



Spokane Sounders Week 8



Lesson Plan Day 1 Ball Work/Core

Dynamic juggling:

Use the 15-20 yard area you laid out for your warm-up. On these sets you should complete them going down and back. You can catch it to turn to come back if you want but the goal is to be able to go down and back without dropping the ball. **THREE SETS OF EACH**

- Walk down alternating feet every touch - keep the ball waist height **NO BACK SPIN – flat foot juggling**
- Doubles walking (right,right – left,left) - keep the ball waist height **NO BACK SPIN – flat foot juggling**
- Skip juggling – skip and juggle at the same time keeping the ball below waist height
- Right foot juggling on the jog, every time your left foot is taking you forward your right foot is juggling the ball forward.
- Right foot juggling on the jog, every time your left foot is taking you forward your right foot is juggling the ball forward.

Ball work –need an Instagram account to view otherwise do 20 minutes of dribble / ball control work of your choice

- [SSA Basic Footwork Combos](#) – Do all of these sets 3 times x 30 – 40 seconds each
Do these together – one set of the 4-cone drill then follow up with one set of the Drag Scissor drill 3 sets of 30-40 seconds work
- [SSA 4 Cone Drill 1](#)
- [SSA Drag Scissor Drill](#)

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 2: Ball work

- Juggle for 2 minutes – Thighs only. Keep track of your high score. Challenge your teammates to beat your score.
- [Seattle Sounders "Brazilian Taps"](#)



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- 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
- 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
- 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 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.



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- [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
- 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.
- Repeat 3 times.

Day 3: 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-WfcPuV yjU>
- 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.



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Day 4: 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 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

Recovery Day

Watch 2010 El Clasico

<https://youtu.be/EN1CovkTy1I>

Day 6

Lower Bodyweight work-out:

Lower sets and reps for younger age groups / higher sets and reps for older age groups. Always listen to your body. Do not continue to do exercises that cause pain. Do one exercise of each going through the entire series and then start again younger players – 3 sets for older – for single leg squats and single leg toe touches there is one less set listed for those activities, you can add a third if your body is responding well.

- [Bodyweight Split Squats](#) 2-3 Sets of 15-20 seconds each leg
- [Bodyweight Lunge](#) 2-3 Sets of 20-40 Seconds total
- [Repeated Broad Jumps](#) 2-3 Sets of 3-4 reps
- [Cossack Squat](#) 2-3 Sets x 8-10 reps each leg
- [Single-Leg Squats](#) (pistol squat holding a bar in front or rear foot elevated split squat) 1-2 sets x 6-8 reps each leg –

***USE A CHAIR IF NEEDED!**

- [Single-Leg Toe Touch](#) (extending back foot behind the body, keeping plated leg knee slightly bent) 1-2 sets x 6-8 each leg
- [Sprinter Sit-Up](#) 2-3 Sets of 25-30 seconds each



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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

Recovery Day

Watch North London Derby

<https://youtu.be/qFmH32iL-iU>

