

Day 7

Watch a game with a ball at your feet looking forward to Day 1 of next week!

Keep grinding and take this time to develop yourself!

