

The FA SOCCERSTAR CHALLENGE



12 Week Technical Training Program



Greetings

As you decide to become a better soccer player you must be responsible for your own development. Don't use your own situation as an excuse as to why you are not developing. Improve yourself no matter what. You are in control. If you follow this program, you will be a much improved soccer player and you will be developing the self-responsibility and self discipline needed to improve your technique.

This is a 12 week program that is designed specifically for you. It is based on your F.A soccer star challenge performance. Completion of the program is a minimum of 3 days completed per week. You can train as much as you want each day but one day can only count as one day. You cannot do 3 days of workouts in one day and count it as 3 days. Use your creativity to work on the assigned skills. This is your chance to improve your skills and be a much improved player. Only you can decide.

How it works:

The program has a minimum of 3 individual workouts per week and a maximum of 5. Each workout is approximately 40 minutes and involves 10 minutes of juggling and 3 different activities of 10 minutes each.

When you are ready to do a session, follow the schedule for Day 1 of that week. After you've done that, check off day 1. The next day you want to do something, follow Day 2's schedule. If you wait 3 days between sessions or go the next day, you still do Day 2. The next time Day 3, etc. If you do a session every day of that week, you will only have 5 days for that week. Regardless, the next week, you'll start on Day 1 of the next week. If you want to do more, do each section longer or work on additional skills, but you cannot check off more than one day per day.

Upon completion of the 12 week program you will have logged six hours of juggling and over 10 hours of: running with the ball, turning with the ball, speed technique, dribbling with the ball, heading, and shooting. Once completed, you and a parent/guardian must sign the program checklist. Return the checklist to Antonio Sabio, your SYSO director of coaching. SYSO will recognize players for completion of the standard program (3 days a week for 12 weeks).

You will need a soccer ball, a wall to kick against, and something to use as cones.

Before you start a training session:

- **Pay attention to the key factors for each technique.**
- **Set yourself a daily target for each technique (i.e. 130 juggles)**

After you have completed a training session:

- **Attempt these techniques in games.**
- **Watch other players execute these techniques.**

A) Juggling

- Start each training session with 10 minutes of juggling. Change the type of juggling at least every 3 minutes, so you can stay focused and interested. The goal is always 100 juggles, which is a good indicator of mastery. Use the grid below to record your juggling highs:

Did you know? The world record for heading a tennis ball (without the ball touching the ground) is held by Tomas Lundman of Sweden who lasted exactly one hour on 31st December 2002.



Key Factors For Success:

Have a loose upper body and keep your arms out for balance.

Kick the ball back to your hands with your foot cocked at a 90-degree angle.

Lock your ankle and replant on each step.

Juggling

Juggles	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Standard/all parts												
Alternating feet												
High juggling (above head)												
Low juggling (below waist)												
Alternating High/Low												
Alternating Foot/ thigh												
Alternating Foot/head												
Alternating head/thigh												
Thigh												
Left foot												
Right foot												
Juggling while jogging												
Small ball juggling												

B) Running with the ball

- Try to run the ball around the grid(s) as quickly as possible (measured to a tenth of a second) **OR** by taking as few touches as possible. If the ball crosses any line of the grid you must start over. Remember, running with the ball involves moving the ball across areas that do not contain defenders. It could also be used to accelerate away from opponents.
- Mark out an area 30 x 30 yards. You will also need to use an 18 yard box, half field (57 x 75), and a full field (115 x 75 yards) to practice running with the ball over different distances. Similarly, you can use your own distances.
- Use the grids on page 5 to record your best scores for each week.



Key Factors For Success:

Take 1st touch out in front.

Use the outside of the foot to kick the ball.

Take a few long touches.

Keep your head up.

Run in a straight line.

Running with the ball

Touches	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
18 yard box.												
30 x 30 grid												
Half field (57 x 75)												
Full field (115 x 75)												

Time (sec)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
18 yard box.												
30 x 30 grid												
Half field (57 x 75)												
Full field (115 x 75)												

C) Turning with the ball

- Try to execute as many turns as possible in the time allotted. Use the same turn or combination of turns.
- Mark out a grid 5 x 5 yards. Start in the center. Dribble across any side of the square and execute a turn (change of direction), and accelerate back into the square (change of speed).
- Choose 2 or 3 of the following turns to practice for the time allotted. Choose different turns each time you practice turning with the ball.
- Use the grids on page 9 to record your best scores for each week.

i) Hooking the ball with the inside of the foot (2-3 minutes)



Reach and hook to turn the ball. Don't run around the ball. Move the ball on the turning touch back in the direction you want to go.

ii) Hooking the ball with the outside of the foot (2-3 minutes)



Reach and hook to turn the ball. Don't run around the ball. Move the ball on the turning touch well in front of you, back in the direction you want to go.

iii) Step-over turn (2-3 minutes)



Take your right foot and step around the ball from the outside to the inside. Swivel your hips and play the ball back with the inside of your other foot - you fake going left and then you go right.

iv) Drag-back turn (2-3 minutes)



Use the sole of the foot to stop the ball and change direction.



v) Stop-turn (2-3 minutes)



Trap the ball under the foot, turn your body, quickly play the ball with the other foot.

vi) “Cruyff”turn (2-3 minutes)



Fake a shot with your right foot and swing your foot past the ball to the right side. Turn right foot inward with toe down and push the ball behind and away from you so it goes between your legs. Now you can dribble in the other direction.



Key Factors For Success:

Start slowly.

Execute turn (change of direction).

Bend your knees.

Accelerate away (change of speed).

Show some disguise when turning.

Turning with the ball

5 x 5 (30 sec)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Inside hook												
Outside hook												
Step over												
Drag back												
Stop turn												
Cruyff												
Combination												

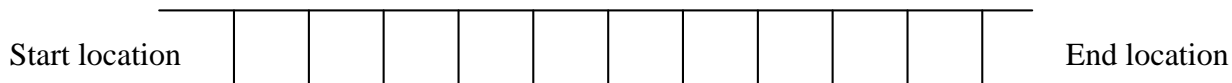
5 x 5 (60 sec)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Inside hook												
Outside hook												
Step over												
Drag back												
Stop turn												
Cruyff												
Combination												

D) Speed

- Speed is a motor task which can be learned and improved through practice like any other skill. In soccer, this is accomplished by learning the correct movement mechanics without the ball. There are two exercises to choose from:

Quick Foot Ladder (7 minutes)

- Mark out a ladder with chalk or tape, or buy one. Each box is about 1 foot by 1 foot.
- Start at one end and move through the ladder. The aim is to complete each sequence correctly and as quickly as possible. Complete a sequence 3 times before moving onto the next one.



- 1) Run through the ladder placing one foot in the middle of each square.
- 2) Run through the ladder touching both feet in each square.
- 3) Work along the ladder placing both feet in each square (see below).

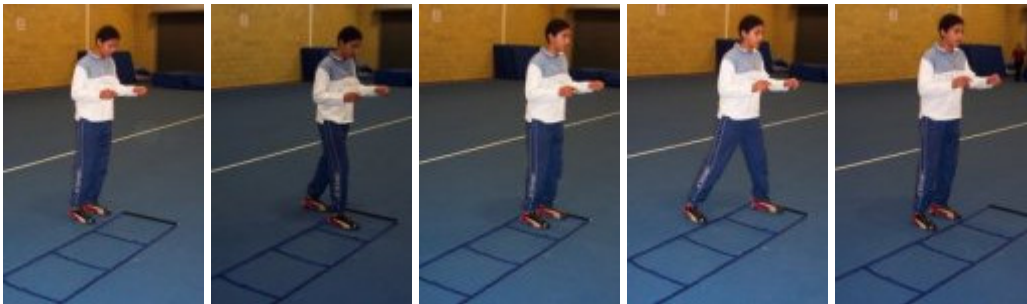


Fig 3a

Fig 3b

Fig 3c

Fig 3d

Fig 3e

Begin by standing sideways to the ladder (Fig 3a)

Moving in a lateral fashion to your right, step into the first square with the right foot (Fig 3b)

Step in with the left foot (Fig 3c)

Step back out with the right foot (Fig 3d)

Step back out with the left foot (Fig 3e)

Repeat the sequence from 2 to 5 all the way along the ladder

Four square plyometric pattern (7 minutes)

- Mark out a box with chalk, tape, or cones. Each line is 48 inches long.
- Start at square 1 and jump in the order required. It is important that you face forward and place your foot flat on the ground when completing the patterns. Count each time you return to the starting point. For example, when going from box 1 to box 2 to box 1, you would count each time you hit box 1. If your foot touches any part of the tape/cone or you miss a square, the repetition does not count.
- Use the grids on page 12 to record your best scores for each pattern. The patterns on page 12 can be reduced, expanded, or changed to fit your overall abilities and needs. You are limited only by your imagination.

2	3
1	4

Key Factors For Success:

Keep your arms out for balance.

Keep your hips over the feet.

Have a loose upper body.

Be light on your feet.

Keep a low Center of gravity.

Speed

Single leg (left) 10 seconds	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
BOX 1-2												
BOX 1-3												
BOX 1-4												
BOX 4-2												
BOX 1-2-3												
BOX 1-4-2												

Single leg (right) 10 seconds	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
BOX 1-2												
BOX 1-3												
BOX 1-4												
BOX 4-2												
BOX 1-2-3												
BOX 1-4-2												

Both legs 20 seconds	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
BOX 1-2												
BOX 1-2-3												
BOX 1-3-2												
BOX 1-2-3-4												
BOX 4-2-1-3												
BOX 1-4-2-3												

E) Dribbling

- Try to dribble past/around as many cones as possible in the allotted time. For cone weaving and cloverleaf weaving try to complete as many circuits as possible in the time allotted.
- Mark out an area approximately 30 X 30 yards and place 8 cones randomly inside the grid. Cones should be at least 3 yards apart. Try to imagine that the markers are defenders. The moves listed will help you make progress in your dribbling technique.
- Choose 2 or 3 of the following dribbling techniques to practice for the time allotted.
- Use the grids on page 15 to record your best scores for each week.

A diagram showing a rectangular area defined by a dashed line. The text "10 yards" is written above the top row. The area contains 12 'X' marks arranged in a 3x4 grid.

Stanley Matthews (2-3 minutes)



Move the ball with the inside of your right foot to your left side and fake to go to your left, by leaning to the left. Move your right foot quickly behind the ball so that the outside of your right foot is behind the ball. Accelerate away to your right using the outside of your right foot to push the ball past the marker.

Scissors (2-3 minutes)



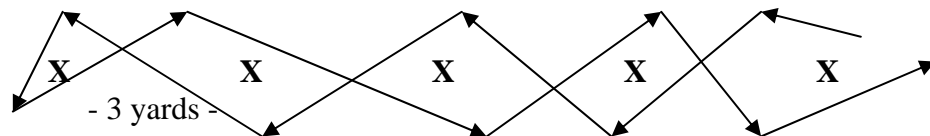
Play the ball out in front of your right side. Pretend to play the ball with the outside of the right foot but step over the ball with your right foot. Take the ball away with the outside of your left foot past the marker.

Double touch (2-3 minutes)



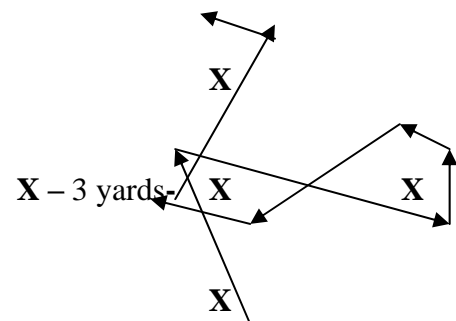
Pretend to be about to play the ball to your right with the inside of your right foot - your upper body should be at an angle. Draw the ball across the body with the inside of your right foot. Take the ball away to your left side with the inside of your left foot past the marker.

Cone weaving (2-3 minutes)



Dribble around the cones (X's) using your left foot only, right foot only, both feet, outside of your foot only, inside of your foot only, or a combination of everything.

Cloverleaf cone weaving (2-3 minutes)



Dribble around the cones (X's) in the sequence shown in the diagram. Use your left foot only, right foot only, both feet, outside of your foot only, inside of your foot only, or a combination of everything.

Key Factors For Success:

Begin slowly.

Keep close control.

Keep your head up.

Bend your knees.

Execute turn (change of direction) and accelerate away (change of speed).

Show some disguise when turning.

Dribbling

Dribbling (20 sec)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Matthews												
Scissors												
Double touch												
Combination												

Dribbling (40 sec)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Matthews												
Scissors												
Double touch												
Combination												

Cone weaving (circuits)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Left foot												
Right foot												
Both feet												
Combination												

Cloverleaf (circuits)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Left foot												
Right foot												
Both feet												
Combination												

F) Heading

- Try to: head the ball as many times as you can, head as far as you can, or score as many goals as you can.
- You will need a partner or a high wall to practice heading.
- Choose 2 of the following 5 exercises to practice for the allotted time.
- Use the grids on page 18 to record your best scores for each week.

Head juggling (3-4 minutes)



Keep the ball about 2 feet above your head.

Head juggling with a partner (or against a wall) (3-4 minutes)



Have a partner serve you a ball. The serve should be underarm and two handed. Head the ball back to your partner and record how many times you and your partner can head the ball without it bouncing. You can use a wall if you have no partner.

Offensive header - with a partner - (3-4 minutes)



Have a partner serve you a ball in the air (approximately 10 yards apart). The serve should be underarm and two handed. Get in line with the ball. Head through the top half of the ball so it goes downward. Try to head the ball past your partner. Your partner must stay on the goal line (10 yards) and can't use his/her hands to defend. However, before you score the ball must first bounce. If you have no partner you can use a wall to practice this technique.

Defensive header – with or without a partner - (3-4 minutes)

Have a partner serve you a ball high in the air (approximately 15 yards apart). The serve should be underarm and two handed. Get in line with the ball. Head through the bottom half of the ball so it goes up. Try to head the ball high to your partner. Record how many times you and your partner can head the ball without it bouncing. You can use a wall if you have no partner.

Try increasing the distance between you and your partner. Measure the distance you can head the ball.



Key Factors For Success:

Keep your eyes open.

Use your forehead to head the ball.

Keep your arms out for protection and balance.

Head through the top half of the ball (Attacking headers)

Head through the bottom half of the ball (Defensive headers)

Heading

Juggles	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Head juggling												
Head juggling with partner/wall												
High head juggling												

Goals (4 minutes)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
1 v 1 headers (offensive)												

Distance (meters)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Heading (defensive)												

G) Shooting

- Try to score/strike the ball as many times as possible in the time allotted.
- Choose 2 of the following exercises to practice for the allotted time.
- Use the grids on page 20 to record your best scores for each week

Strike a moving ball (3-4 minutes)

Stand at the top of the 18 yard box (corner of the D). Take one touch inside the 18 yard box and strike the moving ball into the far corner of the goal (within 2 yards of the far post). How many goals can you score with 15 shots?



1 touch surface/partner work (3-4 minutes)

Stand approximately 5 yards from a wall. Strike the ball with one touch using: left foot only, right foot only, or a combination of both. Make contact with your shoelaces. Concentrate on the laces with the ankle locked and toe pointed straight down. This is the correct technique. How many times (repetitions) can you strike the ball in one minute.

Shooting against a wall (3-4 minutes)

Stand approximately 15 yards from a wall. Strike low shots against the wall. The power of the shot should be 70% of your Max. Concentrate on good technique. Control the rebound with one touch. How many times (repetitions) can you strike the ball in one minute.

Key Factors For Success:

Point your non-kicking foot toward your target.

Point your toe down (lift heel) and lock your ankle.

Hit through the middle of the ball with your laces.

Keep your head still and down even after the ball has been struck.

Aim for the far corner of the goal.

Follow through.

Shooting

Striking a moving ball

Goals (15 shots)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Right foot												
Left foot												

1 touch surface/partner

Repetitions (1 minute)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Left foot												
Right foot												
Combination												

Shooting against a wall

Repetitions (1 minute)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Left foot												
Right foot												
Combination												

TheFA SOCCERSTAR CHALLENGE



WEEK 1

DAY 1 (workouts ABCD) ____
DAY 2 (workouts ADGB) ____
DAY 3 (workouts AGCB) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 3

DAY 1 (workouts ACEF) ____
DAY 2 (workouts ADFB) ____
DAY 3 (workouts AEGC) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 5

DAY 1 (workouts AEFB) ____
DAY 2 (workouts AGBD) ____
DAY 3 (workouts ABCD) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 7

DAY 1 (workouts AEGB) ____
DAY 2 (workouts AFDG) ____
DAY 3 (workouts AGCD) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 9

DAY 1 (workouts AEFB) ____
DAY 2 (workouts AFGC) ____
DAY 3 (workouts ABGD) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 11

DAY 1 (workouts AEFB) ____
DAY 2 (workouts AFGC) ____
DAY 3 (workouts ABCD) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 2

DAY 1 (workouts AEEG) ____
DAY 2 (workouts AGDE) ____
DAY 3 (workouts ACEF) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 4

DAY 1 (workouts ACDE) ____
DAY 2 (workouts AEEG) ____
DAY 3 (workouts ACDB) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 6

DAY 1 (workouts AGEF) ____
DAY 2 (workouts AGBC) ____
DAY 3 (workouts ADFE) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 8

DAY 1 (workouts AFEB) ____
DAY 2 (workouts ACDE) ____
DAY 3 (workouts AFBC) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 10

DAY 1 (workouts ACEG) ____
DAY 2 (workouts ABFD) ____
DAY 3 (workouts ACDF) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

WEEK 12

DAY 1 (workouts AEBC) ____
DAY 2 (workouts ADFG) ____
DAY 3 (workouts AGED) ____
DAY 4 (workouts A and choose any 3) ____
DAY 5 (workouts A and choose any 3) ____

Signature of Parent/Guardian _____

Signature of Player _____