

Soccer Sport Training



You chose Soccer as your primary sport this season.

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at

<https://sonc.net/sports-competitions/power-up/>

September 10, 2020
Training Thursday – Week #1



You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let's warm up!	In your Partner Up Power Up Playbook
2	Let's get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let's stretch it out!	In your Partner Up Power Up Playbook

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/93651079390>

Join us by phone: 1-929-205-6099

Meeting ID: 936 5107 9390

September 24, 2020

Soccer Skills



Go through all 4 exercises once, then do them **one more time.**

1. Toe Touches



- Place ball in front of you.
- Touch the sole of your foot to the top of the ball, then alternate feet
- Make contact with the ball while ensuring it moves as little as possible.
- Do this for **1 minute**, take a **15 second break**, and then **1 more minute**. You can also **count to 30**, take a break, and **count to 30 again**.
- Challenge: Keep your head up, do not look at the ball.

2. Dribbling- Laces



- Point your toe on one foot down toward the ground and make contact with the ball, pushing it forward slightly, across your area (10-15 yards, or across a room)
- Repeat this contact back and forth across your area, keeping the ball close to you
- Practice this technique for **3 minutes** or across your area **15 times**
- Challenge: Alternate feet, keep your head up while dribbling

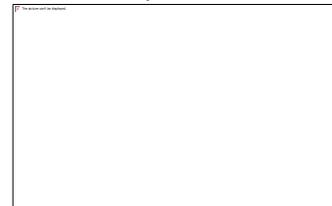
3. Dribbling – Instep



- Same drill, new technique: use the inside of your foot to touch the ball forward while keeping control
- The arch of your foot should be making contact with the ball
- Practice this technique for **3 minutes** or across your area **15 times**
- Challenge: Alternate feet, keep your head up while dribbling

4. Dribbling – Change Direction

- Alternating the two techniques you've just learned, dribble across your area
- Imagine a defender approaching you and make a quick change of direction to avoid this defender
- Use the inside of your foot to chop the ball back to where you came from or... (top picture below)



- Use the sole of your foot to roll the ball backwards (bottom two pictures below)
- Practice these turns for **3 minutes** or **15 times**



Go through all 4 exercises once, then do them **one more time.** Then, it's time to cool down. You will find those stretches in the large playbook.



Go through all 4 exercises once, then do them **one more time.**

We will be using cones during today's drills, but you can use many household items to simulate these (shoes, buckets, plastic cups, etc.)

1. Dribbling – Instep & Laces



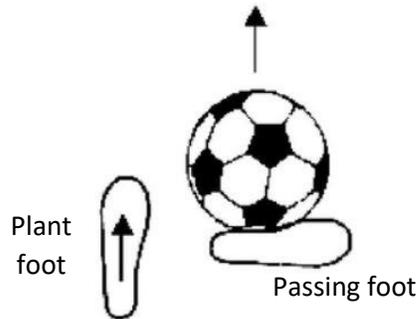
- Use the inside of your foot to touch the ball forward while keeping control
- Next, try dribbling with your laces, still keeping control of the ball moving forward
- Practice these techniques for **3 minutes** or across your area **15 times**
- Challenge: Alternate feet, keep your head up while dribbling

2. Dribbling – Change Direction

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- Imagine a defender approaching you and make a quick change of direction to avoid this defender
- Use the inside of your foot to chop the ball back to where you came from or... (top picture below)
 - Use the sole of your foot to roll the ball backwards (bottom two pictures below)
 - Practice these turns for **3 minutes** or **15 times**



3. Passing Technique



- Place your plant foot about 4 inches from the side of the ball, with your toe pointed at your target
- With your passing foot, swing through an imaginary ball with your instep (the arch of your foot)
- Make sure your foot is parallel to the ground with your ankle locked
- Do this for **1 minute**

4. Passing- Accuracy

- Add in the ball and set a target about 5 big steps away against a wall
- Make sure your plant foot is pointing at the target and aim



- Hit the ball toward your target lightly, focusing only on accuracy
- Practice this technique for **3 minutes** or **15 passes**
- Challenge: Try using your weaker foot

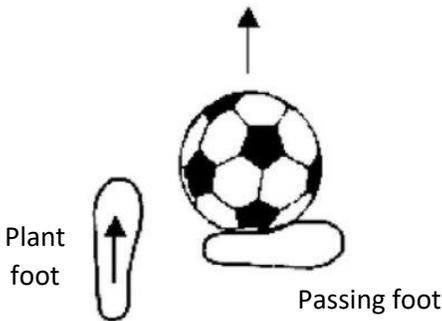
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- Hit the ball toward your target lightly, focusing only on accuracy
- Practice this technique for **3 minutes or 15 passes**
- Challenge: Try using your weaker foot

3. Passing – Add in some extra power

- Make a target with a cone or shoe. Take 10 big steps back.
- Follow the steps from exercise #2. You'll have to put more power behind the ball, but make sure your technique is consistent
- Practice this technique for **3 minutes or 15 passes**
- Challenge: Try using your weaker foot or try hitting a harder pass



4. Passing Technique Game

- From your distance in drill 3, set up two sets of two cones a few feet apart (see image)
- **Try 10 passes** from the same spot toward your left goal, can you make 5? **Try 10 passes** toward the right goal
- Challenge: If you make more than 7 with your strong foot, put your weaker foot to the test



Go through all **4** exercises once, then do them **one more time.** Then, it's time to cool down. You will find those stretches in the large playbook.



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You made it through the first three weeks of the sport training program.

You will receive the training program for the next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share them with your coach or partner.

Write your sport activity in under "other activity".