



June 2 - June 8, U13 - U18 - STC

PEP Program: recommend researching PEP program and landing exercises to prepare to play

JUGGLING

“Juggling over an object (chair-garbage can)

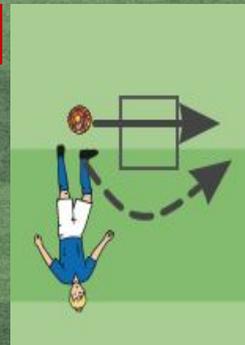
Desired outcome: improve your ability to focus, discipline to restart and conduct this routine at a minimum of two times, agility, balance and coordination by juggle over an object

Goal: keep the ball up by playing the ball over an object

- 2 minutes
- Challenge yourself to start with one bounce and then no bounce

Needed: soccer ball and a chair or other narrow obstacle

Process: do this activity outside, juggle on one side of the chair/obstacle and play the ball in the air over the chair/obstacle, move your body to the other side and repeat. Can you play the ball high enough to move and start juggling on the other side without a bounce.



DRIBBLING

Running with the ball: 6 minutes (minimum of 2 times this week) / this is week 4. The total time has increased to 6 minutes and the exercise intervals have increased to 30 seconds.

Desired outcome: improve your ability to run with the ball in open spaces using the outside of your feet.

Avoid sharp changes in direction

Directions:

- Find an open safe area
- Use a stopwatch and set for 30 second increments
- Use the outside of both feet - alternate feet each time you touch the ball
- Light Jog with the ball for 30 seconds, Jog with the soccer ball for 30 seconds at a speed you can hold a conversation, run at a speed that you are not able to hold a conversation for 30 seconds



Send a weekly email notifying Coaches Caleb and James that you completed this routine a minimum of two times. Include a parent or legal guardian when corresponding with the coaches electronically. Complete all May works for a prize. **Email:** cgallanger1@gmail.com & technicaldirector@blackhillsfc.org