



# Langley United SA

At Home Training Program

U11 - U14

WEEK 4

# Overview

This at-home training program is to support the development of all Langley United players from U11 to U14 technically, tactically and physically. The program will be suitable for all stages of development between the U11 to U14 age brackets and encourage players to continue working toward their soccer-specific goals and enjoyment of the game.

The program is built in 1-week blocks to cover many of the practices that are relative to the LUSA programming and are altered and adjusted to fit the environment and resources at home.



# General information

This document will show you the Individual Training Program for every player of Langley United born between 2010 and 2006.

This program is divided into the following topics:

- ▶ Technical (Dribbling & Skills)
- ▶ Agility
- ▶ Strength



# Warm up

Every session will start with the exact same warm up as shown below:

1) 60 rep. (30 each)



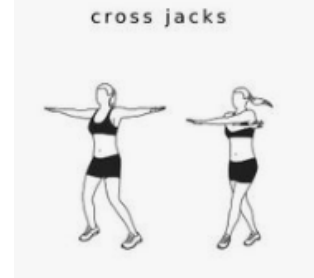
2) 20 rep.



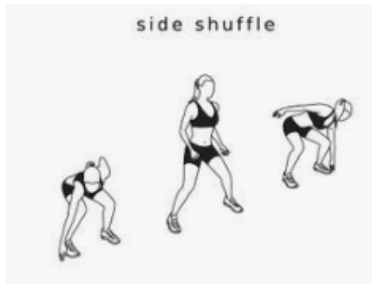
3) 30 rep. (15 each)



4) 20 rep.



5) 30 rep. (15 each).



6) 30 rep. (15 each).



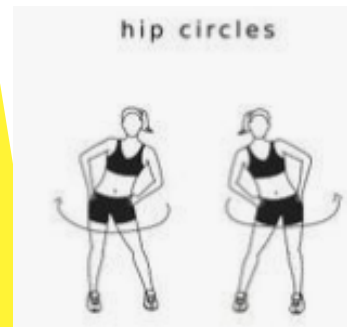
7) 20 rep.



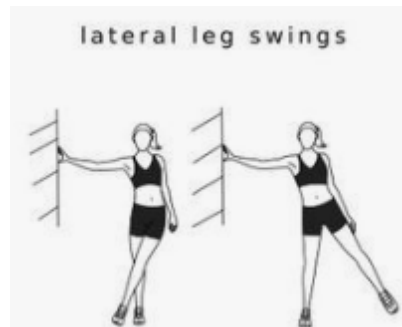
8) 20 rep. (10 each)



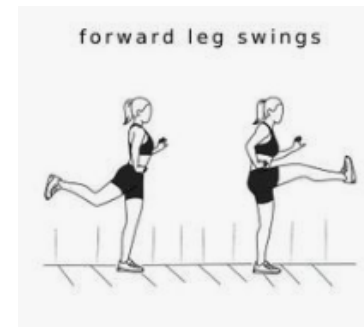
9) 20 rep. (10 each)



10) 20 rep. (10 each)



11) 20 rep. (10 each)



# Dribbling & Skills training



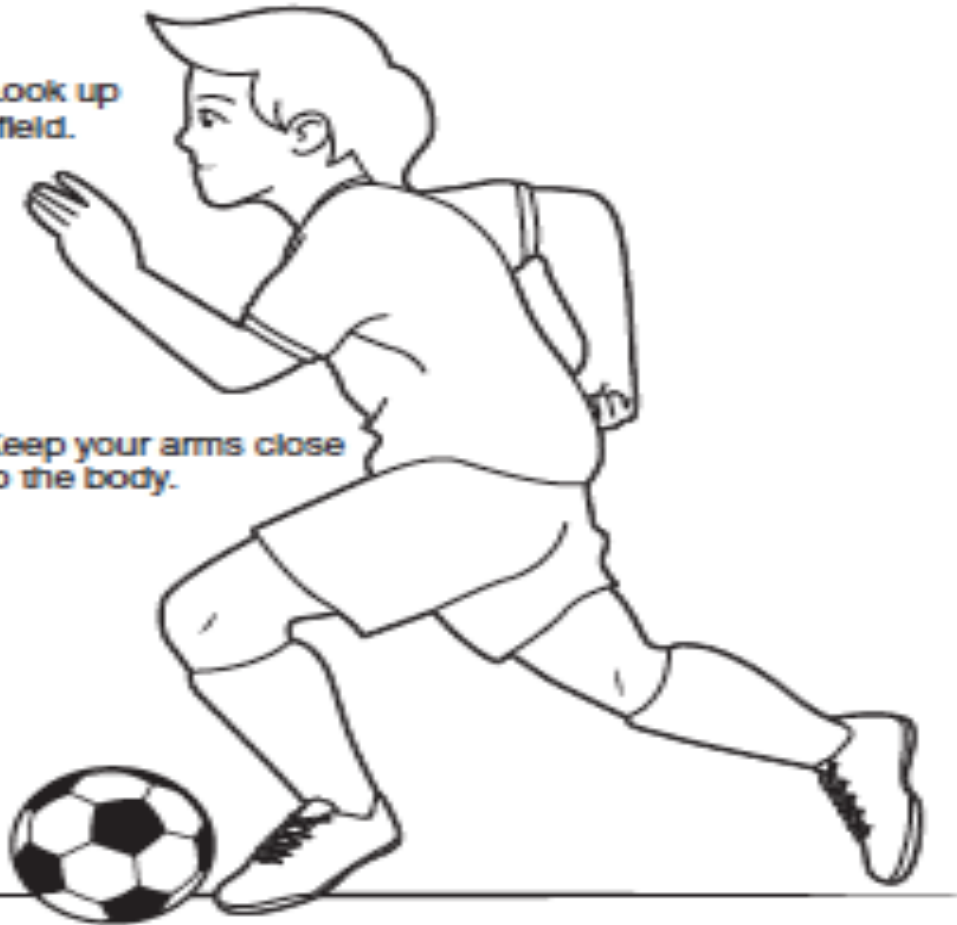
# Dribbling

“Dribbling” means using your feet to move the ball in a controlled way.

Watch the ball. Look up often to see the field.

Keep your arms close to the body.

Keep the ball as close as possible.



Source: [www.canadasoccer.com](http://www.canadasoccer.com)

Langley United Soccer Association 2020

# Day 1 - Technical (1 slide) #1

Start with the warm up.

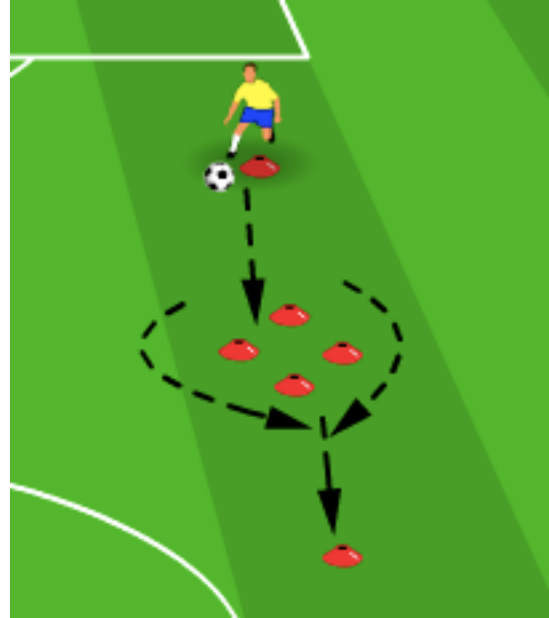
After the warm up follow the exercises as shown below.  
Repeat this cycle 3 times with 2 minutes rest in between.

1) Dribble to the 4 cones in the middle and practice the following moves:

- Side step
- Scissor
- Maradona
- Cruyff turn

Watch this video for the different touches:

<https://youtu.be/p56aoxrUxOw>



## Day 1 - Technical (1 slide) #2

2) Move forward (zig zag) through the cones. By every cone you will do the same skill (move). Repeat the following skills:

- Scissor
- Pull behind the standing foot
- Soll pull back outside foot
- Roll behind the standing leg
- The chop
- Juggle

Watch this video for the different touches:

<https://youtu.be/1tAMZRjil7M>





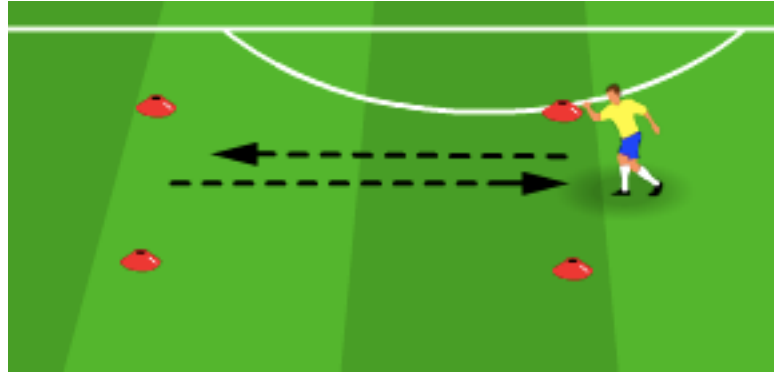
## Day 2 - Agility (1 slide)

Start with the warm up.

After the warm up make a square where the cones are 5 yards away from each other and sprint 5 times (back and forward) at your maximum speed.

Make sure you accelerate as quick as you can after your turn.

Repeat this 10 times (1-minute rest in between).



## Day 3 - Strength (1 SLIDE)

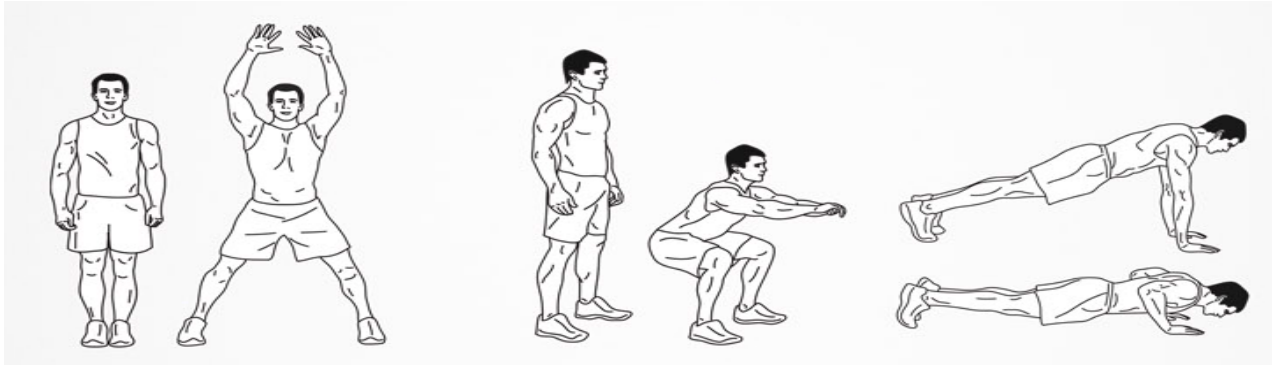
Start with the warm up.

After the warm up follow the exercises as shown below (1 minute rest between every exercise). Repeat this cycle 3 times with 3 minutes rest in between.

1) Jumping Jacks: 20 rep.

2) Squats: 10 rep.

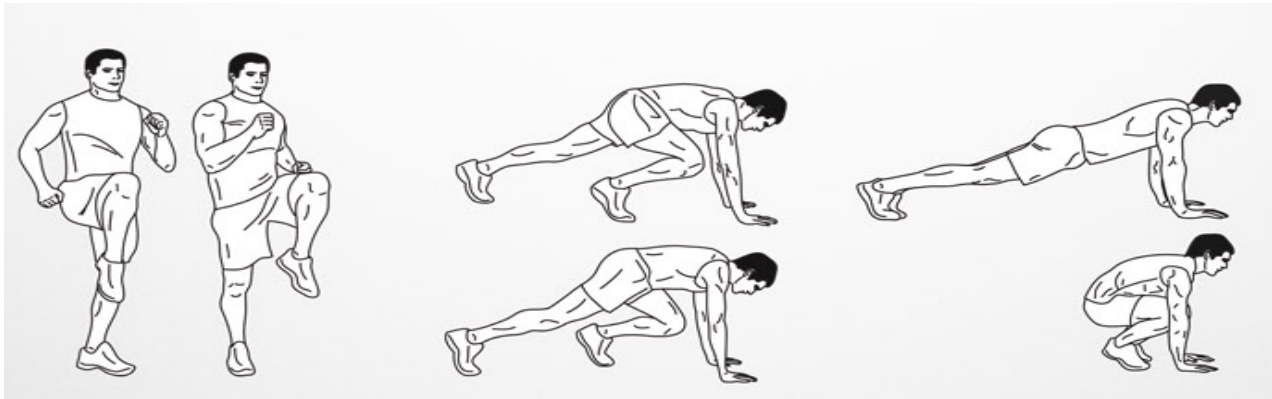
3) Push ups: 7 rep.



4) High knees 50 rep.

5) Climbers 20 rep.

6) Plank jump-ins 10 rep.



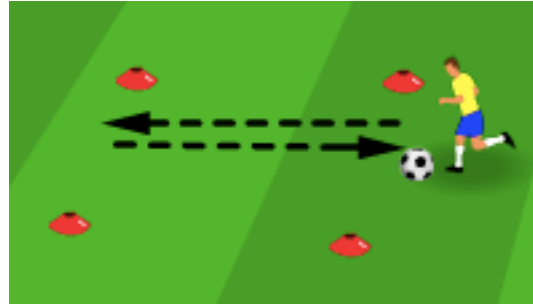
# Day 4 - Technical (2 slides) Slide # 1

Start with the warm up.

After the warm up follow the exercises as shown below (1 minute rest between every exercise). Repeat this cycle 3 times with 2 minutes rest in between.

1) Dribble 4 times forward AND back at a high pace and change direction between the cones with the following moves:

- L-turn (4 times)
- 30 seconds rest
- V-turn (4 times)
- 30 seconds rest
- Roll stepover turn (4 times)
- 30 second rest
- Roll chop turn (4 times)



Watch this video for the different moves:

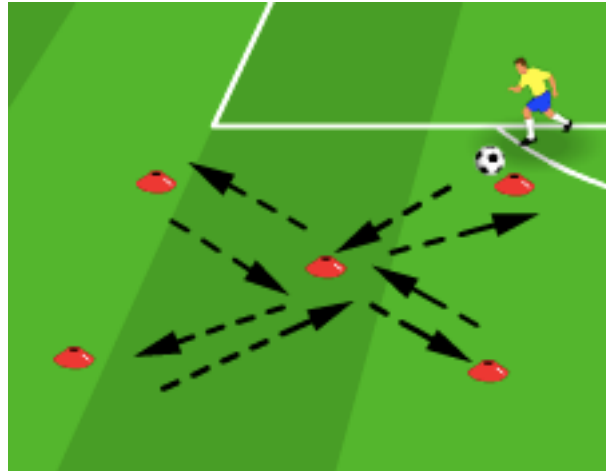
<https://youtu.be/0k6qLo2XpLU>



## Day 4 - Technical (2 slides) Slide # 2

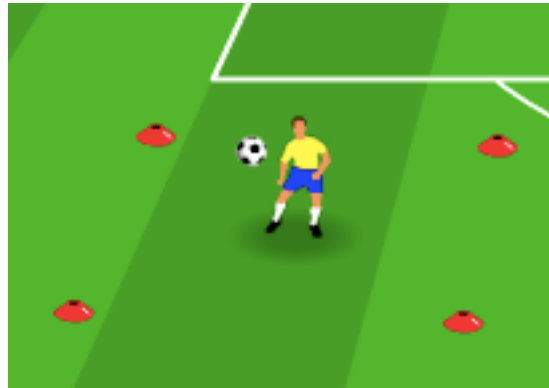
2) Dribble through the middle and cut the ball to the corner of the square. Go around the whole square and every time in the middle you cut the ball changing direction with the following touches:

- Use only your right foot
- Use only your left foot
- Use only the inside part of your feet (both feet)
- Use only the outside part of your feet (both feet)



3) Remove the cone in the middle and start juggling by using only the following parts of the body:

- Both feet only (5 min.)
- Both thighs only (5 min.)
- Head only (5 min.)



Watch this video (starting at 01:05) for an example of this exercise:

<https://youtu.be/QdTqf6HivbM>



# Day 5 - Technical (2 slides) Slide # 1

Start with the warm up.

After the warm up follow the exercises as shown below  
Repeat this cycle 3 times with 2 minutes rest in between.

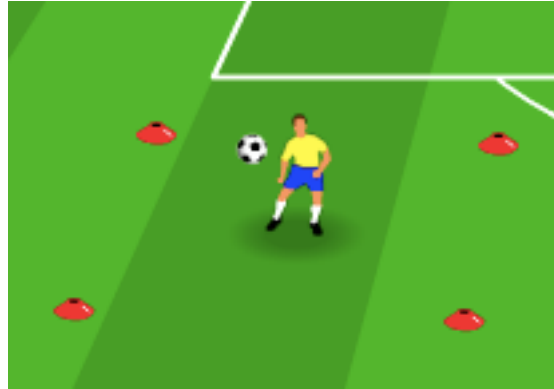
1) In a square, juggle with the ball and kick the ball in the air and controlling the ball with the following parts of your body:

- Laces (10 times)
- Inside foot (10 times)
- Thigh (10 times)

After this, juggle with the ball and kick the ball in the air and controlling the ball without the ball touching the ground and keep juggling.

Control the ball out of the air with the following parts of the body:

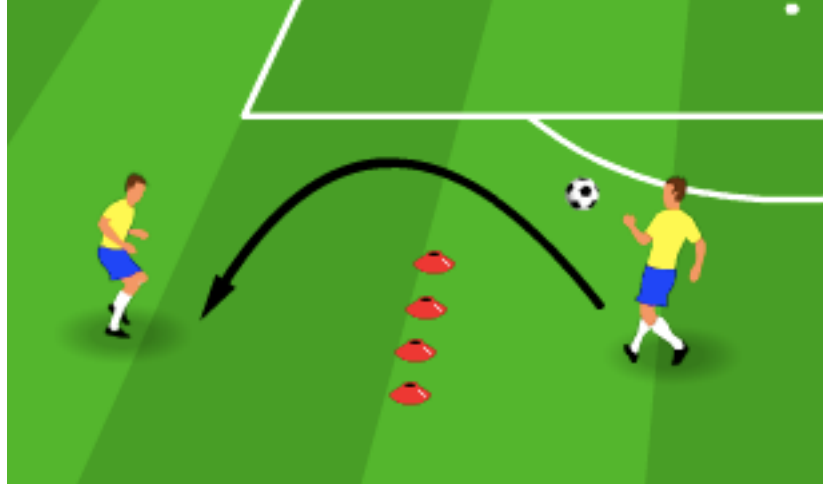
- Laced (5 times)
- Inside foot (5 times)
- Thigh (5 times)
- Chest (5 times)
- Head (5 times)



## Day 5 - Technical (2 slides) #2

2) You and a family member are playing soccer tennis. Rotate the following rules:

- 3 touches maximum (5 min.)
- 2 touches maximum (5 min.)
- 1 touch only (5 min.)



Check below the video (starting at 00:50):  
<https://youtu.be/lealKZZQ3eU>



## Day 6 & 7 - Rest Day

Video suggestions:

Amazing dribbling compilation:

<https://youtu.be/ea4V2ILHzqM>



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