



TECUMSEH SC UNDER 13 - UNDER 17

#PLAYATHOME WEEK 1 TRAINING PLAN




U13 - U17 Physical Literacy (25 Min)	U13 - U17 Technical Play - Dribbling (25 Min)
<p>5 Minutes - 5 Minutes - Jumping Jacks - GO for 30 seconds, rest for 30 seconds (repeat x 3)</p> <p>One foot hops - GO for 20 seconds on one leg, switch for another 20 seconds, rest for 20 seconds (repeat x 3)</p>	<p>10 Minutes - Intro to Juggling - Start from Hands and be OK with it bounding between touches. Start with your strong foot but encourage weak foot. See video: How To Juggle A Soccer Ball For Kids Beginners - Super Easy and Phase 2 How To Juggle A Soccer Ball - Kids & Beginners or if you are more Advanced - push yourself to beat your high score and record YOUR BEST. Remember, this is about you and the ball! If you have gotten to the point where you are FREESTYLE JUGGLING, make sure you record some of your cool tricks and send them in. Maybe make a tutorial to share with your teammates.</p>
<p>10 Minutes - PLAYERS CHOICE! Do a physical exercise that you FIND or CREATE yourself. FILM IT, SUBMIT IT TO SHARE with your coaches and teammates.</p>	<p>3 Minutes - Free Dribbling - take you dime in a defined space to explore you and the ball, lots of touches, changes in tempo, try new turns, visualize defenders and blow by them! Have fun with the free dribble!</p>
<p>9 Minutes - Running Slalom - this a combination slalom with two different kinds of movement. In the image, place the markers an appropriate distance for the players. Time yourself through 3 - 5 times.</p> <ul style="list-style-type: none"> Now have your friend/sibling/parent go through it to try and beat your time Finally, set up a chase game (similar to week 1) where you start 1 cone behind the person in front so they have a head start. Try to catch them through the slalom - switch and have them try to catch you. 	<p>7 Minutes - Dribbling Slalom. this a combination slalom with two different kinds of movement. In the image, place the markers an appropriate distance for the players. Time yourself through 3 - 5 times.</p> <ul style="list-style-type: none"> Try different variations of dribbling through it (right foot only, left foot only, use different variations like those found at this link: Individual Soccer Cone Dribbling Drills) Time yourself through and have a family member try to beat your time Chase game where both players have the ball. Now try with one without the ball 
<p>6 Minutes - Strength Circuit - Push-ups for 30 seconds, Plank for 30 seconds, Squat Jumps for 30 seconds, Rest for 30 Seconds. Repeat x 3.</p>	<p>10 Minutes - 1000 Touches Exercise - See video here: Train Like A Pro at Home 1000 Touches</p>
	<p>*** Bonus *** 5 Minutes - PLAYERS CHOICE! Do a bonus exercise that you FIND or CREATE yourself. FILM IT, SUBMIT IT TO SHARE with your coaches and teammates.</p>

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#PLAYATHOME WEEK 1 TRAINING PLAN



U13 - U17 Technical Play - Passing (25 Min)	U13 - U17 Journal and Reflection (Self Awareness)
<p>10 Minutes - Intro to Juggling - Start from Hands and be OK with it bounding between touches. Start with your strong foot but encourage weak foot. See video: How To Juggle A Soccer Ball For Kids Beginners - Super Easy and Phase 2 How To Juggle A Soccer Ball - Kids & Beginners or if you are more Advanced - push yourself to beat your high score and record YOUR BEST. Remember, this is about you and the ball! If you have gotten to the point where you are FREESTYLE JUGGLING, make sure you record some of your cool tricks and send them in. Maybe make a tutorial to share with your teammates.</p>	<p>DAY 1 - How are you feeling today? (Tired, happy, sad, bored). Why? What is causing you to feel this way? Describe where your feelings are coming from.</p>
<p>8 Minutes - Dribbling Slalom. this a combination slalom with two different kinds of movement. In the image, place the markers an appropriate distance for the players. Time yourself through 3 - 5 times.</p> <ul style="list-style-type: none"> Try different variations of dribbling through it (right foot only, left foot only, use different variations like those found at this link: Individual Soccer Cone Dribbling Drills Time yourself through and have a family member try to beat your time Chase game where both players have the ball. Now try with one without the ball 	<p>DAY 2 - Who is someone you look up to? What about them do you value? Why are they a role model for you? Describe how you learned from them and changed your behaviors because of them.</p>
<p>12 Minutes - Intro to Wall Work - Find a wall (or a parent) that you can pass the ball against. Watch this intro video and try this wall work: TRAIN LIKE A PRO 12 Best Wall Passing Drills To Improve Touch</p>	<p>DAY 3 - What did you eat today? List everything that you remember. How did it make you feel? Did it give you energy...did it make you want to take a nap? What's your favorite meal before a soccer game and why? Does it give you energy, is it a ritual?</p>
<p>*** Bonus *** 5 Minutes - PLAYERS CHOICE! Do a bonus exercise that you FIND or CREATE yourself. FILM IT, SUBMIT IT TO SHARE with your coaches and teammates.</p>	