



## Flagstaff Revolution Practice at Home Guide

---

Though you as a player will receive plenty of training during your time with Flagstaff Revolution, the team environment is not sufficient to prepare you to play the game at the highest levels. The amount of skill needed to play beyond high school goes beyond just being able to function as part of a good team. You must be skilled on the ball and a team environment is not the most effective place to teach skill on the ball. It will mostly take place at home and on your own.

### Overview

This guide was compiled by Stephen Rossi (a Revolution parent) and will outline a weekly practice schedule that you can do at home to increase your skill level on the ball. Each day's workout is a little different and can be easily scaled up as your skill increases. These workouts are partly adapted from a video series on YouTube from the Simply Soccer channel. You can find links to the corresponding videos within each workout. Feel free to print this document and have a copy handy while training.

### Equipment

- Ball
- 5-7 Cones
- A wall



## Day 1 Workout

Video:

[https://www.youtube.com/watch?time\\_continue=6&v=WLp6b0MJxZ4&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=6&v=WLp6b0MJxZ4&feature=emb_logo)

1. La Croqueta Drill: 5 sets (there and back = 1 set)
2. V Drags: 30 seconds, alternating feet. 5 sets
3. Your 3 moves: 10 good moves with each foot for each skill
  - If you need help picking moves to do, ask you coach
  - Examples: stepover, scissor, roulette, body feint, Ronaldo chop
4. Rapid stepovers: 5 sets (there and back = 1 set)
5. 50 alternating thigh juggles
6. 50 left foot juggles
7. 50 right foot juggles



## Day 2 Workout

Video: <https://www.youtube.com/watch?v=kfjOsD48dTU>

1. Bell Taps: 30 seconds, 5 sets
2. Toe Touches: 30 seconds, 5 sets
3. In/outs: 30 seconds right, 30 seconds left, 30 seconds both, 3 total sets
4. L drags: 30 seconds, 5 sets
5. V drags 2: 30 seconds, 5 sets
6. 50 alternating juggles below the knee



## Day 3 Workout

Video: <https://www.youtube.com/watch?v=8UfZJ2CsHVk>

1. Mini suicide drills: both sides, 5 sets (10 total)
2. Cruyffs: 30 seconds, 5 sets
3. Chops/cuts: 30 seconds, 5 sets
4. Figure 8s: 2 times through per foot=1 set, 5 sets
5. V drags 2: 30 seconds, 5 sets
6. 50 alternating juggles below the knee



## Day 4 Workout

Video: [https://www.youtube.com/watch?v=ZeSGP\\_ymecg](https://www.youtube.com/watch?v=ZeSGP_ymecg)

1. Cones: right, left, both = 1 set, 5 complete sets
2. Cones (close): right, left, both = 1 set, 5 complete sets
3. Cones (only one touch: right, left, both = 1 set, 5 complete sets
4. Juggle (free form): 75 total



## Day 5 Workout

Video: <https://www.youtube.com/watch?v=sA3Slli1vNk>

1. Wall passes: two touch, receive inside / pass inside, 20 passes per foot
2. Wall passes: two touch, receive outside / pass inside, 15 passes per foot
3. Wall passes: inside foot directional control, 15 passes per foot  
-When bringing ball back to middle, use different moves (chop, cut, drag backs, cruyff, etc.)
4. Wall passes: outside foot, directional control, 15 passes per foot
5. Juggle (free form): 50 total



## Day 6 Workout

Video: <https://www.youtube.com/watch?v=aS54IMtpJ5g>

1. Across body touch: 15 each side
2. Inside spins: 15 each side
3. Air control: 15 each side
4. Juggle below the knee (right/left alternating): 50 total



## Day 7 Workout

Video: <https://www.youtube.com/watch?v=WlbxPaC70B4>

1. Maradona 7: 5-10 minutes
2. Mini Zig Zags: right and left, there and back = 1 set, 5 total sets
3. Brazilian box: around twice per foot = 1 set, 5 total sets
4. Around the world: around twice per foot = 1 set, 5 total sets
5. Alternating thigh juggle: 50 total