



MAY 18 - 25, U13 - U18 - STC

JUGGLING

“Figure 8” juggling: 3 minutes (minimum of 2 times this week) this is an increase of 1 minute from week 1

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 through a course

Goal: keep the ball up through the “figure 8” without letting the ball hit the ground (no hands)

- When the ball hits the floor - restart a new “figure 8”
- Feet only 1 minute
- Right foot only 1 minute
- Left foot only 1 minute



DRIBBLING

Running with the ball: 5 minutes (minimum of 2 times this week) / if you followed this activity for week 1 now add 60 seconds to the workout - 10% increments each week so that by June 22 you will be at 10 minutes

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 20 second increments
- Use the outside of both feet - alternate feet each time you touch the ball
- Light Jog with the ball for 20 seconds, Jog with the soccer ball for 20 seconds, run at a speed that you are not able to hold a conversation for 20 seconds, repeat x 5



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