



Individual Skills Training (adapted from UNC)

I. Ball Control and Agility

Do each for one minute.

- A. Jog while dribbling the ball in a confined space. Change direction and speed frequently.
- B. Head juggle.
- C. Throw the ball up in the air, jump up to settle it with various parts of your body.
- D. Thigh juggle.
- E. Toss the ball up, chest trap, bring it down to your feet.
- F. Foot juggle without spin.
- G. Sit and toss the ball in the air, get up and settle it with head. Repeat but settle with chest, then thigh, then foot.

II. Tactical Speed and Endurance

- A. Dribble in a figure 8 the size of the penalty area.
 - 1. Use inside of feet 8x.
 - 2. Use outside of feet 8x.(Make sure you change speeds.)
- B. Rest by walking for 30 seconds.
- C. Set up a marker that is 25 yards away.
 - 1. Sprint dribble to the marker.
 - 2. Leave the ball and sprint backward to the starting point.
 - 3. Sprint to the ball.
 - 4. Collect the ball and sprint dribble back to the starting point.
- D. Rest by walking 30 seconds.
- E. Repeat "C".
- F. Rest by walking 30 seconds.
- G. Set 2 markers 10 yards apart.
 - 1. Shuffle back and forth 10x.
 - 2. Rest by walking for 30 seconds.
 - 3. Carioca back and forth 10x.
 - 4. Rest by walking for 30 seconds.
 - 5. Lunge back and forth 10x.
 - 6. Rest by walking for 30 seconds.

III. Play a small-sided game (even 1v1) if possible.

IV. Pure Anaerobic Fitness (rest between each individual sprint)

- A. 20 yd sprint 8x (30 sec rest)
- B. 40 yd sprint 6x (45 sec rest)
- C. 60 yd sprint 4x (60 sec rest)
- D. 80 yd sprint 2x (75 sec rest)
- E. 100 yd sprint 1x