

****Here are two workouts that players can do during the winter or off-season to maintain a touch on the ball and work on foot speed. Very little space is required and all exercises can be executed individually.**

Individual Technical Training Program - Day 1, 3

Footwork: Exercises should be executed as quickly as possible for 30sec. then rest 30sec. 3X each. Bend at the waist and knees, keeping eyes forward and head up.

Line Drills – 1) feet together, hop across line side to side 2) feet together, hop across line front and back 2) line between feet to begin, cross feet w/right in front and then behind 3) feet together next to line to begin, cross over line with right, uncross, then cross with left alternating (step-over)

Ball work – 1) quick touches between feet, drag across body alternating feet 2) right foot zigzag cutting inside/outside of right foot as quickly as possible 3) Left foot zigzag cutting inside/outside of left foot 4) zigzag alternating feet, cut inside of right then push with outside of left, cut inside of left, push outside of right, repeat 5) step-over - cross with right foot in front of the ball, uncross legs on the left side of the ball, cross w/left foot in front of the ball, uncross as quickly as possible (ball should not move) 6) scissors- start to the right of the ball and swing left leg around in front of ball and slide right behind to finish on left side of the ball, take right leg and swing in front of ball and slide left leg behind to finish on the right side of the ball, repeat as quickly as possible (ball should not move).

First Touch: Exercises can be done with a regular sized ball or a smaller ball for more of a challenge. Spend 2-5 minutes for each exercise.

Juggling – 1) Feet only keeping the ball below the knee 2) Right foot only below the knee 3) Left foot only below the knee 4) alternating left and right keeping below the knee 5) thigh only 6) Head only 7) Pattern juggling – foot/thigh, foot/thigh; foot/foot, thigh/thigh foot/foot, thigh/thigh; foot/thigh/head, foot/thigh/head; foot/thigh/head/thigh/foot, foot/thigh/head/thigh foot

Passing and Receiving: Exercises can be done with a partner or against a wall. Distance from wall or partner should be about 10 paces and executed as quickly as possible for 2-4 minutes per exercise.

Ball on the ground – 1) Pass with the inside of right foot and receive with inside of right foot 2) pass with the inside of left foot, receive with the inside of left foot 3) receive with inside one foot and pass with the inside of the opposite foot 4) Pass with the inside of the foot and receive with the outside of the foot right/left 5) Pass with the outside of the foot, receive with inside of the foot right/left

Ball in the air – 1) volley inside of foot against the wall with one bounce, alternating left/right 2) volley with laces against the wall with one bounce, alternating left/right 3) volley with laces against the wall and receive with thigh, no bounce, alternating left/right

Individual Technical Training Program – Day 2, 4

Footwork: Exercises should be executed as quickly as possible for 30sec. then rest 30sec. 3X each. Bend at the waist and knees, keeping eyes forward and head up.

Cone drills – form a square with 4 cones 10 paces apart and place a 5th cone in the center. 1) Start with feet together at center cone and hop forward spreading feet to touch the cones in front, back to the middle with feet together, hop back spreading feet to touch cones behind, repeat 2) Start with feet together at the center cone and hop diagonal forward with feet together to cone on left, back to middle, diagonal forward with feet together to cone on the right, back to middle, diagonal back with feet together to cone on the left, back to

middle, diagonal back with feet together to cone on the right, back to middle, repeat 3) z – start with feet together at the front left cone, hop laterally to the front right cone, diagonal back to center cone, diagonal back to back left cone, laterally to back right cone, retrace pattern in opposite direction.

Ball Work – 1) Right-footed triangle - start with ball out in front on right foot, pull ball back, pass it w/inside of right foot over to left foot, pass it out diagonally in front of right foot, repeat 2) Left-footed triangle - start with ball out in front of the left foot, pull ball back, pass it w/inside of left foot over to right foot, pass it out diagonally in front of left foot, repeat 3) U – start with ball out in front of right foot, pull ball back, pass w/inside of right foot over to left foot, pass it out using inside of left foot in front of left foot, pull back with left foot, pass ball over to right foot, pass ball out in front of right foot, repeat 4) V – start with ball out in front of right foot at an angle, pull ball back at an angle toward the center of body using the sole of the foot, push the ball out at an angle using the outside of the left foot, pull the ball back toward the center of the body using the sole of the left foot and then push the ball out at an angle using the outside of the right foot, repeat

First Touch: Exercises can be done with a regular sized ball or a smaller ball for more of a challenge. Spend 2-5 minutes for each exercise.

Juggling: 1) High/low using feet only – keep the ball below knee, strike the ball high, receive w/controlling touch to continue juggling ball below knees using both feet, repeat 2) High/low using thigh only – keep ball under control using thighs, strike the ball high w/thigh, receive w/controlling touch to continue juggling w/thigh 3) High/low using all body parts - juggle using foot, thigh, head, strike ball high, receive with a controlling touch to continue juggling, repeat

Passing and Receiving: Exercises can be done with a partner or against a wall. Distance from wall or partner should be about 20-30 paces and executed as quickly as possible for 2-4 minutes per exercise

Balls on the Ground – 1) Strike ball w/laces, receive with inside of foot setting ball to the side at an angle alternating right/left 2) Strike ball w/laces, receive with the outside of the foot setting ball to the side at an angle alternating right/left 3) strike ball w/laces, receive ball using inside or outside of foot, do a quick move, set ball to side at an angle alternating right/left

Balls in the Air – 1) Chip ball against wall using right foot, receive ball out of air using foot, thigh, chest, set to the side and repeat 2) Chip ball against wall using left foot, receive ball out of air using foot, thigh, chest, set to side and repeat 3) juggle ball up, strike with laces against the wall, receive out of air and continue to juggle, repeat alternating right/left