



**GROUP C**

**BALL SKILL**

**COMPONENT**

San Jose State University Women Soccer's  
Summer Skill/Conditioning Program

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Ball Control and Agility

- 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, jump and while you are in the air prepare the ball with your head, settle the ball to your feet, and move off quickly - repeat.
- 1 minute- Thigh juggling
- 1 minute- Throw ball up, jump, and while you are in the air prepare the ball with your chest, settle the ball to your feet, and move off quickly - repeat.
- 1 minute- Foot juggling with no spin on the ball.
- 2 minutes- Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly - repeat using head, chest, each thigh, each foot in that order to prepare the ball.

Technical Speed, Pure Speed and Endurance

1. Dribble in a figure "8", use just the inside of your feet for 6 figure "8's", then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds
3. Set a marker out about 25 yards from a starting point:
  - a. Sprint dribble to marker
  - b. Sprint backwards to starting point
  - c. Sprint to ball
  - d. Collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs. Move as quickly as you can.

6. Rest by walking for 30 seconds
7. To ten yard marker and back: two leg explosive jumps To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds
9. Karioka (lateral running crisscrossing legs) to ten yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds
11. From the starting point:
  - a. Pass the ball to the 25 yard marker
  - b. Sprint to the ball
  - c. Collect ball and accelerate to starting line
  - d. Make 3 passes

Strength and Flexibility

60 jumps- Two foot jumping forward and backward over the ball.

15 Rose "8's"- Standing position with legs spread 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.

15 roll arounds- 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.

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.

30 push-ups

## Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, racquetball court, etc., will be necessary.

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed down, knee over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. First time shooting with power: Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. (6 minutes)
3. Preparing and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall prep it cleanly and quickly fire another shot at the wall the point of the drill is to develop a sound clean prep and quick, hard shot. (6 minutes)
4. From one to two yards away, first time head juggling against the wall. (1 minute)
5. Back off between 5 and 7 yards throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion. (2 minutes)
6. Get within 5 yards of the wall — toss the ball 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)

This entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.

Ideally, a short 4 a side game would be a fine way to finish your training. If you are alone, this will be impossible, and I would suggest working on a weak aspect of your game. Also never underestimate playing 1 v 1 there is nothing better and even a short series of 1 v 1 contests against any one you are with will be very helpful. Three 4 minute 1 v 1 games with rest in between would be excellent. If your opponent is superior (an excellent male soccer player) make your goal small (a cone) and his large (a regulation goal). If you are superior, do the same in reverse or play 1 v 2. Playing males is why most women on the U.S. National team are as good as they are 1 v 1. Playing 1 v 2 is why George Best, in his day, was the best male dribbler in the world, he claimed 1 v 1 was too easy for him.

GOOD LUCK, YOU HARD WORKING SPARTANS!

**SAN JOSE STATE UNIVERSITY WOMEN'S SOCCER  
WALL BALL WORKOUT**

***STATIONARY BALL***

15 - Right foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Left foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Right foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Left foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

***MOVING BALL***

10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with right foot (two touches - Prep and shoot)

10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with left foot (two touches - Prep and shoot)

10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with right foot volley.

10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with left foot volley.

5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with right foot.

5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with left foot.

5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with outside of left foot.

5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with outside right foot.

10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your right foot.

10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your left foot.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a right footed shot. Do not slow down to make a move, go at speed and fire the ball.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a left footed shot. Do not slow down to make a move, go at speed and fire the ball.

### *FINISHING AT SPEED*

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your right foot. Concentrate on going at speed!

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your left foot. Concentrate on going at speed!

### *SERIES JUGGLING FOR TOUCH ON THE BALL*

Do each one 5 times

1. Head - Right Thigh - Left Thigh
2. Chest - Right Foot - Left Thigh
3. Left Foot - Right Foot - Left Thigh - Right Thigh
4. Right Foot - Head - Left Thigh
5. 2 Touches with Right Foot - 2 Touches with Left Foot - Head

Bonus

- \*\*\*6. Christmas Tree - Right Foot - Right Thigh - Right Shoulder - Head - Left Shoulder - Left Thigh - Left Foot

### *STRETCH*