

VSA at Home Soccer Exercises

Equipment: 3-6 Cones, a small field size and a ball.

Individual Skill Link: <https://youtu.be/SUSzfjsvrMM>

Partner Skill Link: <https://youtu.be/kfVo79Zm4Qk>

- You may adjust the distance based on your training environment or physical stage in your development.
- *Important: Make sure that you keep the cones equidistant each day so you can properly gauge your progress 😊*
- If Mom, Dad, or anyone in the house can time+record you, that would be ideal.
- Record your number of full rotations each day so you can attempt to beat your previous day's results.
- Repeat these exercises as many times in a day as you'd like.
- Feel free to share with friends – Challenge them and enjoy!
- Be creative with new challenges. Please feel free to share!
- If you would like to share your progress on social media, please send us a video!

Individual Skill Sets

Triangle Challenges

Setup: 3 Cones in a Triangle. Each cone is anywhere between 5-8 feet apart.

Challenge 1 Triangle Boxes – Each skillset will be recorded based on a completion of a full “V” - Beginning + Ending with Red Cone

Skill Set 1: Pull Open
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 2: L Turn + Pull Open
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 3: Step Over + Pull Open
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 4: Pull, Shield, Turn
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

***Total Time:** 4 Minutes

*Make sure all rotations are recorded

***One Minute Rest** – Hydrate

*Prepare for Challenge 2: Triangle Rotations

Challenge 2: Triangle Rotations – Each skillset will be recorded based on triangle rotations – Beginning + Ending with Red Cone

Skill Set 1: Ronaldo Chop Right Foot
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 7: Drag + Scissor Right
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 2: Ronaldo Chop Left Foot
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 8: Drag + Scissor Left
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 3: Step Over Left Foot
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 9: Inside Cut Right
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 4: Step Over Right Foot
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 10: Inside Cut Left
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 5: Zidane Right
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 11: Roll + Left Foot Step Over
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 6: Zidane Left
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotations:

Skill Set 12: Roll + Right Foot Step Over
45 Seconds Active Work
15 Seconds Rest
Number of Full Rotation

*Total Time: 12 Minutes

*Make sure all rotations are recorded

*One Minute Rest – Hydrate

***CYCLE 2:** Prepare to Repeat Challenge 1: Triangle Boxes

***AFTER REPEATING CHALLENGE 1** - Repeat Challenge 2: Triangle Rotations

***Total Work:** 32 Minutes

Individual Juggling Challenges

Setup: 3 Cones in a Triangle. Each cone is anywhere between 5-8 feet apart.

Objective: While staying within the perimeter of your triangle, complete the highest number of touches or skill moves within 4 minutes

Challenge 1: One Touch Alternating Feet
4 Minutes of Active Work
1 Minute Rest
Highest Number of Consecutive Juggles:

Challenge 2: One Touch Right
4 Minutes of Active Work
1 Minute Rest
Highest Number of Consecutive Juggles:

Challenge 3: One Touch Left
4 Minutes of Active Work
1 Minute Rest
Highest Number of Consecutive Juggles:

Challenge 4: Two Touch Alternating Feet
4 Minutes of Active Work
1 Minute Rest
Highest Number of Consecutive Juggles:

Challenge 5: Around the World
4 Minutes of Active Work
1 Minute Rest
Number of Times You Completed the Move:

Challenge 6: Pancake Step Over
4 Minutes of Active Work
1 Minute Rest
Number of Times You Completed the Move:

Challenge 7: Shoulder Turn
4 Minutes of Active Work
1 Minute Rest
Number of Times You Completed the Move:

Challenge 8: Back Press
4 Minutes of Active Work
1 Minute Rest
Number of Times You Completed the Move:

Challenge 9: Around the World
4 Minutes of Active Work
1 Minute Rest
Number of Times You Completed the Move:

Total Time: 45 Minutes

*Make sure each challenge is recorded

*If you would like to repeat any of the skill sets, please do. These are challenges that you will record and attempt to beat on a daily basis.

*Call up a buddy and challenge them! You can Facetime one another and have a live competition! Have fun with this. It will greatly benefit your technical development if it is FUN!

Partner Skill Sets

Passing Challenges

Setup: 2x sets of 3 Cones in a Triangle.

*Each cone is anywhere between 5-8 feet apart.

*Each set of 3x cones is approximately 10-15 yards apart.

*You can adjust the distance based on your physical ability and skill set.

**Make Sure you keep a consistent weekly distance so you can accurately compare results*

**A completion is counted when a pass is accurately given inside the grid + controlled inside the grid by recipient*

Challenge 1: Two Touch, Pass + Receive

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 2: One Touch

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 3: Chip Into Grid: *This should be done by placing the ball into your teammate's grid, using back spin. Get underneath the ball – NOT around the side of it*

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

***Repeat Challenge 1**

***Repeat Challenge 2**

***Repeat Challenge 3**

***Record your best results** – Repeat Challenge as many times as you'd like.

*Call up another couple of competitors and challenge each other. You can Facetime one another and have a live competition.

*Challenge your teammate during the ball: Give points for accurate passes, touches inside the grid, etc. Be creative and have fun with your challenges.

Partner Skill Sets

Two Person Juggling Challenges

Setup: 2x sets of 3 Cones in a Triangle.

*Each cone is anywhere between 5-8 feet apart.

*Each set is approximately 5-10 feet apart.

*You can adjust the distance based on your physical ability and skill set.

**Make Sure you keep a consistent weekly distance so you can accurately compare results*

**A completion is counted when a juggle is accurately given inside the grid + controlled inside the grid by recipient*

Challenge 1: One Touch

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 2: Two Touch

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 3: One, Two, Three – Juggles Must go in that number of touches consecutively:

Person 1: One Touch **Person 2:** Two Touches **Person 1:** Three Touches REPEAT: **Person 2:**

One Touch **Person 1:** Two Touches **Person 2:** Three Touches

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

***Repeat Challenge 1**

***Repeat Challenge 2**

***Repeat Challenge 3**

***Record your best results** – Repeat Challenge as many times as you'd like.

*Call up another couple of competitors and challenge each other. You can Facetime one another and have a live competition.

*Challenge your teammate during the ball: Give points for accurate juggles, give points to whoever goes longest without making a mistake, etc. Be creative and have fun with this!