



Essentia Health



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East Select Soccer at Home Technical Workouts

The East Select Soccer Technical Workouts are designed to start on Tuesday, March 24th. Surface and space will continue to be a challenge until the snow melts and thus will make the tasks more difficult. It will be more difficult to do these tasks in a garage or in an alley but will make it easier for you when we are on grass/turf in the future.

WARMING UP IS PART OF THE GAME

Warming up before each soccer drill is a very important part of soccer. Warm up drills should be used by players to minimize risk of injury, and avoid those awful sideline times that come with soccer related injuries. Warm up drills, before a soccer game or training session, will greatly reduce the players potential for injury.

Take 10 - 15 minutes of time to prepare the body for the stress that it will endure during the session. Warming up will bring the players heart rate up, and prepare the muscle fibers for more stressful situations on the field.

Every practice should start with a light jog, followed by dynamic stretching from head to ankles.



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TECHNICAL WORKOUTS

Footwork Phase 1

**See video [HERE](#)

(Set up a 3-yard box with 4 cones, complete 200 ball touches)

1. Juggle a tennis ball
2. Juggle a size 5 soccer ball
3. Toe Taps, Pull Back – 10 toe touches then pull back 5 times very quickly
4. Sticky Tape – Roll sole of foot over the top from big toe to little toe and back, switch every 25 touches
5. Pull Back, Push – Pull back with sole and push with laces, switch every 25 touches
6. Pull Back, Push Behind
7. Step Over Touch– Work from opposite corner to opposite corner, step over with outside touch
8. Rolls – Work form opposite corner to opposite corner
9. Snakes – inside, outside, outside, inside
10. Sekanes - outside flick/scoop with inside
11. Cruff – Fake a shot then drag behind
12. Brazilian Toe Taps - Toe Tap with Right, Left, reach with Right behind the Left

Dribbling Progression

Set 8 cones in a line 1.5 yards apart (go up to and back using the following ball work steps), do each activity 5 times each.

1. Slalom through cones with right foot only
2. Slalom through cones with left foot only
3. Inside of both feet cutting
4. Outside of both feet cutting
5. Dribble Cut – cut with right, touch with outside of left, cut with left, touch outside of right
6. Pulls with both feet



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Footwork Phase 2

**See video [HERE](#)

(Set up a 3-yard box with 4 cones, complete 200 ball touches)

(Set up a 2 cones 2-yard apart)

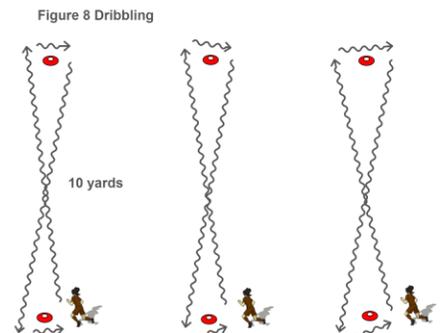
1. Juggle a tennis ball
2. Juggle a size 5 soccer ball
3. Fluid Bells
4. Fake Cruyff
5. Stop - Go - Go
6. Stop - Go - Ronaldo
7. Rabanha
8. The Best
9. Roll and Go
10. Brazilian Toe Taps

Wall work

1. one touch passing (each foot)
2. two touch passing same foot (each foot)
3. two touch passing receive 1 pass other (each foot)
4. two touch passing receive outside play inside same foot (each foot)

Figure 8 Dribbling

place two cones 10 yards apart. Start behind one cone and proceed to dribble the ball in a figure 8 around two cones. Each player completes three one-minute cycles. Each cycle is completed with a different restriction: inside of the foot only, outside of the foot only, and with both inside and outside of the foot. Count the number of times you complete a revolution. (One revolution is going out 10 yard and back to start point). Competing all three cycles of dribbling is one set.





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Juggling Progression

1. Juggle with feet only with one bounce between strikes – hit ball with instep above your head with no spin and alternate feet with every strike. – 1 min.
2. Juggle with feet only – 1 min.
3. Juggle with feet to thigh to chest – 1 min.
4. Juggle with feet to thigh to chest to head – 1 min.
5. Juggle with instep only alternating feet striking low balls just above waist high – 20 reps
6. Juggle with instep only alternating feet striking high balls above shoulder / head – 20 reps
7. Juggle with instep to strike a low ball, then high ball – 15 reps of combination
8. Juggle with instep to play a high ball then thigh then high ball then thigh – 15 reps of combination
9. Juggle with instep knee to waist high while walking 20 yards out and back – 5 reps
10. Juggle 5 to 6 touches then play a high ball in the air, receive with the inside of the right, turn left and explode away for 5 yards. – 1 min
11. Juggle 5 to 6 touches then play a high ball in the air, receive with the inside of the left, turn right and explode away for 5 yards. – 1 min
12. Juggle 5 to 6 touches then play a high ball in the air, receive with the outside of the right, turn right and explode away for 5 yds – 1 min
13. Juggle 5 to 6 touches then play a high ball in the air,, receive with the outside of the left, turn left and explode away for 5 yards. – 1 min
14. Juggle 5 juggles and start again using a new lift every time (hey create your own) – 1 min
15. Free Juggle with tricks and creativity – 1 min

Shooting / Passing Progression

(find a wall or racquetball court)

1. (1 minutes) – 5 yards from wall and one touch using both feet
2. (1 minutes) – 10 yards from wall and one touch using both feet
3. (2 minutes) – 15 yards from wall and two touch using both feet (use different surfaces)
4. (1 minutes) – 15 yards from wall and two touch using both feet (check away and receive)
5. (2 minutes) - Get 7 yards from the wall and shoot the ball first time at the wall, making sure the toe is pointed downward, knee is over the ball, striking ball with laces and threw center of ball and the power is created by a quick snapping motion. Use both feet.
6. (3 minutes) – Get 20 yards from wall and shoot ball with power first time. Strike ball as hard as you can regardless of the bounce, height, speed and direction so the ball comes back to you. Pick a spot low on the wall and shoot for it every time. Use both feet.
7. (3 minutes) - Get 20 yards from wall and shoot ball with power. When the ball comes off the wall, trap cleanly and take another shot at the wall. Work on developing a nice clean quick trap and hard shot. Use both feet.
8. (10 minutes) – Get 20 – 25 yards from goal and dribble from wide possession parallel to goal and hit shot to back post. Work both sides of the field.



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Beast Mode 3

** see video [HERE](#)

1. (3 minutes) - Free Dribble, change directions each time you “hit a wall”
2. (4 minutes) - juggle a tennis ball
3. (4 minutes) - juggle a size 5 ball
4. 100 touches - bell bell roll shift
5. 100 touches - R9 reverse L turn
6. 100 touches - smiley face
7. 100 touches - R9X pulls
8. 100 touches - L turn touch
9. 100 touches - chop chop touch
10. 100 touches - sole tri pulls
11. 100 touches - outside inside step over bell
12. 100 touches - bell bell outside touch rip back
13. 100 touches - bell bell outside touch fake shot rip back

Beast Mode 4

** see video [HERE](#)

(200 touches each move)

1. juggle touch
2. triangles (each foot)
3. bell bell push
4. speed taps
5. inside chop outside push
6. bell bell outside touch
7. fluid inside to outside roll
8. fluid L turn
9. servandos

Wall work

5. one touch passing (each foot)
6. two touch passing same foot (each foot)
7. two touch passing receive 1 pass other (each foot)
8. two touch passing receive outside play inside same foot (each foot)