



Soccer Sport Training

A special thanks to
Soccer Sport Development Team
For content contributions!

You chose Soccer as your primary sport this season.
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/>



Follow along in your Weeks 6 – 10 playbook and this sport training packet for the rest of the season!

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
10	November 12	Page 39	Page 39	This packet	Page 39

Thursday Live Sessions

Join us online:

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

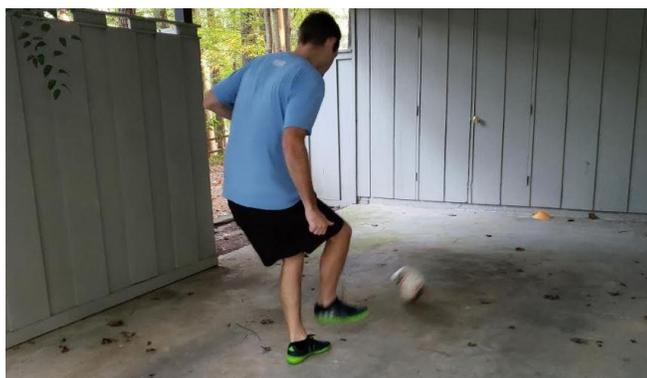
Join us by phone: 1-929-205-6099

Meeting ID: 936 5107 9390



1. Passing- Accuracy

- Grab a 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 **6 minutes or 2 songs**
- Challenge: Try using your weaker foot



2. Passing – Add in some extra power

- Move back another 5 big steps from your target
- You'll have to put more power behind the ball, but make sure your technique is consistent
- Practice this technique for **6 minutes or 2 songs**
- Challenge: Try using your weaker foot or try hitting a harder pass



3. Shooting Technique

- Approach ball slightly from the side
- Place non-kicking foot at the side of the ball, pointing toward your target
- Lock your ankle and keep your toe down and strike UP TO the ball with your laces
- In this drill, complete the techniques in the **first two** photos to the right (we will add in photo 3 in the next activity)
- Do this for **1 minute**



4. Shooting- Accuracy

- In this drill, you'll actually strike the ball and follow through (**photo 3 to the right**)
- Make sure your knee stays high and you follow straight through the direction of your shot
- Set up a cone 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 with your laces, focusing only on accuracy
- Practice this technique for **3 minutes or 1 song**
- Challenge: Try using your weaker foot



Now, it's time for cool-down! Go back to your large playbook for those stretches!

1. Shooting Technique

- Approach ball slightly from the side
- Place non-kicking foot at the side of the ball, pointing toward your target

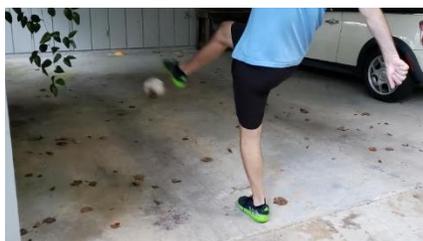
- Lock your ankle and keep your toe down and strike UP TO the ball with your laces



- In this drill, complete the techniques in the **first two** photos to the right (we will add in photo 3 in the next activity)



- Do this for **1 minute**



2. Shooting-Accuracy

- In this drill, you'll actually strike the ball and follow through (**photo 3 to the right**)
- Make sure your knee stays high and you follow straight through the direction of your shot
- Set up a cone 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 with your laces, focusing only on accuracy
- Practice this technique for **3 minutes or 1 song**
- Challenge: Try using your weaker foot

3. Shooting – Moving Ball



- During the game, the ball won't always be stationary!
- Have a friend roll the ball towards you or roll the ball out in front of you (like in the picture above)
- While the ball is still moving, strike with the proper shooting technique
- Practice this technique for **3 minutes or 1 song**

4. Shooting Technique Game

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



Now, it's time for cool-down! Go back to your large playbook for those stretches!

1. Shooting – Moving Ball



- During a game, the ball won't always be stationary!
- Have a friend roll the ball towards you or roll the ball out in front of you (like in the picture above)
- While the ball is still moving, strike with the proper shooting technique
- Practice this technique for **3 minutes or 1 song**

2. Shooting Technique Game

- From your distance in drill 3, set up two sets of two cones a few feet apart (see image below) against an indoor or outdoor wall



- **Try 10 shots** from the same spot toward your left goal, can you make 5? **Try 10 shots** toward the right goal
- Challenge: If you make more than 7 with your strong foot, put your weaker foot to the test.

3. Defensive Stance

- We've focused a lot on what you do when you have the ball, but what about when the other team has it?
- Defending involves (1) slowing down your opponent and (2) taking the ball away. We are going to focus on the first part today.
- To "jockey," you want to position yourself between the opponent with the ball and the goal. Stay on your toes with your feet about shoulder-width apart. One foot should be well in front of the other (see picture)
- The goal is to keep the ball in front of you, so if you have your right foot forward, you'll encourage your opponent to dribble to your left (and vice-versa)
- Practice this stance for **1 minute, alternating which foot is forward.**



4. Jockeying on the Move

- During a game, you'll have to put this stance into motion. Attackers with the ball will change direction, and you will have to adjust.
- Get into your defensive stance.
- Imagine the attacker dribbling towards you, and have a coach or friend call out "left" or "right" (or call them out to yourself.)
- If your imaginary attacker is to the left, have your right foot forward. If the attacker changes to the right, swap the position of your feet.
- You should be moving backwards across your space as the attacker dribbles at you. During a game, your presence will be slowing down the attacker's progress.
- Practice changing your stance and jockeying your opponent for **2 songs**

Now, it's time for cool-down! Go back to your large playbook for those stretches!

November 5, 2020

Soccer Skills



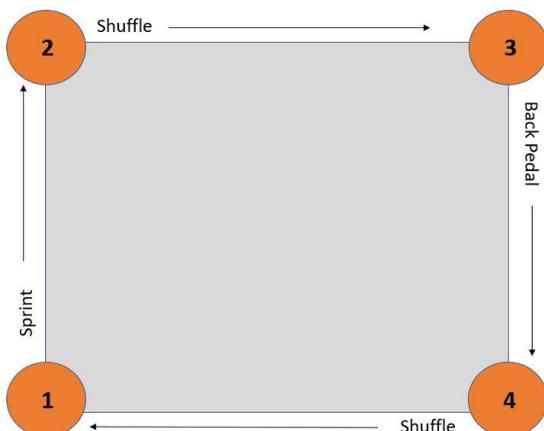
1. Defensive Stance - Jockeying

- Get into your defensive stance (see Soccer Drill 3 from October 29)
- Imagine the attacker dribbling towards you, and have a coach or friend call out “left” or “right” (or call them out to yourself.)
- If your imaginary attacker is to the left, have your right foot forward. If the attacker changes to the right, swap the position of your feet.
- You should be moving backwards across your space as the attacker dribbles at you. During a game, your presence will be slowing down the attacker’s progress.
- Practice changing your stance and jockeying your opponent for **6 minutes or 2 songs**



2. Jockeying – Box Agility

- Set up 4 cones/objects in a square with 10 ft in between each object.
- Start at cone # 1 and sprint forward to cone # 2.
- Shuffle right in a jockeying position to cone # 3. Be careful to not cross your feet.
- Back pedal to cone # 4.
- Shuffle left to cone # 1 to finish.
- Complete this drill **5 times**, with a short break in between each.



3. Skill Move – V-Pull

- There is more to learn about defending (like tackling), but it’s tough to do solo. So let’s learn some tricks to beat your opponent when you have the ball!
- First, the V-pull: With the ball in front of you and to your left or right a couple of feet, put the sole of your foot on the ball (step 1) and drag it back towards your standing foot (step 2)
- When the ball rolls back under you, quickly push it out a different direction (step 3)
- Practice this skill for **6 minutes or 2 songs**, alternating feet and angles



4. Skill Move – Rollover

- To do the rollover, dribble straight ahead, with your instep or laces
- With your right foot (step 1), roll the ball across your body (step 2), towards your left foot, keeping it under control



- When the ball reaches your left foot, push it forward and continue dribbling in the same direction (step 3)
- Practice this skill for **6 minutes or 2 songs**, alternating feet and speeds

Now, it’s time for cool-down! Go back to your large playbook for those stretches!

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 **2 minutes**, take a **30 second break**, and then **2 more minutes**.
- Challenge: Keep your head up, do not look at the ball.

2. Dribbling – Change Direction

- Alternating dribbling with laces and your instep, dribble back and forth across your space
- 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 2 songs**



3. Skill Move – V-Pull

- There is more to learn about defending (like tackling), but it's tough to do solo. So let's learn some tricks to beat your opponent when you have the ball!
- First, the V-pull: With the ball in front of you and to your left or right a couple of feet, put the sole of your foot on the ball (step 1) and drag it back towards your standing foot (step 2)
- When the ball rolls back under you, quickly push it out a different direction (step 3)
- Practice this skill for **6 minutes or 2 songs**, alternating feet and angles.



4. Skill Move – Rollover

- To do the rollover, dribble straight ahead, with your instep or laces
- With your right foot (step 1), roll the ball across your body (step 2), towards your left foot, keeping it under control



- When the ball reaches your left foot, push it forward and continue dribbling in the same direction (step 3)
- Practice this skill for **6 minutes or 2 songs**, alternating feet and speeds

Now, it's time for cool-down! Go back to your large playbook for those stretches!