



U8-10 Off Season Pack

Compiled By Ben Russell



@247UKSoccer

www.24-7uksocceracademy.com

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	24/7 Position Quiz
11	24/7 Soccer Quiz
12	Soccer Report



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!

24/7 Quiz

- Fun soccer related quiz's to test your soccer knowledge
- Game report for you to watch your favorite team and analyze and report like a professional.

Overall Training Schedule

Week	Day 1	Day 2	Day 3
Week 1	SkillSKOOL (60 Minutes)	Stretching Session (40 Minutes)	SkillSKOOL (60 Minutes)
Week 2	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)
Week 3	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)
Week 4	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)	Conditioning Session (90 Minutes)
Week 5	SkillSKOOL (60 Minutes)	SkillSKOOL (60 Minutes)	Conditioning 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	Kick Catch Right	Kick Catch Left	Kick Bounce	Juggles	Day 1	Day 2	Day 3	Extra
Tennis	50	50	50	Players age				
Skill Ball	50	50	50	Players Age				
Regular	50	50	50	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	Kick Catch Right	Kick Catch Left	Kick Bounce	Juggles	Day 1	Day 2	Day 3	Extra
Tennis	100	100	50	12				
Skill Ball	100	100	50	12				
Regular	100	100	50	12				

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

1,2 Catch - start with the ball in your hands drop the ball kick with right & left foot then catch without the ball hitting the ground.

Kick Bounce Alternate feet- One Kick per bounce have to swap feet.

Ball	1,2 Catch	Kick Bounce Alternate feet	Juggles	Day 1	Day 2	Day 3	Extra
Tennis	50	50	12				
Skill Ball	50	50	12				
Regular	50	50	12				

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	1,2 Catch	Kick Bounce Alternate feet	Juggles	Day 1	Day 2	Day 3	Extra
Tennis	100	100	Double player age				
Skill Ball	100	100	Double player age				
Regular	100	100	Double player age				

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	1,2 Catch	Kick Bounce Alternate feet	Juggles	Ronaldo 7	Day 1	Day 2	Day 3	Extra
Tennis	100	100	Double player age	7				
Skill Ball	100	100	Double player age	7				
Regular	100	100	Double player age	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

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

247 UK Soccer Academy Quiz

Link the Line Up

Draw a line Connecting the position to its number

Goal Keeper

11

Right Back

10

Right Center Back

7

Left Center Back

1

Left Back

9

Right Midfield

3

Defensive Midfield

5

Box to Box Midfielder

2

Left Midfield

8

Attacking Midfielder

6

Striker

4

24/7 Uk Soccer Academy Quiz

Circle the correct answer_return to Coach for Correct answers

Question	A	B	C	D
Which English Soccer team is known as the Saints?	Tottenham	Manchester United	Southampton	Arsenal
Who won the English Premier League in the 2015-2016 Season?	Chelsea	Leicester	Manchester City	Liverpool
Who is the Coach of the US mens National Team?	Jose Mourinho	Ben Solomon	Jurgen Klopp	Bruce Arena
What club team Does Cristiano Ronaldo Play for?	Barcelona	Bayern Munich	Real Madrid	Wimbledon
Who won the women's world cup in 2015?	USA	England	Germany	Brazil
Who scored a Hat trick in the women's world cup final 2015?	Alex Morgan	Carli Lloyd	Abby Wambach	Karen Carney
Who won the 2016 Copa America?	Argentina	Chile	Mexico	Colombia
Where was the 2014 World Cup hosted?	USA	Brazil	France	England
Who won the 2014 Mens World Cup?	Brazil	Argentina	Germany	Ireland
Who became the worlds most expensive soccer transfer in 2016 being sold at \$105 Million?	Gareth Bale	Lionel Messi	Cristiano Ronaldo	Paul Pogba
What Country Does Luis Suarez Play for?	Argentina	Uruguay	Spain	Iceland
Who has Scored the Most Goals ever in the English Premier League	Alan Shearer	Thierry Henry	Cristiano Ronaldo	Titus Bramble
Which English Team is NOT located in London?	Tottenham Hostspurs	Crystal Palace	West Brom	Fulham
Who won the MLS Cup Final in 2015?	Seattle Sounders	LA Galaxy	Portland Timbers	New York Redbulls
What Year did England win the World Cup?	2002	1966	1974	1994
Who has Won the most World Cups	Brazil	Germany	Spain	Scotland
What team did David Beckham Join LA Galaxy from	Manchester United	Birmingham City	Real Madrid	PSG
Who scored the Infamous Hand of God Goal.	Francis Jeffers	Pele	Thiery Henry	Diego Maradona
Who is the US women's National team all time leading goal scorer	Carli Lloyd	Abby Wambach	Mia Hamm	Alex Morgan

Game Report

This Area is made for you to write a game report on watching your favorite team and write about what they done well and can improve on. Some areas you can look to report.

1. Who was the MVP
2. good attacking/ defensive plays
3. A good example of what you've practiced, For example a good skill move, wall pass, overlap. Spreading out, holding their positions.
4. Count the amount of 1 touch passes.