

# PERFORMANCE & STRIKING

## SOCCER PROGRAM

IN COMBINATION WITH

## GOALKEEPER TRAINING

by Jose Michel Fajardo

Part I September-November 2011

10 Training Sessions for ONLY \$75\*

\*If sign up by September 7<sup>th</sup> \$75 per player for the 10 Sessions

\*If sign up after September 7<sup>th</sup> \$85 per player for the 10 Sessions

**Space is limited and program will fill up fast.**

**Sign up soon.**

**WHAT:** A combination of soccer fitness/skills/performance, proper striking techniques and goalkeeping training.

**WHEN:** Wednesday  
September 14, 21 & 28  
October 5, 12, 19 & 26  
November 3, 9 & 16

**TIME:** 5:00pm-6:15pm **ONLY FOR U-11-U-15 Boys & Girls**

**LOCATION:** Sport Zone

# **PERFORMANCE SOCCER**

All Soccer Related Exercises

80% Soccer Ball Work Outs

Agility & Resistance Training

Plyometrics

Cardio

Aerobic and Anaerobic

Strength –Upper Body, Core & Lower Body

Medicine Balls

Injury Prevention Training

Extremely Challenging 75 Minutes Sessions

# **STRIKING SOCCER**

95% of the Time will be Spent on Techniques of Striking the Ball

Areas of focus:

Inside and Outside Of the Foot

Laces

Bending

On the Ground Shots

Volleys

Half Volleys

Control (any part of your body) and Strike on Goal

Chip Shots

# **GOALKEEPERS**

## **Techniques**

**Diving Saves-speed, technique, body shape**

**Goal Kicks**

**Ball familiarity**

**Foot Distribution**

**Field Player Skills**

**Stance**

**Footwork**

**Catching & Handling**

**Shot Saving & Redirecting**

**Tipping & Parrying**

**Crossed Balls**

**Boxing**

**Breakaway Saves**

**Shot stopping**

**Hand distribution**

**Deflections**

**What to do at PK's-Movement, Eye contact (ball or player)**

**What to do at corners**