



UTAH

WARM-UP: PERFORM EVERY DAY BEFORE ACTIVITIES

JOINT MOBILITY AND ACTIVATION 15 REPS	NECK	SHOULDERS	ARMS	WAIST	HIPS	KNEES	ANKLES
CARDIO ACTIVATION (GET YOUR HEART RATE UP) 15 SECONDS	HIGH KNEES	BUTT KICKERS		SQUAT JUMPS		SPRINT IN PLACE (REMEMBER TO USE YOUR ARMS)	
DYNAMIC STRECHING 15 SECONDS	LUNGES	ARM CIRCLES SMALL/LARGE; FORWARD/BACK WARDS	TOY SOLDIERS STRAIGHT LEG KICK (FRONT) AND TOUCH TOE	OIL RIGS STRAIGHT LEG KICK (BACK) AND TOUCH GROUND	OPEN/CLOSE THE GATE (HIPS)		



WEEK 1		8U/9U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 1 AND 2 ABILITY 1	15	3	10 SECONDS
TUESDAY	SKILLS 3 AND 4 ABILITY 2	15	3	10 SECONDS
WEDNESDAY	SKILLS 5 AND 6 ABILITY 3	15	3	10 SECONDS
THURSDAY	SKILLS 7 AND 8 ABILITY 4	15	3	10 SECONDS
FRIDAY	SKILLS 9 AND 10 ABILITY 5	15	3	10 SECONDS
SATURDAY	SKILLS 1 AND 2 ABILITY 6	15	3	10 SECONDS



WEEK 2		8U/9U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 3 AND 4 ABILITY 1	15	3	10 SECONDS
TUESDAY	SKILLS 5 AND 6 ABILITY 2	15	3	10 SECONDS
WEDNESDAY	SKILLS 7 AND 8 ABILITY 3	15	3	10 SECONDS
THURSDAY	SKILLS 9 AND 10 ABILITY 4	15	3	10 SECONDS
FRIDAY	SKILLS 1 AND 2 ABILITY 5	15	3	10 SECONDS
SATURDAY	SKILLS 3 AND 4 ABILITY 6	15	3	10 SECONDS



WEEK 1		10U/13U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 1 AND 2 ABILITY 1	15	4	10 SECONDS
TUESDAY	SKILLS 3 AND 4 ABILITY 2	15	4	10 SECONDS
WEDNESDAY	SKILLS 5 AND 6 ABILITY 3	15	4	10 SECONDS
THURSDAY	SKILLS 7 AND 8 ABILITY 4	15	4	10 SECONDS
FRIDAY	SKILLS 9 AND 10 ABILITY 5	15	4	10 SECONDS
SATURDAY	SKILLS 11 AND 12 ABILITY 6	15	4	10 SECONDS



WEEK 2		10U/13U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 13 AND 14 ABILITY 1	15	4	10 SECONDS
TUESDAY	SKILLS 15 AND 1 ABILITY 2	15	4	10 SECONDS
WEDNESDAY	SKILLS 2 AND 3 ABILITY 3	15	4	10 SECONDS
THURSDAY	SKILLS 4 AND 5 ABILITY 4	15	4	10 SECONDS
FRIDAY	SKILLS 6 AND 7 ABILITY 5	15	4	10 SECONDS
SATURDAY	SKILLS 8 AND 9 ABILITY 6	15	4	10 SECONDS



WEEK 1		13U/16U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 1 AND 2 ABILITY 1 CORE/ABDOMINALS	20	4	10 SECONDS
TUESDAY	SKILLS 3 AND 4 ABILITY 2 CORE/ABDOMINALS	20	4	10 SECONDS
WEDNESDAY	SKILLS 5 AND 6 ABILITY 3 CORE/ABDOMINALS	20	4	10 SECONDS
THURSDAY	SKILLS 7 AND 8 ABILITY 4 CORE/ABDOMINALS	20	4	10 SECONDS
FRIDAY	SKILLS 9 AND 10 ABILITY 5 CORE/ABDOMINALS	20	4	10 SECONDS
SATURDAY	SKILLS 11 AND 12 ABILITY 6 CORE/ABDOMINALS	20	4	10 SECONDS



WEEK 2		13U/16U PLAYERS		
DAY	EXERCISE	REPS	SETS	REST
MONDAY	SKILLS 13 AND 14 ABILITY 1 CORE/ABDOMINALS	20	4	10 SECONDS
TUESDAY	SKILLS 15 AND 1 ABILITY 2 CORE/ABDOMINALS	20	4	10 SECONDS
WEDNESDAY	SKILLS 2 AND 3 ABILITY 3 CORE/ABDOMINALS	20	4	10 SECONDS
THURSDAY	SKILLS 4 AND 5 ABILITY 4 CORE/ABDOMINALS	20	4	10 SECONDS
FRIDAY	SKILLS 6 AND 7 ABILITY 5 CORE/ABDOMINALS	20	4	10 SECONDS
SATURDAY	SKILLS 8 AND 9 ABILITY 6 CORE/ABDOMINALS	20	4	10 SECONDS



COOL DOWN: PERFORM EVERY DAY AFTER ACTIVITIES

JOINT MOBILITY AND ACTIVATION 15 REPS	NECK	SHOULDERS	ARMS	WAIST	HIPS	KNEES	ANKLES
CARDIO ACTIVATION (GET YOUR HEART RATE UP) 15 SECONDS	HIGH KNEES	BUTT KICKERS		SQUAT JUMPS		SPRINT IN PLACE (REMEMBER TO USE YOUR ARMS)	
STATIC STRECHING 15 SECONDS	NECK	ARM CIRCLES SMALL/LARGE; FORWARD/BACK WARDS		TOE TOUCHES WITH FEET TOGETHER	TOE TOUCHES WITH LEGS APART	QUAD STRETCH: BRING HEEL TO BUTT	



SKILLS

SKILL	EXPLANATION
1. SOLE/TOE TAPS	Using the toes or ball of the foot, lightly touch the top of the ball. <i>COACHING POINT: Try to touch the ball, but not have it move.</i>
2. BELL TOUCHES/CHOP TOUCHES	Using the inside of your feet, quickly push the ball back and forth between both feet.
3. SOLE ROLLS	Using the sole (or bottom) of your foot roll the ball to your other foot, back and forth between feet.
4. PULL/PUSH	With the ball in front of you, use the bottom of your foot to pull the ball back to you, then immediately push the ball back in front of you using the top (instep) of your foot.
5. ELASTIC TOUCH OR OUTSIDE/INSIDE/"ELASTICO"	Using the small toe on the outside of your foot, push the ball out and to the side. Now roll your foot over the ball and, using the big toe on the inside of your foot, push or chop the ball to your other foot.
6. INVERSE ELASTIC TOUCH OR INSIDE/OUTSIDE	Starting with your big toe or inside of your foot, touch the ball as if you are going to dribble in one direction. Now, immediately roll your foot over the ball and push it away using your small toe or outside of your foot.
7. "V" TURN	Starting with the ball in front of you and towards your right side, use your left foot to pull the ball back towards your left shoulder. Now using the same foot you used to pull the ball back, push the ball out (forward and to the side). Repeat with the other foot. <i>COACHING POINT: The ball should move across the body in the shape of the letter "V".</i>
8. LETTER "V" TOUCH	Starting with the ball in front of you and towards your right side, use your right foot to pull the ball back towards your opposite foot. Use the inside of the same foot to push the ball in out and towards the side. <i>COACHING POINT: The ball should move across the body in the shape of the letter "V".</i>



SKILLS

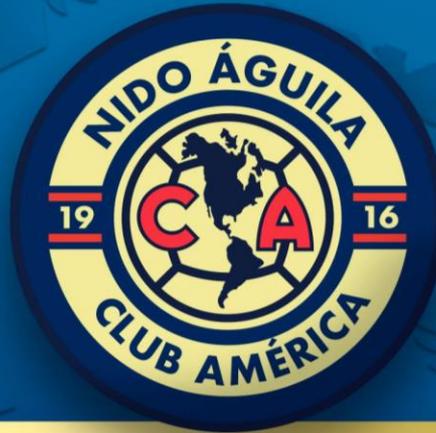
SKILL	EXPLANATION
9. "V" TURN + "V" TOUCH	Start with a "V" Turn to bring the ball from one foot to the opposite foot. Now perform a "V" Touch to return the ball to the starting foot/side. <i>COACHING POINT: See the "V" Turn and "V" Touch skills above.</i>
10. "V" TOUCH, ONE FOOT	Using the "V" Touch, pull the ball back behind the heel of your opposite foot and push it forward using the inside of your foot.
11. INSIDE/OUTSIDE, SAME FOOT	Using one foot, quickly move the ball back and forth using alternating touches with the inside and outside of your foot. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
12. SIDE-TO-SIDE BALL ROLL, ONE FOOT.	Roll the ball, side-to-side, using the inside and outside of a single foot. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
13. 4 DIRECTION BALL ROLL	Using a combined technique, roll the ball in 4 directions (North, East, South, West) using the sole, instep, inside and outside of your foot. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
14. OUTSIDE OF THE FOOT BALL ROLL	Roll the ball, side-to-side, using <u>only</u> the outside of your foot. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
15. 3 TOUCH PATTERN	Right foot sole tap, left foot sole tap, right foot behind left foot toe touch. Repeat.



ABILITIES

ABILITY	EXPLANATION
1. STEP OVER, OUTSIDE TOUCH	Step over the ball faint with one foot (inside of the foot over the ball first), then touch the ball away with the outside of the same foot. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
2. DOUBLE STEP OVER, OUTSIDE TOUCH	Step over the ball with one foot followed by another step over with the opposite foot, then touch the ball away with the last foot to step over.
3. SCISSORS, ONE FOOT	Starting with the ball on the outside of your foot, bring your foot over the ball so that the ball is now in between both feet. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
4. DOUBLE SCISSORS, BOTH FEET	Same as above now using both feet to scissor over the ball.
5. RONALDO SCISSORS	With the ball on one side of your body, put your leg on the ball (keep it stiff; knee locked), then push the ball with the inside of the foot behind the other foot with a strong movement of the leg like "scissors". The ball should now be on the other side of the body. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>
6. THE "MARADONA"/ROULETTE	Stop the ball with the sole of one foot and step onto the other side of the ball with the same foot. Put sole of the other foot on the ball and pull the ball back to move forward. <i>COACHING POINT: Make sure you work on doing this with both your dominate and non-dominant foot.</i>





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