**Day 1**

**Ball Mastery**

* Juggle for 3 minutes continuous alternating feet. Keep track of your high score for the day. Challenge your teammates to beat your high score.
* Set two cones five yards apart
* Dribble in a figure 8 pattern, turning with the inside of right foot around one cone and the outside of the right foot at the other cone. Work 45 seconds at high intensity, rest 15 seconds.
* Dribble in a figure 8 pattern, turning with the inside of left foot around one cone and the outside of the left foot at the other cone. Work 45 seconds at high intensity, rest 15 seconds.
* Rest one minute.
* Repeat 3 times.
* [Seattle Sounders "push/pull"](https://vimeo.com/239911116)
* 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"](https://vimeo.com/239911128)
* 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"](https://vimeo.com/239911153)
* 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](https://www.youtube.com/watch?v=c7jEelA6_94) – 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](https://www.youtube.com/watch?v=c7jEelA6_94) – 3rd activity in the video
* Now dribble from cone to cone at high intensity, turning with a specific COD move at each line: Inside of foot cuts / Outside of foot cuts / Cruyff turn / U-turn / Stop-on, etc. Work 30 seconds at a time, then rest 15 seconds. Repeat using the opposite foot for each move.
* Rest one minute.
* Repeat 3 times.
* Set two cones 15 yards apart, with a third cone directly in the middle - one player per ball.
* Dribble at speed, accomplishing various hesitation/stop-and-go moves at the middle cone (high wave, pull-push, cookie cutter, etc) then a change-of-direction move at the far cone, repeating on the way back. Work 30 seconds high intensity, rest 15 seconds.

**Day 2**

**Fitness & Core Exercises**

Running

* 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 mintues
* Warm-up: Jog at 50% max for 5 minutes
* 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
* 1 minute rest
* Cooldown: Jog at 50% max for 5 minutes

**Core**

* 3 x 30 second push-up position holds (3 x 15 sec for younger ages) **l**ower yourself down hold at the bottom of your pushup for 3-5 seconds and push backup. You can also alter this if you are having difficulty by dropping your knees on the push up portion and then planking to lower yourself.
* 3 x 10 yards [Bear Crawl](https://www.youtube.com/watch?v=xxxT7BFWArI)
* Push-Ups 3 x 10 with 5 count eccentric (2 x 8 with 3 count for younger ages) descend for a 5 count (or 3 count) and immediately push back up and repeat
* [Burpees](https://www.youtube.com/watch?v=vY45QWKdp7M) 4 x 30 seconds (3 x 20 for younger ages)
* [Close Grip Push-](https://www.youtube.com/watch?v=av5zfxzSFEc) Up 3 x 5 (2 x 5 for younger ages)
* [Dead bug](https://www.youtube.com/watch?v=I5xbsA71v1A) 3 x 30 seconds each (2 x 20 seconds for younger ages)
* [Mountain climbers](https://www.youtube.com/watch?v=J35ftH5uXXs) 3 x 30 seconds each (2 x 20 seconds for younger ages)

**Day 3**

**Dynamic juggling & Skill work**

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 a 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 4**

**Ball Mastery**

* 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. o Rest 1 minute
* Repeat sequence 3 times.
* Finish on goal (if you have one or the ability to get to one) for 15 minutes. dribble and change your angles of approach.

**Day 5**

**Recovery day**

1999 Champions League Final

<https://www.tokyvideo.com/video/manchester-united-bayern-munich-full-match-1999-champions-league-final>

**Day 6**

**Spokane Skill work**

* 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 7**

Recovery day.

France vs Portugal in European Championships 2000 semifinal

<https://dai.ly/x2a0a1c>

**A close up of a sign

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