6 Day Challenge: U10 Programs

(Week 3 – Individual Training)

[Ball Mastery l Coerver Coaching & Soccer Drills HOMEWORK Part 1 - 30 \*GREAT\* drills for Ball Control](https://youtu.be/IeMYh7roBjk)

**Click on link above to see how each move is done. This is week 3 of your individual training, so you want to start challenging yourself for speed and quickness.**

**Master a sequence; video yourself, and email** [**kevinh@spokanesc.org**](mailto:kevinh@spokanesc.org) **(Kevin Houston-North U10 Director) and I would like to put it out for our soccer community.**

* Day 1
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #1 – Continuous Scissors (1 minute)
  + Drill #2 – Sole Taps (toe taps) (1 minute)
  + Drill #3 – Sole Drag (1 minute)
  + Drill #4 – Fooball Dance (1 minute)
  + Drill #5 – Triple Sole Drag (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.
* Day 2
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #6 – Sole Drag (right); Inside Push (left) (1 minute)
  + Drill #7 – Sole Drag (left); Inside Push (right) (1 minute)
  + Drill #8 – Sole Drag (right); Outside Push (right) (1 minute)
  + Drill #9 – Sole Drag (left); Outside Push (left) (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.
* Day 3
  + Juggling warm up (add 5 more juggles to previous record for both feet) – 5 minutes
  + Drill #10 – The “V”-Inside (1 minute)
  + Drill #11 – The “V”-Outside (1 minute)
  + Drill #12 – Pull; Push Instep (right) (1 minute)
  + Drill #13 – Pull; Push Instep (left) (1 minute)
  + Drill #14 – Pull; Push Instep (alternating feet) (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.
* Day 4
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #15 – Triple Pull and Push (both feet) (1 minute)
  + Drill #16 – Role Over; Stop (1 minute)
  + Drill #17 – Inside 4x; Roll Over (1 minute)
  + Drill #18 – Inside 4x; Slide (in-out) (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.
* Day 5
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #19 – Inside Cut; Outside Push (1 minute)
  + Drill #20 – Inside Cut; Outside Outside Push (1 minute)
  + Drill #21 – Role Over; Stop Instep (1 minute)
  + Drill #22 – The “L” (right) (1 minute)
  + Drill #23 – The “L” (left) (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.
* Day 6
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #24 – The “L” (both feet) (1 minute)
  + Drill #25 – Role Over; Stop; Step Over (1 minute)
  + Drill #28 – Around 2 cones (horizontal) (1 minute)
  + Drill #29 – Around 2 cones (vertical) (1 minute)
  + Drill #30 – Around 4 cones (square) (1 minute)
  + Challenge (10 minutes)
* Combine all 5 drills for 20 seconds each.
* Repeat again, but now increase the number of repetitions and speed.

\*\*Drill #26 and #27 are just juggling drills you do for warm ups already.

* Day 7 – Recovery Day
* [Moves Highlight](https://youtu.be/C3mEzh4wOj4) 1 - click on link to see some of these moves in live action (women).
* [Moves Highlight](https://youtu.be/0rLjxhWom1I) 2 - click on link to see some of these moves in live action (women).
* [Moves Highlight](https://youtu.be/yKLRpLosxNY) 3 - click on link to see some of these moves in live action (women).
* [Moves Highlight](https://youtu.be/93olrxWLo3A) 4 - click on link to see some of these moves in live action (men).
* [Moves Highlight](https://youtu.be/QDIvGO4FU98) 5 - click on link to see some of these moves in live action (men).