



U15+ Off Season Pack

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CONTENTS

1	Introduction
2	Overall Training Schedule
3	SkillSkool week 1
4	SkillSkool Week 2
5	SkillSkool Week 3
6	SkillSkool week 4
7	SkillSkool week 5
8	Coaches Challenge
9	SkillSkool Demo Videos
10	Conditioning Program & HIIT workouts
11	Anaerobic Session
12	Aerobic Session



INTRODUCTION

24/7 would like to challenge you to undertake our Off-Season training program in your own time (3-5 days) a week that will continue your development while out of season, allowing you to improve and be sharp when we regroup. The Off-season packet contains a training program to develop technical & physical aspects of your game with the overall aim to aid your development.

This is designed to make you a BETTER player - The more time you put into this the higher your performance level will be when we start the season.

Rationale behind our Off-Season Program.

The U8-10 is referred to as the golden age of learning when Neurological pathways in the brain are being built and developed, essentially meaning that children at this age group can learn and strengthen their physical and technical skills rapidly and strengthen bonds to set specific skills for life.

This guide will include

Technical Sessions from 24/7 UK Soccer Academies very own SkillSKOOL program enforcing our 1K touch philosophy.
Conditioning Work Outs - Working on Cardio Vascular Endurance, speed, core strength and muscular endurance exercises.

SkillSKOOL

- 24/7 UK Soccer Academies program broken down into bite size pieces enforcing our 1k touch philosophy to improve ball manipulation, touch, close control and confidence with the ball at your feet.
- Complete the Score cards and feel free to challenge yourself and time how quickly you can perform the ball skills once you have learnt the skill.
- Each week of the Program will have Juggles as a warm up with our 1K touch philosophy to follow, where you will touch the ball 1000 times using a range of surfaces to manipulate the ball in 1000 different directions.
- SkillSKOOL Cheat Sheet is our intense 10 minute session where you time 30 seconds and record your touches, as you improve watch your score increase!

Conditioning workouts

- Conditioning work outs have been broken into 3 different work out categories, HIIT Work outs, Anaerobic running & Aerobic Running.
- HIIT work outs are High Intensity Interval Training, Short intense activities with a short recovery time where you are looking to improve core strength and recovery capabilities which can be completed at home.
- Anaerobic running is intense speed training where you will be executing soccer specific moments while improving speed and increasing your ATP-PC threshold to sustain high work for a prolonged period of time.
- Aerobic Running will be focused on Improving your Cardio Vascular endurance.
- Every work out make sure you warm up and cool down appropriately to get the best out of your work out and aid your recovery to achieve the best results.

Overall Training Schedule

Week	Day 1	Day 2	Day 3
Week 1	SkillsKOOL (60 Minutes)	HIIT Work Out (30 Minutes)	SkillsKOOL (60 Minutes)
Week 2	Anaerobic Running Session (45 Minutes)	SkillsKOOL (60 Minutes)	SkillsKOOL (60 Minutes)
Week 3	HIIT Work Out (30 Minutes)	SkillsKOOL (60 Minutes)	Aerobic Running Session (90 Minutes)
Week 4	SkillsKOOL (60 Minutes)	SkillsKOOL (60 Minutes)	Anaerobic Running Session (45 Minutes)
Week 5	SkillsKOOL (60 Minutes)	SkillsKOOL (60 Minutes)	Aerobic Running Session (90 Minutes)

SkillsKOOL Week 1

Complete each task each day & tick Day once completed.

Juggles will work on keeping the ball in the air

Kick Catch - Player starts with ball in their hands, drop ball and kick to catch counts as 1.

Kick Bounce - Player is allowed one kick per bounce.

Juggles - Players should aim to get their age in Juggles using both feet without the ball touching the ground.

Ball	Juggles	Day 1	Day 2	Extra
Tennis	Playerge			
Skill Ball	Players Age			
Regular	Players Age			

SKill	Touches	Day 1	Day 2	Day 3	Extra
Toe Taps	100				
Boxing	100				
Toxing	100				
Sticky Tape Right	100				
Sticky Tape left	100				
Push Pull	100				
Scissor	100				
Roll Over	100				
Inside Outside Right	100				
Inside Outside Left	100				

SkillsKOOL Week 2

Ball	Juggles	Juggles Alternate feet	Day 1	Extra
Tennis	100	50		
Skill Ball	100	50		
Regular	100	50		

Skill	Touches	Day 1	Day 2	Day 3	Extra
Toe Taps	100				
Boxing	100				
Brazilian Toe Taps	100				
Box Box Roll	100				
Box Box Scissor	100				
V's	100				
Step Over Outside	100				
Cruyff	100				
Roll Stop	100				
L Turn	100				

SkillsKOOL Week 3

Ball	Juggles	Juggles Alternate feet	Juggles Outside left	Juggles Outside Right	Day 1	Extra
Tennis	100	50	10	10		
Skill Ball	100	50	10	10		
Regular	100	50	10	10		

Skill	Touches	Day 1	Day 2	Day 3	Extra
Toe Taps	100				
Brazilian Toe Taps	100				
Elastico	100				
Outside Chop	100				
Box Box Chop	100				
Inside Outside Right	100				
Inside outside Left	100				
Outside Inside Across	100				
Outside Scissor	100				
Roll Over Step	100				

SkillSKOOL Week 4

Ball	Juggles	Juggles only right	Juggles only left	Day 1	Day 2	Extra
Tennis	50	50	50			
Skill Ball	50	50	50			
Regular	100	50	50			

Skill	Touches	Day 1	Day 2	Day 3	Extra
Toxins	100				
Box Box Roll	100				
Inside Outside Roll Right	100				
Inside Outside roll left	100				
Box Box Roll Stopover	100				
Inside Scissor Stop	100				
Scissor Roll	100				
Maradona	100				
L-Hops	100				
Fake Pass Turn	100				

SkillSKOOL Week5

Ronaldo 7 - Kick the ball with both feet, both thighs, both shoulders and head without the ball hitting the floor.
(Challenge only use 7 touches)

Ball	Juggles	Juggles Alternate feet	Ronaldo 7	Day 1	Day 2	Extra
Tennis	100	100	7			
Skill Ball	100	100	7			
Regular	100	100	7			

Skill	Touches	Day 1	Day 2	Day 3	Extra
Box Box Roll	100				
Box Box Chop	100				
Box Box Stop Hop	100				
LV	100				
Outside Scissor Roll right	100				
Outside Scissor Roll Left	100				
Maradona	100				
Jay Jay	100				
Ake	100				
Fake Pass Turn	100				

Coaches Challenge

30 Seconds on Each Skill record how many touches you can achieve or how many times you can complete the skill.

Skill	Day 1	Day 2	Day 3	Extra
Toe Taps				
Boxing				
Roll Hops Right				
Roll Hops Left				
Brazilian Toe Taps				
Scissors				
Toxins				
Sticky Tape Right				
Sticky Tape Left				
Push Pull				
V's				
Roll Overs				
Roll Stops				
Box Box Roll				
Step Over outside				
Cruyff				
Inside Outside Right				
Inside Outside left				
Outside Inside Across				
L turn				
Push Back Push Behind				
Chops				
Outside Outside Chop				
Nudge Nudge Scissor				
Elastico				
Ake				
Fake pass Turn				
Outside Scissor roll left				
Outside Scissor roll right				

SkillsKOOL Videos

Week 1-

Kick Catch Video <https://www.youtube.com/watch?v=Txr2YQzsLDU> 1:00-1:11

Kick Bounce Video - <https://www.youtube.com/watch?v=LEDcvt8j7cU>

Toe Taps - <http://www.24-7uksocceracademy.com/more/photos-videos/item/428-footwork-toe-taps>

Boxing - <http://www.24-7uksocceracademy.com/more/photos-videos/item/426-footwork-boxing>

Toxing - <http://www.24-7uksocceracademy.com/more/photos-videos/item/427-footwork-toxing>

Sticky Tape - <https://www.youtube.com/watch?v=nFS6RY3HZsg>

Push Pull - <http://www.24-7uksocceracademy.com/more/photos-videos/item/431-footwork-push-pull>

Scissors- <https://www.youtube.com/watch?v=NRWZGiQQz9Q>

Roll Overs - <http://www.24-7uksocceracademy.com/more/photos-videos/item/424-footwork-roll-control>

Inside Outside - <https://www.youtube.com/watch?v=5jTKbt7Abas>

Week 2-

Brazilian toe taps - <http://www.24-7uksocceracademy.com/more/photos-videos/item/432-footwork-brazilian-toe-taps>

Box Box Roll - <http://www.24-7uksocceracademy.com/more/photos-videos/item/225-box-box-roll>

Box Box scissor - <http://www.24-7uksocceracademy.com/more/photos-videos/item/433-footwork-box-box-scissors>

V' s - <http://www.24-7uksocceracademy.com/more/photos-videos/item/434-footwork-v-s>

Stepover Outside - <http://www.24-7uksocceracademy.com/more/photos-videos/item/325-turning-stepover>

Cruyff - <http://www.24-7uksocceracademy.com/more/photos-videos/item/324-turning-cruyff>

Roll Stop - <https://www.youtube.com/watch?v=bMAIjhSN8Cl>

L turn- https://www.youtube.com/watch?v=Xv_wm7UUd8Q

Week 3

Juggles Outside - <https://www.youtube.com/watch?v=fq9D3qcmGG4>

Elastico - <https://www.youtube.com/watch?v=59HL5PzEij8>

Outside Chop - https://www.youtube.com/watch?v=SnoJ6Aj99_A

Inside Outside - <https://www.youtube.com/watch?v=5jTKbt7Abas>

Outside inside across- <http://www.24-7uksocceracademy.com/more/photos-videos/item/425-footwork-outside-inside>

Roll Over Step - <https://www.youtube.com/watch?v=EuxPOst5VfE>

Week 4

Scissor Roll - <https://drive.google.com/file/d/0B46k0-8KK-YnOTcwc3pXdW1sU3c/view>

Maradona - <https://www.youtube.com/watch?v=BqZfsuMw9r0>

L-Hops - <https://drive.google.com/file/d/0B46k0-8KK-YnOUZSdm5URi1YN28/view>

Fake pass turn - <https://www.youtube.com/watch?v=9hyaNP1scJY&t=15s>

Week 5

Ronaldo 7 juggles - <https://www.youtube.com/watch?v=g4uxbnllmFk>

Box Box Roll Step over - https://www.youtube.com/watch?v=kgAvBN9kDN8&list=PLUU_fuZu8i9PYLySrfWOjXQphqWdjnp-l

Box Box Stop Hop - <https://drive.google.com/file/d/0B46k0-8KK-Ynb1pSanp2bHJJVku/view>

LV - <https://drive.google.com/file/d/0B46k0-8KK-YnTGgwNWxiZnQ2Y28/view>

Inside Scissor Stop - <https://www.youtube.com/watch?v=5oDoU19Cc4w>

Jay Jay - <http://www.24-7uksocceracademy.com/more/photos-videos/item/315-feints-disguises-jay-jay>

Ake - https://www.youtube.com/watch?v=CxclwVf_FNw

Conditioning Program

Prior to every conditioning session you complete make sure to warm up appropriately warm up to get maximum results out of the session and reduce risk of injury.

- Warm ups should indulge a pulse raiser to get blood flowing around your body providing oxygen and energy to muscles and warm muscles up to decrease injury risk,
- Dynamic stretches to prepare muscles for specific movements. Below is a good example of dynamic warm ups you can do prior to your session, however listen to your body and stretch areas that you feel need stretching!

<http://greatist.com/fitness/full-body-dynamic-warm-up>

Post conditioning session always spend 15 minute on a cool down to remove any lactic acid in your body and enable your body to get back to its resting heart rate, Cool downs are crucial in the recovery after a session and will allow your to achieve the best results.

- Cool downs should indulge 5-10 minutes of low intensity jogging/walking to allow your body to decrease in temperature and remove any lactic acid.
- Static stretching for 10 seconds maximum. Stretch areas just worked!



HIIT Work outs

HIIT work outs stand for High Intensity Interval Training with a key focus on using your body as your weight and strengthening your core while working in intense bursts and recovering quickly.

Week 1 HIIT work outs

<https://www.youtube.com/watch?v=q20pLhdoEoY>
https://www.youtube.com/watch?v=kDvXi49_8wk

Week 3 HIIT work outs

https://www.youtube.com/watch?v=UEJ_Vn3GMME
https://www.youtube.com/watch?v=yhhiGHj_DmM

Anaerobic/ Speed training

Suicides - 6 cones spaced 10 yard apart. sprint to first cone and spring back to start, sprint to second cone and sprint back to start and continue this pattern with each cone. Complete the Suicides 3 times with a 3 minute rest in-between each set.

Make is Soccer Specific have 5 soccer balls placed at the start of the suicides, Run with a ball and stop at the 10 yard mark sprint back to retrieve another ball run with the ball to and stop it at the 30 yard mark, continue pattern until complete.

Record your time to complete the suicides and track your improvement.



Lader Laps - Get to a 400M Track-

Perform this exercise at a local track if possible:

Run 100m between 13 – 17 seconds; Rest 1 minute .

Run 200m between 27 – 33 seconds; Rest 2 minutes

Run 300m between 44 – 50 seconds; Rest 3 minutes

Run 400m between 59 – 71 seconds; Rest 4 minutes

Run 300m between 44 – 50 seconds; Rest 3 minutes

Run 200m between 27 – 33 seconds; Rest 2 minutes

Run 100m between 13 – 17 seconds; Finished

Reduce the recovery time by 15 seconds as you improve!

Sprints & Back - Soccer Specific movements. 4 cones spaced 10 yards apart. Sprint to the first cone then run backwards facing the same direction to the start, Sprint to the second cone and run backwards always facing the same direction. Repeat.

second time use side steps instead of running backwards.

complete both variations 3 times and record your time to complete the sprints and back to see your improvement!

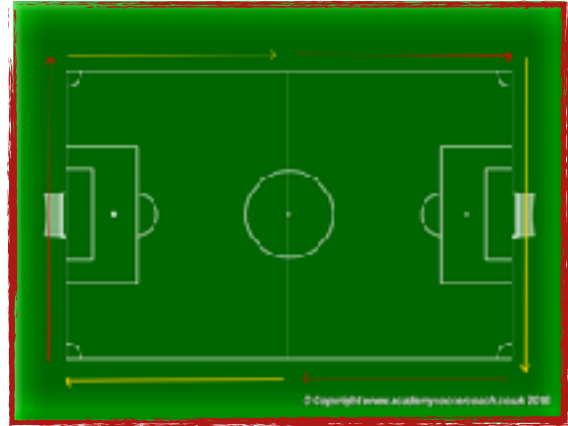
Aerobic/ Stamina Training

Week 3 Complete Both Interval trainings.
Week 5 complete Interval Fartlek Field and 3 Mile run.

Interval (Fartlek) Field - 3 laps of the field 3 times with
1:30 rest between each set.

Sprint →

Jog →



3 Mile Run - 3 Mile run with a pace of 10 minute mile or better.

Interval (Fartlek) Box - Create a box 20x20

Sprint 1 side, jog 3, Sprint 2, Jog 2, Sprint 3, Jog 1, Sprint 4. Then work your way back down. Jog 1, Sprint 3, Jog 2, Sprint 2, Jog 3, Sprint 1.

