



Week 3 Individual Player Development Plan

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](#)
- Incorporate some dynamic stretching
- 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](#)
- Incorporate more dynamic stretching
- 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.
- Finish on goal (if you have one or the ability to get to one) for 15 minutes. Work on finishing off the dribble and change your angles of approach.

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
- Rest 1 minute
- Ladder Work. Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work through each of the sets in this video 2 times down and back.
 - [Ladder Work](#)
 - Rest 1 minute between sets. Repeat 3 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
 - Stepmover turn – 1 minute sets with 15 seconds rest. Repeat 5 times
 - [Video of 2 moves above](#) – the first 2 moves in this video
- Set up 4 cones in a straight line. 1st-2nd is 8 yds apart. 2nd-3rd is 3 yds apart 3rd-4th is 8yds apart.
 - Dribble at pace to 3rd cone – cut using the outside of your right foot back to the 2nd cone. Cut using the inside of your right foot to the 4th cone. Repeat process coming back.
 - 1 minute sets with 15 seconds rest. Repeat 5 times
 - Do same as above with your left foot.
 - [Video of the setup](#) – 3rd activity in the 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 Stepmover"](#)

- 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
- Ladder Work. Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work though each of the sets in this video 2 times down and back.
 - [Ladder Work](#)
 - Rest 1 minute between sets. Repeat 3 times.

Day 5: Off (Recovery Day)

Day 6: Fitness and Core Exercises

- Warm-up with Dynamic stretching. Be sure to take time to go over all stretches the proper way.
- Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
- 1 Minute rest
- Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
- 1 Minute rest
- Sprint for 20 seconds with 10 seconds rest. Repeat 6 times
- Cooldown: Jog at 50% for 5 minutes
- **Core Work:**
- 1 Minute Normal Plank
- 30 seconds plank with right arm extended straight ahead
- 30 seconds plank with left arm extended straight ahead
- 30 seconds plank with right leg lifted 4 inches off the ground
- 30 seconds plank with left leg lifted 4 inches off the ground
- 1 minute [abdominal twist with ball](#)
- Rest for 2 minutes then repeat all the core work with times cut in half

Day 7: Off (Recovery Day)