



## U10Spokane Sounders Individual Development Training Program!

While players are working on their individual skills, please feel free to add music into the sessions to make it a more enjoyable workout.

This week it would be great to take add in a daily challenge to your teammates or even a friend. Many of the tasks below you can do with in time frame that can be measured with touches. Can you start team thread in which you challenge some of your teammates on a daily task?

### Day One: Ball Work

- Juggle for 3 minutes continuous using feet only, trying to achieve your high score.
- Dribbling sequence #1 through a set of 5 cones. Do 3 sets of each dribbling sequence.
  - [Dribble Cones #1](#)
- 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](#)
- 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.

### Day 2: Ball Work and Agility/Fitness

- Juggle 3 minutes continuous, trying to achieve your high score.
- [Seattle Sounders Shuffle](#)

- 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"](#)
  - 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"](#)
  - 1 minute sets with 15 seconds rest. Repeat 5 times

### 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.
- [Seattle Sounders "push/pull"](#)
  - 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"](#)
  - 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"](#)
  - 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](#) – the first 2 moves in this video

### Day 4: Ball work

- Juggle for 3 minutes continuous. Keep track of you high score for the day
- [Seattle Sounders "Tap-Tap-Roll"](#)
  - 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 Stepoer"](#)
  - 1 minute set with 15 seconds rest. Repeat 5 times
- [Seattle Sounders "Continuous L-turn"](#)
  - 1 minute set with 15 seconds rest. Repeat 5 times
- [Seattle Sounders "Backwards L-Turn"](#)
  - 1 minute set with 15 seconds rest. Repeat 5 times
- [Seattle Sounders "Single Foot-V"](#)
  - 1 minute set with 15 seconds rest. Repeat 5 times

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

#### **Day 6: Juggling!**

- 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. <https://www.youtube.com/watch?v=krSBbunxdUg>
- 15 minutes – Individual ball skills without movement [https://youtu.be/U3N\\_qXaqrtI](https://youtu.be/U3N_qXaqrtI)  
Take 30 seconds break between each exercise.
- 10 minutes – Individual skills with movement <https://www.youtube.com/watch?v=tA1q8mOB-RQ>

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