



Spokane Sounders Individual Training Plan



Day One:

- Juggle for 3 minutes continuous. Focus on middle of the foot, no spin.
- Juggle right foot only, as fast as you can quick touches, for 45 seconds continuous
- Rest 15 seconds
- Juggle left foot only, as fast as you can quick touches, for 45 seconds continuous.
- Rest 15 seconds.
- Repeat 3 times.
- Juggle alternating feet, right, left for two minutes.
- Juggle high low, high being head high, low being knee high right foot.
- Rest 15 seconds.
- Juggle high low, from above left foot.
- Rest 15 seconds.
- Juggle high low alternating right to left.
- Repeat three times
- Juggle while jogging or running, try as long an distance as you can.
- Use cones to set the distance or just freestyle.
- Do this once with right foot, once with left foot, once alternating feet, right, left.
- Set an line of cones one foot apart, 8-10 cones, with a final cone five yards beyond the last line.
- Dribble through the cones right foot only, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
- Dribble through the cones left foot only, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
- Dribble through the cones alternating feet, inside-inside, with both feet crossing through the gate, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
- Dribble through the cones alternating feet, inside-outside, accelerating after the final cone until rounding the cone five yards out. Jog back. Repeat five times.
- Dribble through the cones alternating feet, rolling the ball through the cones with your insole and trapping with the inside of the other foot, rolling back, etc, accelerating after the final cone until rounding the cone five yards out. Jog back repeat 5 times.
- Rest one minute, then repeat cycle until you've accomplished the set three times.

Day 2: Core work

- Dynamic Warmup
- 6 x sprint for 20 seconds + 10 seconds rest
- 1 minute rest
- 6 x sprint for 20 seconds + 10 seconds rest
- 1 minute rest
- 6 x sprint for 20 seconds + 10 seconds rest



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- 1 minute rest
- Cooldown: Jog at 50% max for 5 minute
- 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 four inches off the ground
- 30 seconds plank with left leg lifted four inches off the ground
- 30 seconds normal plank
- 25 pushups
- 25 crunches
- 15 burpees
- Rest 2 minutes then repeat the set a second and third time, cutting working time in half.

Day Three: Skill Work

- Juggle for 5 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.



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- Repeat above with your left foot. o Rest 1 minute
- Repeat sequence 3 times.

Day Four: Fitness, Core

- Warm-up: Dynamic Warmup - coaches should already have provided players the proper way. If not knowing please reach out to your coach.
- Lunges stepping forward on each foot forward. 1 Set is 10 right foot forward and 10 left foot forward. 3 sets
- on each side.
- 1 minute rest in between sets
- Lunges stepping backwards on each foot. 1 set is ten on right foot and 10 on the left foot. 3 sets on each
- 1 minute rest in between sets
- Body Squats - one set is 15 in a row. 3 sets.
- 1 minute rest in between sets
- Jump Squats - one set is 15 in a row. 3 sets
- 1 minute rest in between sets
- Mountain Climbers - one set is 45 seconds. 3 sets
- 45 second rest in between sets
- Cooldown: Jog at 50% max 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 four inches off the ground
- 30 seconds plank with left leg lifted four inches off the ground
- 30 seconds normal plank
- Rest 2 minutes then repeat the set a second and third time, cutting working time in half.
- 10 minutes of Yoga
- <https://youtu.be/4pKly2JojMw>

Day Five: Recovery Day

- Watch the 2005 Champions league final between Liverpool and AC Milan, no assignment just enjoy!
- <https://youtu.be/8mBmZDF23Lc>

Day Six: Spokane Skill Work



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- Light dynamic warm up to begin. Next free juggling, alternate feet, practice skill moves, around the world etc. 5-10 min.
- Individual skill work, this can be done inside/outside no matter the space, work as fast and as clean as possible. Execute for time given, rest for that same time, 30 seconds on 30 seconds off, 45 seconds on, 45 off etc.
- Inside/outside right foot, 30 sec
- Inside/ outside left foot 30 sec
- Inside /outside alternating feet 30 sec
- <https://youtu.be/ECpDPTX0v-w>
- Outside/ inside right foot 30 sec
- Outside/ inside left foot 30 sec
- Outside/inside alternating right to left 30 sec
- https://youtu.be/U_56t7x66TE
- Inside/ outside pullback right foot 30 sec
- Inside/outside pullback left foot 30 sec
- Inside/outside pullback alternating feet right to left
- <https://youtu.be/JNQpRRWvuMo>
- Pull tuck alternate feet 45 sec back and fourth
- <https://youtu.be/o-WfcPuVyjU>
- V inside alternating feet 30 sec
- V outside alternating feet 30 sec
- <https://youtu.be/z2F8UgqeMBQ>
- Puskas left to right alternating 45 sec
- <https://youtu.be/gDQoaC1fQ2E>
- Finish by juggling, focus on technique, middle of the foot, no spin, knee height, alternate feet, beat your record.

Day Seven: Recovery Day

- Watch Ajax vs Real Madrid in a game to advance to the 2019 quarterfinals. Ajax are well renowned for their academy and their style of Football. They very much model and are an example for our own club philosophy and development platform. The Ajax squad is full of quality players De Jong, Tadic, Ziyech, De Ligt and Neres to name a few. Ajax has famously played 1,650 consecutive match minutes with at least one academy graduate in their starting line-up. A run dating back to Sept '82. No assignments, simply watch the game and enjoy.
<https://youtu.be/3OCodhwMHIQ>