

Southeast Soccer Club

May Program

Week 1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Speed and Agility	Ladder Drills	Speed and Agility	Ladder Drills	Speed and Agility	Rest	Rest

As we approach June and near whatever MYSA allows for returning to play, we want to ramp-up our at home practice. This ramp-up has a few goals: injury reduction, ABCs, ball mastery, and later some fitness.

Week 1 is our focus on fundamentals, the ABCs. This week we will work on our agility, balance, coordination, and speed. Week 1 is broken up into two parts, the Speed and Agility program and the Ladder Drills. If the program looks too intense, give yourself Wednesday off.

Speed and Agility will only take a few markers. Cones, balled up socks, sticks, or anything that will give you a visual. Ladder drills is built around the idea of a speed ladder, I prefer to use chalk on a sidewalk, but soccer socks laid down lengthwise also work great. Nothing is required.

I would also heavily encourage some ball work, but won't add it officially until Week 2. Either small box drills or wall work are best when you're on your own, but I also add in some juggling.