

1. Working With The Ball: 45 mins

2. Dribbling & Change Of Direction: 25 mins

3. Control Ball Work: 25 mins

4. Turning With The Ball: 30 mins

5. Circuits: 30 mins

Planks, Crunches, Lunges, Squats, Push Up

1. Working With The Ball: 45 mins

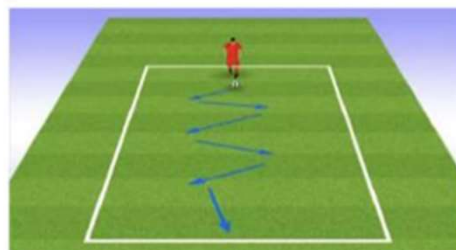
Free Dribble



Player Dribbles in a open area - Changing direction and keeping control of the ball
– Use both feet

5 Minutes

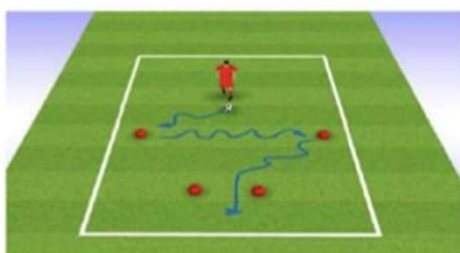
Inside-Outside



Player Dribbles with 3 Touches using the outside of their foot and then takes a touch with their inside foot (Same Foot) and Switches feet plus repeats action in opposite direction with the opposite foot

8 Minutes

Sole Dribble



Player Dribbles with the Sole of their foot to either side and then using the same foot, uses the sole to go across from cone to cone (15 yards apart) and then dribbles through the advanced cones at speed

8 Minutes

1v1 Moves



Player Dribbles towards the two cones – As he player gets 2 yards from the cones, the player performs a skill (ex. Scissors, Fakes, Feints) plus changes direction – Work with both feet/both directions

8 Minutes

Juggling



Player Juggles the ball only with their feet – Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact

8 Minutes

Weave Dribble



Player Dribbles and weaves through the cones, once past the cones the player will change speed through the gate – Use Right Foot and Then Left foot

8 Minutes

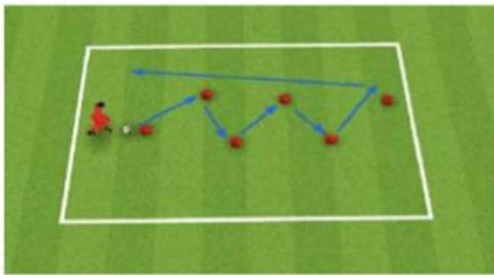
1. Working With The Ball: 45 mins

Activity	Total Time	Rest Time	Tempo
Free – Dribble	5 mins	1 min rest	Start Slow and Progress Speed
Inside – Outside	8 mins	3 min work – 1 min rest and repeat twice	Medium to high
Sole Dribble	8 mins	3 min work – 1 min rest and repeat twice	Medium to high
1v1 Moves	8 mins	2 min work – 30 second rest Repeat three times	High
Juggling	8 mins	8 mins continuous	Low
Weave Dribble	8 mins	3 min work – 1 min rest Repeat twice	Medium to high
Cool Down	5 mins Light stretching	Continuous	Low
Total 45 Minutes Activity + 5 Minute Cool Down			

Equipment Required: 1 Ball, 5 Cones and an open area (indoor or outdoor)

2. Dribbling & Change Of Direction: 25 mins

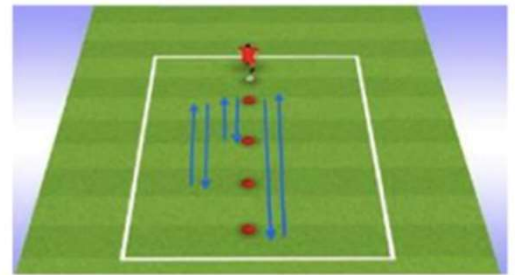
Zig Zag Dribble



Player dribbles in Zig Zag Direction – The player changes direction at each cone and switches feet – Once player has completed the zig-zag, they dribble back to the front

8 Minutes

Ladder Dribble



4 Cones are set up – 5 yards apart between the cones – Once a player dribbles to a cone they change direction and return back to the 1st Cone – After each time they return back to the 1st Cone, the player dribbles to the next cone (1-2, 1-3, 1-4).

8 Minutes

Figure 8



Player dribbles in Figure 8 Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot

8 Minutes

2. Dribbling & Change Of Direction: 25 mins

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 mins	1 min rest	Start Slow and Progress Speed
Zig-Zag Dribble	8 mins	3 min work – 1 min rest and repeat twice	Medium to high
Ladder Dribble	8 mins	1 min work – 1.5 min rest Repeat three times	High
Figure 8 Dribble	8 mins	2 min work – 30 second rest Repeat three times	High
Cool Down	5 mins of light stretching	Continuous	Low
Total	25 Minutes Activity + 10 Minute Cool Down		

Equipment Required: 1 Ball, 6 Cones and an open area (indoor or outdoor)

3. Control Ball Work: 25 mins

Aerial Control



Player Kicks the ball up in the air and must control the ball with their first touch
– Try to keep the exercise continuous by using your feet to restart the repetitions

8 Minutes

Wall Work



Player uses the wall to rebound the ball
– Control with one foot and pass with the other – Then progress to one touch passing in a continuous tempo against the wall

8 Minutes

Juggling



Player Juggles the ball only with their feet or thigh
– Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact – Then try to go Left Foot → Left Thigh → Right Foot → Right Thigh & Repeat

8 Minutes

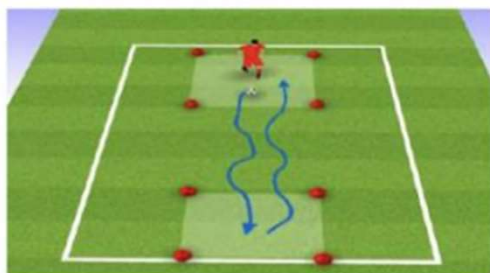
3. Control Ball Work: 25 mins

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 mins	1 min rest	Start Slow and Progress Speed
Aerial Control	8 mins	Continuous	Medium
Wall Work	8 mins	Continuous	Medium
Juggling	8 mins	Continuous	Low
Cool Down	5 mins of light stretching	Continuous	Low
Total	25 Minutes Activity + 10 Minute Cool Down		

Equipment Required: 1 Ball, a wall / rebounder and an open area (indoor or outdoor)

4. Turning With The Ball: 30 mins

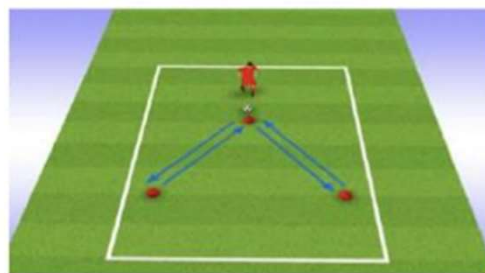
Double Box



Player across to opposite box – Once arriving in the box, Player turns and goes back to opposite box & repeats – Work for 1.5 mins & Rest for 1 Min – Repeat Four Times

10 Minutes

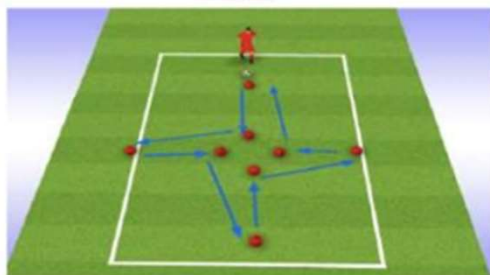
Triangle



Player dribbles to the right side triangle point, once arriving at the cone the player turns and returns to the starting point and then turns and goes to the opposite point of the triangle – Work for 1.5 mins & Rest for 1 min – Repeat Four Times

10 Minutes

Star



Set as per diagram – Player performs turns at every cone within the STAR – Vary turns at each cone – After completing the full circuit, player rest for 1 min & repeat – Aim to get 4 repetitions

10 Minutes

Vary Turns during the exercises:

- Cruyff Turn
- Outside Turn
- Inside Turn
- Sole Turn
- Overstep & Turn
- Drag Back

4. Turning With The Ball: 30 mins

Activity	Total Time	Rest Time	Tempo
Free Dribble – Warm Up	5 mins	1 min rest	Start Slow and Progress Speed
Double Box	10 mins	1.5 min work – 1 min rest Repeat four times	Medium to high
Triangle	8 mins	1.5 min work – 1 min rest Repeat four times	Medium to high
Star	8 mins	1.5 min work – 1 min rest Repeat four times	Medium to high
Cool Down	5 mins	Continuous	Low
Total	35 Minutes Activity + 10 Minute Cool Down		

4. Turning With The Ball: 30 mins

CRUYFF TURN

https://www.youtube.com/watch?v=V9klCWR_nKk

OUTSIDE HOOK TURN

https://www.youtube.com/watch?v=vKl_DphaToo

NUDGE TURN

<https://www.youtube.com/watch?v=hBFKuooKobU>

INSIDE/OUTSIDE TURN

<https://www.youtube.com/watch?v=FDXqbjO59Xg>

DRAG BACK

https://www.youtube.com/watch?v=e_E4ft9FkdU

STEP OVER & TURN

<https://www.youtube.com/watch?v=Z2XcxeCE-1M>

5. Circuits: 30 mins

Planks



Hold for 20 seconds
Rest for 1.5 Mins
Repeat 3 Times

Core Crunches



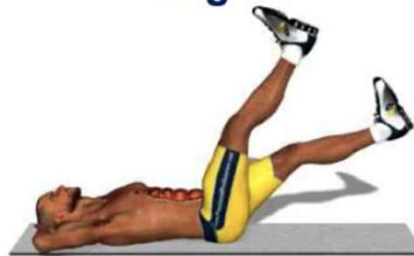
10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Foot to Foot Crunches



20 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Leg Lifts



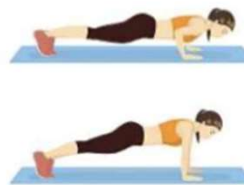
Active for 20 seconds
Rest for 1.5 Mins
Repeat 3 Times

Lunges



10 Lunges per leg
Rest for 1.5 Mins & Repeat
3 Sets

Push Ups



10-30 Repetitions
Rest for 1.5 Mins
Repeat 3 Times

Side Lunges



10 Side Lunges per leg (Do both sides
before resting)
Rest for 1.5 Mins & Repeat
Repeat 3 Times

Squats



10-20 Repetitions
Rest for 2 Mins
Repeat 3 Times