5 Day Challenge: U10 Programs

(Individual Training)

[Coerver Coaching & Soccer Drills HOMEWORK](https://youtu.be/PuF_gM2S7rk)

**Click on link above to see how each move is done. Work on getting the move down correctly and THEN work on Speed and Quickness with your feet.**

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

5 minutes

* + Drill #1 – Continuous Shuffle (tick-tocks) (1 minute)
  + Drill #2 – Shuffle backwards and forwards (1 minute)
  + Drill #3 – Toe Taps backwards and forwards (1 minute)
  + Drill #4 – Right foot rollover, left foot hopping (1 minute)
  + Drill #5 – Left foot rollover, right foot hopping (1 minute)
  + Challenge (5-10 minutes)
* Combine all 5 drills for 20 seconds each.
* Do 3 Sets.
* Day 2
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #6 – Both feet Roll over inside (1 minute)
  + Drill #7 – Both feet Roll over outside (1 minute)
  + Drill #8 – V right, push with left (1 minute)
  + Drill #9 – V left, push with Right (1 minute)
  + Challenge (5-10 minutes)
* Combine all 5 drills for 20 seconds each.
* Do 3 Sets.
* Day 3
  + Juggling warm up (add 5 more juggles to previous record for both feet) – 5 minutes
  + Drill #10 – Sole Drag right foot (1 minute)
  + Drill #11 – Sole Drag left foot (1 minute)
  + Drill #12 – Drag, stop with toe (1 minute)
  + Drill #13 – Triangle-Sole Drag (both feet) (1 minute)
  + Challenge (5-10 minutes)
* Combine all 5 drills for 20 seconds each.
* Do 3 Sets.
* Day 4
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Drill #14 – 2 times Sole Drag, Triangle (right foot) (1 minute)
  + Drill #15 – 2 times Sole Drag, Triangle (left foot) (1 minute)
  + Drill #16 – Insides, Diagonal Push and Pull (1 minute)
  + Drill #17 – Inside, Outside, Inside (1 minute)
  + Challenge (5-10 minutes)
* Combine all 5 drills for 20 seconds each.
* Do 3 Sets.
* Day 5
  + Juggling warm up (add 5 more juggles to previous record for both feet) –

5 minutes

* + Challenge (20 minutes)
* Combine all the previous 4 days of drills for 20 seconds each.
* Do 5 sets each. Starting slow, then building up so your fifth set is as fast as you can go, regardless of mistakes.