

Madison West Soccer

2020 Summer On Ball Training Guide



Keys to Training in Summer 2020

You must start modeling what 90 minute games and 120 minute practices demand from your body. A combination of long endurance, sprinting, cutting, jumping, focused ball drills, and whole body strength to prepare for contact. Design your trainings with the following keys:

Have a Focus - whether you are working out solo or with a partner - have a focus and plan each day, even when doing the most basic drills. Plan and write out a training session and have a clear idea of the drills and skills you want to focus on each training. Set up cones, targets, specific movements. Get your body and brain focused on the details, just as a game demands.

Repetitions & Intensity - For each drill set clear and measured goals, times, repetitions numbers. Examples - 2 minutes hard x5 rounds, or 100 passes x3 rounds, 30 seconds hard - 30 seconds easy, etc. Plan clear progressions from drill to drill based on intensity or complexity. This will help you gain fitness while increasing your ball skills.

Progression & Growth - Do not just practice what you are already good at. Keep setting small and focused goals to challenge yourself and improve during the summer.. Set clear goals on how to grow your training sessions and skills over the summer. Master new drills and skills you struggled with at the beginning of summer. Gradually increase the repetitions or time length of your drill sets. Example: If you could do a drill at full intensity for 40 seconds one week - the next week up it to 60 seconds. If you have a dribble drill mastered with your right foot - have it mastered with your left by the end of the week. If you started by doing 20 passes per set before reaching exhaustion- add 5 passes each session throughout the summer.

Variation

Do not do the exact same thing each day. Look for ways to mix up your days and the types of drills and fitness sessions you are doing. Your training sessions and your weeks should be combining the principles from this guide, along with the resources from the Fitness Guide.

Sample Resources

Dynamic Warm Ups [Buy Training Cones Online](#)

[Dynamic Warm Up](#)

[Cone Warm Up](#)

[Dynamic Warm Up Variation](#)

Agility Ladders - [Buy Agility Ladder Online](#)

[15 Ladder Drills](#)

[Ladder Exercises](#)

Solo Footwork Drills

[10 Minute Footwork Workout](#)

[Improve Footwork Fast](#)

[10 On Ball Exercises for Footwork](#)

[32 Cone Drills for Ball Control](#)

[10 Minute Ball Mastery Workout](#)

Partner Drills

[5 Essential Passing Drills](#)

[101 Partner Drills](#)

[5 Drills to do with Partner](#)

[Partner Drill to Improve Control](#)

Finishing Drills

[Individual Crossing and Finishing Session](#)

[Individual Shooting Drills](#)

[Finishing and Agility Work](#)

Defensive Drills

[Defensive Ball Drills](#)

[Defender Session](#)

[3 Drills for Center Backs](#)

[1v1 Defending Work](#)

Example Training Sessions

The following are examples on how to outline a training session for yourself. The possibilities are endless, but this is a good model for the timing and variation that makes a quality session.

Solo Session

Dynamic warm up and stretch - 5 minutes

Juggling - 5 minutes

Agility Ladders - 10 minutes

Footwork Cone Drills - pick 5 focused drills, complete each drill for 1 minute per round, then rest 1 minute before next round. Do 5 rounds.

Finishing - pick 2 shooting drills, complete 15 reps of each.

Fitness - pick a workout from fitness packet - 30 minutes

Dynamic Stretch Cooldown - 5 minutes

Partner Session

Dynamic warm up and stretch - 5 minutes

Agility ladders - 10 minutes

Light Passing - 100 2-touch passes, 100 1-touch passes

Fitness 1 - 6 Sider Workout from Fitness Guide - 15 minutes

Partner passing drills Pick 5 passing drills and do 25 reps of each. Do 3 rounds.

Finishing - Pick 3 partner finishing drills and do 10 reps each. Do 2 rounds.

Fitness 2 - 5 full field sprints, jog back. - 15 minutes.

Light Passing Cooldown - 100 2-touch passes, 100 1-touch passes, stretch