

SPORTS for Exceptional Athletes

Zoom Soccer Workout

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Soccer Workouts on Tuesdays from 6-7pm from the comfort and safety of home. If doing workouts outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email sds4ea@gmail.com to sign-up & get your Zoom password information.

Please bring the following for the workout:

- Zoom device (bigger the better for seeing the soccer clinician showing drills & other S4EA athletes)
- Water & towel (for breaks)
- Soccer Chart and pencil (to record Contest Scores)
- Ball (soccer ball, nerf ball, basketball, volleyball, dodge ball or any other ball that can be used for dribbling, passing & shooting drills)
- Cones (or socks or any small objects to be used for weaving drills and to mark the goal)
- Wall (can be as small as a cardboard box that can remain stationary) or partner (family member)
- Safe Workout area at least 12 ft by 6 ft with outside area preferable (if in the yard-preferably grass, but if in the house-preferably carpet but not near breakable items)

Before starting workout, do the following

1. 1 minute walking (or stand in place walking) using soccer ball (either dribbling or juggling off knee)
2. Warm-up exercises/stretchers

Dribbling

1. Straight dribbling
 - a. Inside of foot
 - b. Outside of foot
 - c. Stopping & turning
 - i. Foot on top of ball
 - ii. Run past ball & put inside of foot just past ball
 - d. Slow & fast
2. Weaving – set-up 3 cones with each cone 3 ft (1 yd) from the next cone
 - a. Right foot inside & outside of foot
 - b. Left foot inside & outside of foot
3. Weaving Contest – number of weaving laps (up & back is 1 full lap) in 1 minute
4. Water break & record number of laps in 1 minute on Soccer Chart

Passing & Trapping

1. Passing with partner (6 ft apart) or wall/cardboard box (3 ft away)
2. Inside of foot
3. Outside of foot (banana kick)
4. Right foot, left foot
5. Top of foot (instep, shoelace or Velcro part of foot)
 - a. Used for long passes
 - b. Used for shooting
6. Trapping (cushion the ball with your body as the ball touches you)
 - a. Foot (inside of foot, bottom of foot, top of foot)
 - b. Calf, Thigh, Chest (only if have a partner to toss the ball or a large wall to toss off of)
7. Dribble around partner (or cone), come back & stop, pivot & pass to partner (or against wall)
8. Passing Contest – number of passes to wall/partner in 1 minute
9. Water break & record number of passes to wall/partner in 1 minute on Soccer Chart

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Ball Juggling

1. Knee
 - a. Start with ball in hand, drop ball to knee while knee goes up to hit ball & then catch ball
 - b. Right knee
 - c. Left knee
 - d. Alternate right & left knee
 - e. Try hitting ball with knee 2 times (or more) before catching ball
2. Foot – same drills as knee but with the foot
3. Head (no heading drills if positive for Atlantoaxial Subluxation, for others heading drills are optional)
 - a. Use forehead (not top of head)
 - b. As ball comes toward head, head should be going toward ball
4. Ball Juggle Contest – total number of ball juggles done in 1 minute (knee, foot, head, or combination)
5. Water break & record number of ball juggles done in 1 minute on Soccer Chart

Shooting

1. If outside in open space, practice shooting from various spots (penalty shot, dribble & shoot, give & go & shoot, etc.)
2. Shoot on Goal (Penalty Shot) Contest – in 10 attempts
 - a. Number of goals (10 ft goal) in 10 tries from 12 yards (36 ft) out if outside in open space
 - b. Number of accurate passes into goal (2 ft goal) in 10 tries from 10 ft out if in small indoor area
3. Water break & record number of goals out of 10 tries on Soccer Chart

Final Competition

1. Modified Knock-out/Horse-Cow-I
 - a. If want to split into several groups, one group-inside shooters, second group-outside shooters, third group-outside soccer goal. Or, can do groups based on ability levels.
 - b. Set-up Zoom order for shooting.
 - c. 1st person shoots, then 2nd person shoots. If 1st person makes goal and 2nd person misses goal, then 2nd person is out.
 - d. Continue process with 3rd person. Basically, if person before you makes goal, then you must make goal to stay in. If person before you does not make goal, then you automatically are in whether you make or miss goal.
 - e. Continue until only one person left who is the winner.
2. Water break & winner marks on Soccer Chart

After workout, do the following

1. 1 minute walking (or stand in place walking) using soccer ball (either dribbling or juggling off knee)
2. Cool-down exercises/stretchers (same as warm-up exercises/stretchers but no sit-ups or push-ups)

Talk with each other, give suggestions, other tips, or ideas

*For S4EA athletes participating each week and filling out your Zoom Soccer Contest Chart, you will be awarded a ribbon at the end of the season.

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Optional Drills

1. Pass (Give) & Go
 - a. Set-up three cones in a triangle at least 3 ft (1 yd) apart
 - b. Player passes to a partner (wall) and receives a return pass by third cone
 - c. Player turns around, passes to a partner (wall) and receives a return pass by first cone
 - d. Continue this process for 1 minute
 - e. If want to keep track of how many passes original player makes, then can mark down that score
 - f. If outside with more space, a series of passes can be done in one direction between two players and shoot a goal at the end

2. Triangle Passes (with partner only) [or three cardboard boxes placed as the three cones to replace partner]
 - a. Set-up three cones in a triangle at least 3 ft (1 yd) apart
 - b. Player passes to a partner (by second cone) and player receives a return pass by third cone
 - c. Partner runs to first cone where receives a pass from original player
 - d. Original player runs to second cone where receives a pass from partner
 - e. Continue this process of running to the empty cone to receive the return pass
 - f. Continue for 1 minute
 - g. If want to keep track of how many passes original player makes, then can mark down that score

3. Conditioning
 - a. Run or Speed Dribble around end cones for 1 minute