

**College Prep Soccer Daily Program
2008**

Session I: Monday July 21 – Friday July 25

Group I: 8:00am – 10:00am

Additional Training dates included: Saturday July 26 & Sunday July 27

Group I: 9:00am – 11:00am Training at La Jolla Shores

Session II: Monday July 28 – Friday Aug 1

Group I: 8:00am – 10:00am

Additional Training dates included: Saturday Aug 2 & Sunday Aug 3

**Enrollment is Limited to 20 players per Group
Conducted by Jerzy Szyndlar
With assistance by Brandon Beall
Goalkeeping Instructors Nik Owcharuk and Stephanie Beall**

Monday July 21

- (1) Dribbling vs. Running with the Ball
- (2) 1 vs. 1 with the back to the Opponent
- (3) Technical Speed in Dribbling
- (4) Plyometrics

Tuesday July 22

- (1) Agility
- (2) Collections – Ground Balls
- (3) Turning with the Ball
- (4) Reaction Speed

Wednesday July 23

- (1) Lofted Passes
- (2) Collections – High Balls
- (3) 1 vs. 1 Facing Opponent
- (4) Plyometrics

Thursday July 24

- (1) 1 vs. 1
 - Shielding
 - Over the Line
 - To one Goal
 - To Counterattacking Goals

Friday July 25

- (1) Heading
 - Offensive
 - Defensive
- (2) Clearing the Ball

Saturday July 26

- (1) 3 Miles Run
- (2) Plyometrics
- (3) Beach Soccer

Sunday July 27

- (1) 4 Miles Run
- (2) Fitness in Heading
- (3) Reaction Speed

Monday July 28

- (1) Shooting Ground Balls
 - Balls moving away from the Shooter
 - Balls moving toward the Shooter
 - Balls moving across the Shooter
- (2) Finish Ground Balls after 1 vs. 1

Tuesday July 29

- (1) Lofted Passes
 - The Chip Pass
 - The Volley Pass with Instep From the Straight Approach
 - The Volley Pass with Instep From the Sideways Approach
- (2) Collections – Lofted Passes
- (3) 1 vs. 1 to Goal after Lofted Pass

Wednesday July 30

- (1) Powerful Shooting
- (2) 1 vs. 2
- (3) Fitness in Shooting

Thursday July 31

- (1) Flank and Diagonal Crosses
 - Near Post Crosses
 - Mid Goal Crosses
 - Far Post
 - Diagonal Crosses Behind the Defense
- (2) Finishing the Crosses 1 vs. 1
- (3) Reaction Speed in Finishing

Friday Aug 1

- (1) Finishing games with emphasis:
 - 1 vs. 1
 - 1 vs. 2
 - 2 vs. 4
- In the Penalty Box

Saturday Aug 2

- (1) 5 Miles Run
- (2) Heading
- (3) Volleys
- (4) Beach Games

Sunday Aug 3

- (1) Plyometrics
- (2) Agility
- (3) Beach Games

Additional Training is available during the evening from 4:30pm – 6:00pm at Lindbergh Park with the U18 & U19 Premier FC BRATZ Teams