

## EUHS GIRLS SOCCER OYO SKILL WORK

Our goal is to give you the tools to be your own best trainer and it starts with developing a “training mentality” to do something at least 3 days a week on your own or with a partner And on days where you feel energetic, train twice (morning and evening) but never train for longer than 30-45 minutes.

To maximize your potential you have to do 4 things on your own:

- get faster and more agile
- get stronger and more powerful
- get better at ball control
- increase your fitness and energy levels

### THE SELF COACH FOR THE FIELD PLAYER

There is only a certain amount of time each day. Organize your time to achieve peak performance. Understand what is important, what is not. What to do first, what to do last. What to do every day, what to do once a week. What things you can do in the morning and then still be able to train with intensity in the evening with something else. Envision that you are a coach trying to get you, as a player, to be the best you can be. Also, understand that if you train for longer than 1.5 hours (not including warm-up, cool down, weights) you will eventually burn yourself out.

**Understand that intensity in training enables you to be the margin of victory, so get after it when you train.**

Priority Training - Please understand THE BALL IS MOST IMPORTANT and even though we can't measure that development as easily, it is your skill that is going to get you on the field and be your measure as you become #exeterbuilt and make your mark.

## EUHS Summer Skill to be #exeterbuilt

### **Strength and Flexibility**

**60 jumps** - Two feet together jumping forward and backward over the ball.

- Progress from 20 to 30 to 40 to 50 to 60 each week

**15 figure “8’s”** - Standing position with legs slightly more than shoulder width and knees straight, roll the ball with your hands in a figure “8” pattern around your legs.

**60 jumps** - Two foot jumping side to side over the ball.

- Progress from 20 to 30 to 40 to 50 to 60 each week

**15 roll around’s** - Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.

**60 jumps** - Throw the ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to “hang” in the air.

- Progress from 20 to 30 to 40 to 50 to 60 each week

**30 sit-ups** - Touch the ball on the ground over your head and back up and touch your toes.

**60 touch and jumps** - Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible.

- Progress from 20 to 30 to 40 to 50 to 60 each week

**30 push-ups**

Progress from 5 to 10 to 15 to 20 to 25 to 30 each week

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**Ball Control and Agility**

**7 minute drill (attached)**

1 minute -

- Jog while dribbling ball with quick touches,
- changing direction and speed.
- Do this in a confined space where many changes and touches are necessary.

**1 minute - Head juggling**

1 minute -

- Throw ball up,
  - trap the ball with your head and settle the ball to your feet
  - cut quickly and dribble off with the ball - repeat.

**1 minute - Thigh juggling**

1 minute -

- Throw ball up,
  - trap the ball with your chest and settle the ball to your feet
  - cut quickly and dribble off with the ball - repeat.

**1 minute - Foot juggling with no spin on the ball.**

1 minute -

- Throw ball up,
  - trap the ball with your thigh and settle the ball to your feet
  - cut quickly and dribble off with the ball - repeat.

**1 minute - back and forth Foot to thigh juggling**

- Throw ball up,
  - trap the ball with your foot and settle the ball to your feet
  - cut quickly and dribble off with the ball - repeat.

2 minutes -Starting in a sitting position,

- throw the ball up,
- get up and stop the ball before it hits the ground, using head, chest, each thigh, each foot in that order to trap the ball.
- settle it to your feet, and move off quickly - repeat .

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### **Shooting and Heading**

For this section of the exercise, a soccer kick wall ( **you can make one easy**), the side of a gymnasium(The handball courts behind the Holaday Gym are perfect ), a tennis wall, racquetball court, etc., will be necessary

1. 2 minute-**Technique work**: Get 5 to 7 yards from the wall and pass the ball at the wall making sure to control and follow through make as many pass and traps as possible in 2 minutes ( this is a 2 touch drill. Trap and pass)
2. 2 minute-**1 touch** :same as above but 1 touch for s
3. 5 minutes-**Trapping and shooting**: at 15 yards,
  - strike the ball with power, and as it comes off the wall, trap cleanly and quickly fire another shot at the wall.
  - The point of the drill is to develop a sound clean trap and quick, hard shot.
4. 2 minutes **From one to two yards away**, first time foot juggling against the wall.
5. 2 minutes **From one to two yards away**, first time head juggling against the wall.
6. **Get within 5-10 yards of the wall** -- toss the ball like a throw in against the wall to force you to jump to head the ball back at the wall.
  - Catch the ball after you have headed it each time.
  - Make sure your toss forces you to the peak of your jump.
  - Remember your technique and head with power. (3 minutes)

### **Speed and Endurance**

2 things:

#1: if you go out and run slow “miles” to get in shape... you will be slow and not in soccer shape.

#2: Speed is the most underrated and UNDERTRAINED ability in soccer even though it is SO EASILY TRAINED!!!

**EUHS FLY 10's**: you can do these anywhere

- pick a straight away at ;east 50-60 yards
- start into the run Build-up speed for 20-30 yards yards
- GO MAX SPEED FOR 10 YARDS ONLY
- Then gradually slow down
- repeat 4-6 times with full rest
  - this is NOT AN ENDURANCE WORKOUT
  - it is not meant to be difficult

**EUHS Stackers**: These are meant to be brutal and done ONCE A WEEK ONLY

- Place cones 15 yards apart
  - sprint past the cone on the other side... turnaround and do the same thing back with 20 seconds rest
  - Repeat 6 times then rest 3 minutes
    - Start with 2 sets and add a set every week

**EUHS Stacked Stackers**:

- Place cones 30 yards apart
  - Sprint over and back
  - rest 30 seconds and repeat 3 times to complete set
    - Rest 5 minutes between sets
    - Start with 2 sets and work up to 5

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Extras:

We would suggest working on:

- a weak aspect of your game and trying to be able to juggle the ball 100 times ... or at least 20 times with each foot, thigh, and head.
- Never underestimate playing 1v1
  - there is nothing better and even a short series of 1v1 contests against anyone you are with will be very helpful even your dog works!!!!
  - Three 2 minute 1v1 games with rest in between would be excellent. If your opponent is superior make your goal small (a cone) and theirs much larger.
- Play just PLAY!!!!

THE IDEAL IS TO FIND A PARTNER AND MAKE A SCHEDULE.... IT MOTIVATES YOU MORE.

Are you  
**#EXETERBUILT?**

Good LUCK the EUHS Coaching Staff