

# Tuesday & Thurs Training Plan

(From Bayou Soccer - May. 8, 2011)

## Tuesday Training

**Warm-Up-** 5 minutes of juggling and stretch

**Fitness-** 21 minute run. Go at an easy pace for 2 minutes then as hard as you can for one minute. Repeat 7 times.

**Ball Work-** Foundations 100 touches, inside outside right foot 50 touches, inside outside left foot 50 touches, Inside right outside left inside left outside right 100 touches, 1-2 rake 100 touches.

**Juggling** 15-20 minutes. work on creative lifts

## Thursday Training

**Warm Up-** 5 minutes of Foundations (any of the ball work exercises from Tuesday) and stretch

**Fitness-** 10- 30 second sprints with 15 seconds of rest in between. 4 sets of 30 crunches.

**Ball Work-** if You have something that will send the ball back to you (a wall or garage door) work on passing and receiving. Play the ball against the wall using proper technique (ankle locked toe pointed up) when receiving the ball 1st touch to the side then pass back against the wall. The progression goes like this: receive inside of left moving the ball to the right play the ball back using the right foot 20 times, receive inside right moving the ball left playback with left foot 20 times, receive outside right play back inside right 20 times, receive outside left play back inside left 20 times. Then repeat the progression. You can also do this with a partner.

If you don't have a wall to play against or a partner do the same foundation work from Tuesday work from Tuesday.

**Juggling-**15-20 minutes

## Friday Training

**Juggling** 25-30 Minutes