

Skill/Conditioning Program

Ball Control and Agility

- 6 minutes - Jog while dribbling the ball with quick touches, changing direction and speed. Do this in a confined space where many changes of direction and touches are necessary.
- 1 minute - Head juggling
- 1 minute - Throw ball up, jump and while you are in the air stop the ball with your head, settle the ball to your feet and move off quickly – repeat.
- 1 minute - Thigh juggling
- 1 minute - Throw ball up, jump and while you are in the air stop the ball with your chest, settle the ball to your feet and move off quickly – repeat.
- 1 minute - Foot juggling with no spin on the ball.
- 2 minutes - Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle to your feet, and move off quickly – repeat using head, chest, thighs, both feet in that order to trap ball.
- 2 minutes - Combined juggling using 14 parts of the body, head, both shoulders, chest, both thighs, outside, inside, instep and heels of both feet.

Technical Speed, Speed, Pure Speed and Endurance

1. Dribble in a figure 8, use just the inside of both feet for 6 figure 8's, then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, quick touches to improve technical speed.
2. Rest by walking 30 seconds
3. Set a marker out about 25 yards from a starting point:
 - a. sprint dribble to marker
 - b. sprint backwards to starting point
 - c. sprint to ball
 - d. collect ball and spring dribble back to starting point
4. Rest by walking for 30 seconds
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs
6. Rest by walking 30 seconds.
7. To ten yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds
9. Karioka (lateral running criss-crossing legs) to ten yard marker and back. Move 10 times from side to side as quickly as possible.

10. Rest by walking for 30 seconds
11. From the starting points:
 - a. Pass the ball to the 25 yard marker
 - b. Sprint to ball
 - c. Collect ball and accelerate to starting line
 - d. Make 3 passes

Strength and Flexibility

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| 60 Jumps | - | Two foot jumping forward and backward over the ball |
| 15 figure 8's | - | Standing position with legs spread and knees straight, roll the ball around your legs. |
| 60 Jumps | - | Two foot jumping side to side over the ball. |
| 15 Roll Arounds | - | Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back. |
| 60 Jumps | - | Throw ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to "hang" in the air. |
| 30 Situps | - | Touch the ball on the ground over your head and back up and touch your toes. |
| 60 touches and jumps | | Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so the thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. |

30 Push –ups

Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, etc. will be necessary.

1. Technique work: Get 5-7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed, knee is over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. First time shooting with power: Back off 20 yards and first time the ball at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low (6 minutes)
3. Trapping and shooting: again at 20 yards, strike the ball with power and as it comes off the wall, trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound trap and quick, hard shot (6 minutes)
4. From one to two yards away, first time head juggling against the wall. (1 minute)
5. Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off the head with power getting your entire body into the heading motion. (2 minutes)

6. Get within 5 yards of the wall – toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember your technique and head with power. (3 minutes)

This entire fitness program should take 50 minutes to an hour. It is important that you go through the entire program without pause other than planned rest intervals.

Ideally, a short 6-a-side game would be a fine way to finish your training. If you are alone, this will be impossible, and suggest working on a weak aspect of your game.