

St. Anthony Village Soccer Individual Weekly Training Plan

**Players should complete the activities below according the requirements of their coach. If no requirements were set in place by the coach or club, players may follow the weekly training program outlined on the last page, or select activities to complete at their own pace. Happy training and go Huskies!*

TRAINING SETS

Training Set A:

- 1. Juggling (10 minutes)**
- 2. Touches (10 minutes)**
 - Foundations [2 min]
 - Rollovers [2 min]
 - Outside/inside right foot only [2 min]
 - Outside/inside left foot only [2 min]
 - Outside/inside alternating [2 min]
- 3. Aerials (10 minutes)**
 - Toe Trap (Head height or above) [2 min]
 - Inside Foot [2 min]
 - Outside Foot [2 min]
 - Thigh, toe, sole [4 min]

Training Set B:

- 1. Juggling (10 minutes)**
- 2. Touches (10 minutes)**
 - Foundations [2 min]
 - Outside/inside alternating [2 min]
 - Croqueta/iniesta [2 minutes]
 - Stepovers stationary [2 minutes]
 - Stepover and escape [2 min]
- 3. Passing (10 minutes)**
 - Two touch inside/inside same foot: [2 minutes total, 1 minute all right foot, 1 minute all left foot]
 - Two touch inside/inside cross body: (Pass with right foot, touch across with right foot to left foot. Pass with left foot, touch across to right foot etc.) [2 minutes]
 - Roll/Pass (Pass with right, roll across body with right to left. Pass with left, roll across body with left to right. Pass with right etc.) [2 minutes]
 - One Touch [4 minutes total. 2 minutes right foot only, 2 minutes left foot only]

Training Set C:

- 1. Juggling (15 minutes)**
- 2. Escape Grid (15 minutes)**
 - 7.5 minutes no skill at each cone [Switch directions halfway through set]
 - 7.5 minutes with skill at each cone [Switch directions halfway through set]

Training Set D:

- 1. Juggling (15 minutes)**
- 2. Touches (15 minutes)**
 - Beckenbauer [3 min]
 - V-Turn[3 min]
 - Conti [3 min]
 - Chop [3 min]
 - Scissors [3 minutes]
- 3. Aerials (15 minutes)**
 - Toe Trap (Head height or above) [3 min]
 - Inside Foot [3 min]
 - Outside Foot [3 min]
 - Thigh, toe, sole [6 min]
- 4. Passing (16 minutes)**
 - Two touch inside/inside same foot: [4 minutes total, 2 minute all right foot, 2 minute all left foot]
 - Two touch inside/inside cross body: (Pass with right foot, touch across with right foot to left foot. Pass with left foot, touch across to right foot etc.) [4 minutes]
 - Roll/Pass (Pass with right, roll across body with right to left. Pass with left, roll across body with left to right. Pass with right etc.) [4 minutes]
 - One Touch [4 minutes total. 2 minutes right foot only, 2 minutes left foot only]

Training Set E:

- 1. Juggling (15 minutes)**
- 2. Aerials (15 minutes)**
 - Toe Trap (Head height or above) [3 min]
 - Inside Foot [3 min]
 - Outside Foot [3 min]
 - Thigh, toe, sole [6 min]
- 3. Passing (16 minutes)**
 - Two touch inside/inside same foot: [4 minutes total, 2 minute all right foot, 2 minute all left foot]
 - Two touch inside/inside cross body: (Pass with right foot, touch across with right foot to left foot. Pass with left foot, touch across to right foot etc.) [4 minutes]
 - Roll/Pass (Pass with right, roll across body with right to left. Pass with left, roll across body with left to right. Pass with right etc.) [4 minutes]
 - One Touch [4 minutes total. 2 minutes right foot only, 2 minutes left foot only]
- 4. Escape Grid (15 minutes)**
 - 7.5 minutes no skill at each cone [Switch directions halfway though set]
 - 7.5 minutes with skill at each cone [Switch directions halfway through set]

CORE SETS

Instructions: All Core sets are to be completed 3x total, with one minute break after completion of the first set.

Core Set A:

- Flutter Kicks (1 minute)
- Leg Lifts (1 minute)
- Bicycles (1 minute)
- Cherry Pickers (1 minute)
- V- Sit (1 minute)

Core Set B:

- Mountain Climbers (1 minute)
- Spidermans (1 minute)
- Pushup Burpees (1 minute)
- Inchworm (1 minute)
- Plank (1 minute)

Core Set C: Aphrodite 15-10-5

- 15 Burpees, 15 squats, 15 situps
- 10 Burpees, 10 squats, 10 Situps
- 5 Burpees, 5 squats, 5 situps

Core Set D:

- Flutter Kicks (1 minute)
- Leg Lifts (1 minute)
- Bicycles (1 minute)
- Cherry Pickers (1 minute)
- V- Sit (1 minute)
- Mountain Climbers (1 minute)
- Spidermans (1 minute)
- Pushup Burpees (1 minute)
- Inchworm (1 minute)
- Plank (1 minute)

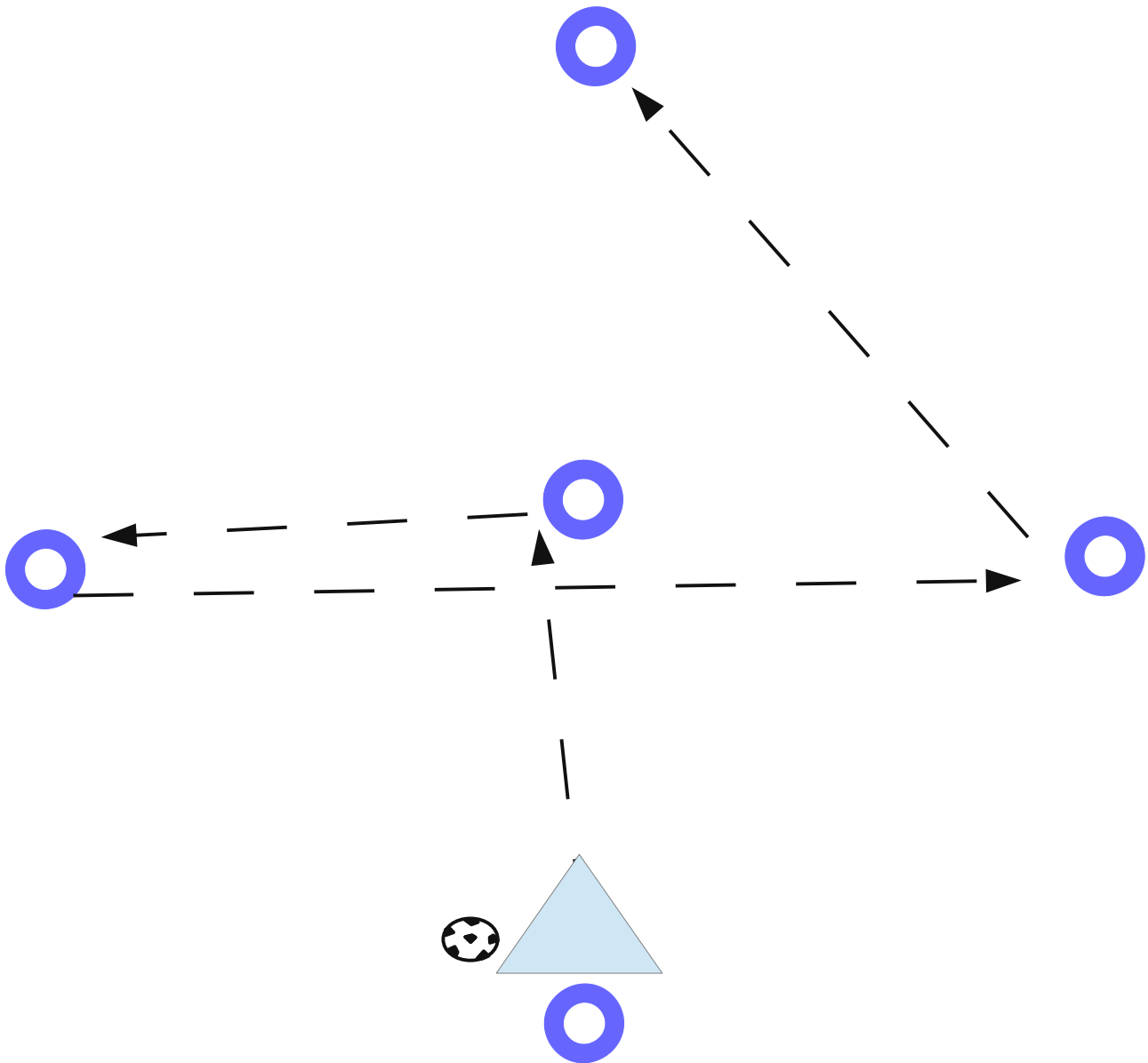
Core Set E: Super Aphrodite 25-15-5-5

- 25 Burpees, 25 squats, 25 situps
- 15 Burpees, 15 squats, 15 Situps
- 5 Burpees, 5 squats, 5 situps
- 5 Burpees, 5 squats, 5 situps

ESCAPE GRID Activity Instructions

NO SKILL: Dribble the ball under close control in the following sequence: Dribble around the first cone, quick change of direction and dribble around the left cone, quick change of direction, dribble around the right cone, and lastly quick change of direction dribble around the top cone. Go back to the start and repeat.

WITH SKILL: Dribble the ball under close control in the following sequence: Dribble straight to the first cone and do a chop. Quick change of direction to the left cone, and do a stepover. Quick change of direction all the way across to the right cone, and do a Beckenbauer. Lastly quick change of direction to the top cone and do a rollover. Repeat.



Training Schedule:

Mondays:

Training Set A (30 min)

Core Set A (15 min)

Tuesdays:

Training Set B (30 min)

Core Set B (15 min)

Wednesdays:

Training Set C (30 min)

Core Set C (est. 15 min)

Thursdays:

Training Set D (61 min)

Fridays:

Core Set D (30 min)

Saturdays:

Traning Set E: (61 minutes)

Sundays:

Core set E: (est. 30 minutes)