



Rec Soccer Home Workouts: Monday Movement

Category: Physical: Agility
Skill: U12

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Dot Drill

Objective: improve quickness and coordination

Duration: 5 variations, 6 reps per variation

Description (rules, number of players, grid size, etc.):

* Using tape, sidewalk chalk, etc., create a rectangle 3 feet long x 2 feet wide, marking the corners as well as a dot in the middle

* Perform each variation 6 times, and rest 30 seconds in between variations

* Variations:

Variation 1- Feet apart (1&2), feet together (3), feet apart (4&5)/(forwards and backwards, chest always stays one way – like hopscotch.)

Variation 2- Left footed: 1,3,5,4,3,2,1

Variation 3- Right footed: 1,3,5,4,3,2,1

Variation 4- both feet together in the following pattern: 1,3,5,4,3,2,1

Variation 5- Feet apart (1&2), feet together (3), feet apart (4&5),

then hop and turn to face other direction and repeat: feet together (3), Feet apart (1&2), hop and turn.



Key Points:

* start slow to learn the pattern

* body in athletic stance - knees bent, feet shoulders' width, feet in line with knees and shoulders

Box to Box

Objective: touches on ball with speed/agility/coordination movements

Duration:

Description (rules, number of players, grid size, etc.):

* perform 1 rep (10 seconds, or 10 touches) of each pattern, then

exit square, sprint around cone, and return to square to repeat

* add obstacles - speed ladder, hurdles, sticks, etc. - for further challenge

* 5 reps of each pattern, then 30-60 second rest

* Patterns:

soccer box

toe taps

fast feet

pull pops

puskas

L pull

V Pull



Key Points:

* clean technique, even when fatigued

* full rest in between each pattern

Figure 8 Dribbling

Objective: technical touches at speed

Duration:

Description (rules, number of players, grid size, etc.):

2 cones/markers spaced 6 feet apart

Each round = 5 figure eights

5 Rounds:

Right foot only

Left foot only

Inside foot only

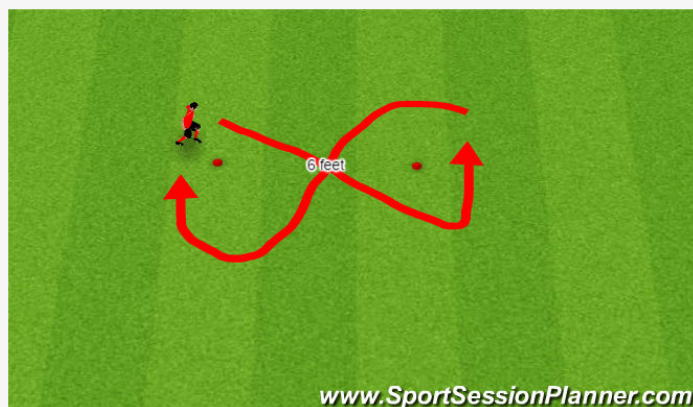
Outside foot only

Sole only (forward roll)

Key Points:

* tight touches

* body low and springy



Daily Juggles

Objective: improve touches and control

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

5 attempts at consecutive (in a row) juggles. Record your highest score

1 attempt of speed juggling: 5 minutes, total juggles counted

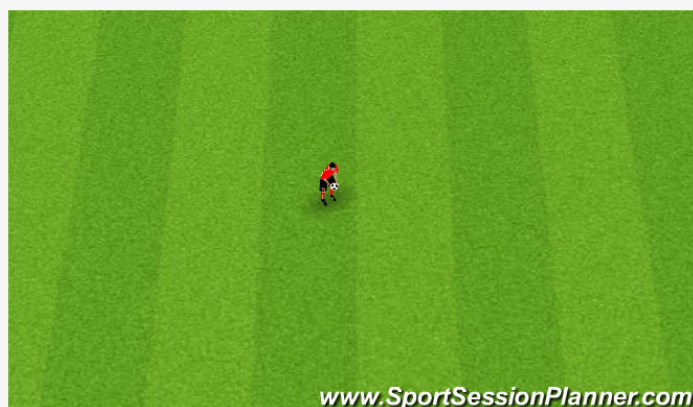
Key Points:

* juggling should be primarily with feet

* start from ground when possible; otherwise start from your hand

* use of both feet - alternate feet when juggling to improve control and score

* speed juggling: urgency in play



Burpees!

Objective: improve fitness

Duration: 3 sets of 10 burpees, 30 seconds rest in between sets

Description (rules, number of players, grid size, etc.):

Burpee technique:

1. Bend over or squat down and place your hands on the floor in front of you, just outside of your feet.
2. Jump (extend) both feet back so that you're now in plank position.
3. Drop to a push-up—your chest should touch the floor. You can also drop to your knees here, which makes the impending push-up easier.
4. Push up to return to plank position (this can be a strict push-up, a push-up from the knees, or not a push-up at all (i.e., just push yourself up from the ground as you would if you weren't working out)—your choice).
5. Jump the feet back in toward the hands into squatting position
6. Explosively jump into the air, reaching your arms straight overhead.

Key Points:

* pick a pace - don't rest in the middle, go at a consistent pace and rest in between sets

* once comfortable, shoot your legs out right before your hands hit the ground to make process more fluid

* keep back straight while in plank position

* remember to breathe

