

## **MidSouth FC Junior Summer Workout Program**

This program is designed to improve players touch and conditioning level over the summer break when teams will not be training. It is optional but players must remember that if they don't work outside of training on their own they will be limited with their development.

I have put together several workouts that are either done individually or with a partner. The players should know the terminology and hopefully a parent or friend can help them with the workout when needed.

### **Technical workout with one person**

30 boxing touches

30 toe touches

30 inside outside repetitions – right foot and left foot

10 rakes – right foot and left foot

10 step-ons right – right foot and left foot

10 pull backs – right foot and left foot

10 Cruyff turns – right foot and left foot

10 outside of the foot chops – right foot and left foot

10 L's – right foot and left foot

10 V's – right foot and left foot

10 Ajax combinations – right foot and left foot

10 Matthews – right foot and left foot

10 scissors – fake right go left and fake left go right

10 feints – fake right go left and fake left go right

10 Ronaldo's – right foot and left foot

10 step overs – right foot and left foot

10 stop and go's – right foot and left foot

**Technical workout with a partner**

10 inside of the foot volleys – right foot and left foot

10 laces volleys – right foot and left foot

10 thighs – right foot and left foot

10 chest traps and pass to partner with laces – right foot and left foot

10 headers back to partner – right and left foot

10 head traps and pass to partner – right foot and left foot

10 top of the foot traps – right and left foot

**Monday June 9** Technical workout with one person

**Wednesday June 11** Technical workout with a partner

**Saturday or Sunday June 14 or 15** One of these days go play small sided games with teammates or siblings for an hour in your yard, street, driveway, or field.

**Monday June 16** Technical workout with one person

**Wednesday June 18** Technical workout with a partner

**Saturday or Sunday June 21 or 22** One of these days go play 1 v 1, 2 v 2 or 3 v 3 soccer with teammates or siblings for an hour.

**Monday June 23** Technical workout with one person

**Wednesday June 25** Technical workout with a partner

**Saturday or Sunday June 28 or 29** One of these days get some players together to play small sided game for an hour.

**Monday June 30** Technical workout with one person

**Wednesday July 2** Technical workout with a partner

**Saturday or Sunday July 5 or 6** One of these days go for a 20 minute jog around your neighborhood.

**Monday July 7** Technical workout with one person

**Wednesday July 9** Technical workout with a partner

**Saturday or Sunday July 12 or 13** Get some teammates together for small sided games for one hour

**Monday July 14** Technical workout with one person

**Wednesday July 16** Technical workout with a partner

**Saturday or Sunday July 19 or 20** One of these days go for a 20 minute jog around your neighborhood.

**Monday July 21** Technical workout with one person

**Wednesday July 23** Technical workout with a partner

**Saturday or Sunday July 26 or 27** Get together with your teammates and play small sided games.

**Monday July 28** Technical workout with one person

**Wednesday July 30** Technical workout with a partner

**Take the weekend of August 2 and 3 off. Preseason camp starts Monday August 4.**

**Players should also work on juggling exercises weekly over the summer. I will be testing teams juggling level when we start back in August.**