



Your Name: \_\_\_\_\_

iSoccer Four Week Technical Program

Program Start Date: \_\_\_\_\_  
Next Assessment Date: \_\_\_\_\_

Set Goals Here (ideas for Goal Setting: Raise you iSoccer level. 100% commitment to program. Staying focused for each session.)  
(Take a Formal iSoccer Assessment at the end of the four weeks to measure your progress!)

Remember to Compete: Compliment your technical training by competing as much as possible: 1v1, 2v2, against your sibling, street soccer, small sided, full sided...

Your Training Program:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	♦	♦ iSoccer Insanity Technical Workout (Comfort, Juggling, Dribbling)	♦ iSoccer Insanity Technical Workout (Passing and Receiving)	♦ iSoccer Insanity Technical Workout (Comfort, Juggling, Dribbling) ♦ iSoccer Insanity Technical Workout (Aerial Control and B: Striking)	♦ iSoccer Insanity Technical Workout (Passing and Receiving)	♦ iSoccer Insanity Technical Workout (Aerial Control and Ba Striking)	♦
WEEK 1	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed
WEEK 2	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed
WEEK 3	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed
WEEK 4	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed	<input type="checkbox"/> Completed <input type="checkbox"/> Not Completed



**Session:** iSoccer Insanity Technical Workout (Comfort, Juggling, Dribbling)

**Creator:** Scott Leber

No matter the time of day, where you are or who is watching – Maximize your time with the ball and make sure every touch has a purpose. Perform each exercise for 20 SECONDS with NO BREAK in between each exercise. You will have to stay focused for about two minutes before earning a short rest! Before starting, make sure you are properly warmed up and stretched.

**iSoccer Insanity Technical Workout (Comfort, Juggling, Dribbling)**

# of Exercises: 20

Difficulty: *Moderate to Advanced*

*It is summer time and now is the time to raise your technical level. Perform each exercise for 20 seconds at maximum speed and focus. 15 to 20 minutes of high pressure training will make all the difference. Let's Do This!*

TOPIC	EXERCISE	COMPLETED
Comfort	Assessment Skill - Toe Taps	<input type="checkbox"/>
Comfort	Assessment Skill - Foundation	<input type="checkbox"/>
Dribbling	In, Out (4 of 6): Moving Forward (both fi	<input type="checkbox"/>
Dribbling	Assessment Skill - Change of Pace	<input type="checkbox"/>
Juggling	Assessment Skill - Juggling	<input type="checkbox"/>
Dribbling	Assessment Skill - Change of Pace*	<input type="checkbox"/>
Juggling	Assessment Skill - Juggling*	<input type="checkbox"/>
Other	Extra 30 Breather	<input type="checkbox"/>
Dribbling	Assessment Skill - Change of Direction	<input type="checkbox"/>
Juggling	Assessment Skill - Head Juggling	<input type="checkbox"/>
Dribbling	Assessment Skill - Change of Direction	<input type="checkbox"/>
Comfort	L Pulls (3 of 3): Continuous	<input type="checkbox"/>
Comfort	V Pulls (3 of 3): Both Feet	<input type="checkbox"/>
Dribbling	Assessment Skill - Moves   Scissors	<input type="checkbox"/>
Other	Extra 30 Breather	<input type="checkbox"/>
Comfort	Toe Taps (6 of 8): Forward and Backwa	<input type="checkbox"/>
Comfort	Rolls (1 of 5): Rollies	<input type="checkbox"/>
Comfort	Foundations (7 of 9): Forward and Back	<input type="checkbox"/>
Dribbling	In, Out (4 of 6): Moving Forward	<input type="checkbox"/>
Dribbling	In, Out (4 of 6): Moving Forward*	<input type="checkbox"/>

90 Second Breather – Repeat from beginning. Do 2 Rotations!

KEY: \* is Non-Preferred Foot

**FIELD LAYOUT**

There is not a lot of space when you have the ball in a game, so lets train the same way. iSoccer sessions have been specifically developed so that they can be done anywhere there is amount of small space or any rebounding wall. Depending on the skill you are targeting, here are the five different layouts your need to perform all iSoccer exercises.

**TRAINING GRID**

Layout: Two Variations

Equipment

9 Markers

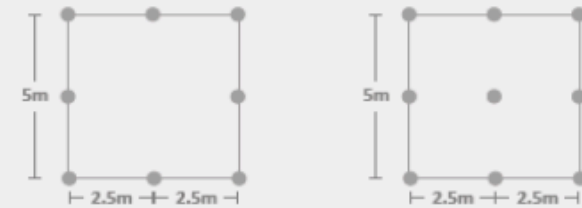
Topics

Comfort

Juggling

Dribbling

Aerial Control



**PASSING GRID**

Layouts: Two Variations

Equipment:

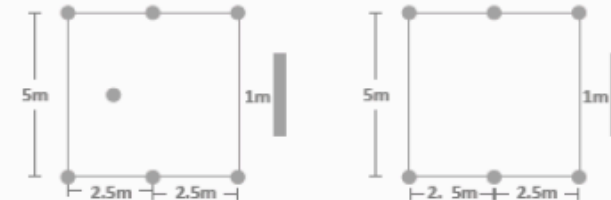
7 Markers

Any Rebounding Wall

Topics:

First Touch Passing

One Touch Passing



**WALL TRAINING**

Layout: One Variation

Equipment:

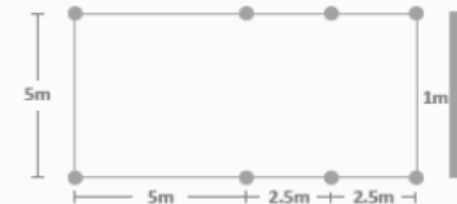
8 Markers

Any Large Rebounding Wall

Topics:

Ball Striking

Aerial Control





**Session: iSoccer Insanity Technical Workout (Passing and Receiving)**

**Creator: Scott Leber**

No matter the time of day, where you are or who is watching – Maximize your time with the ball and make sure every touch has a purpose. Perform each exercise for 20 SECONDS with NO BREAK in between each exercise. You will have to stay focused for about two minutes before earning a short rest! Before starting, make sure you are properly warmed up and stretched.

**iSoccer Insanity Technical Workout (Passing and Receiving)**

# of Exercises: 20

Difficulty: *Moderate to Advanced*

*It is summer time and now is the time to raise your technical level. Perform each exercise for 20 seconds at maximum speed and focus. 15 to 20 minutes of high pressure training will make all the difference. Let's Do This!*

TOPIC	EXERCISE	COMPLETED
First Touch	Assessment Skill - First Touch	<input type="checkbox"/>
	Assessment Skill - First Touch*	<input type="checkbox"/>
	Outside (4 of 8): Three Cones	<input type="checkbox"/>
	Outside (4 of 8): Three Cones*	<input type="checkbox"/>
Other	Inside (4 of 7): Three Cones	<input type="checkbox"/>
	Inside (4 of 7): Three Cones*	<input type="checkbox"/>
	Extra 30 Breather	<input type="checkbox"/>
	Assessment Skill - One Touch	<input type="checkbox"/>
One Touch	Assessment Skill - One Touch*	<input type="checkbox"/>
	Sole: Continuous	<input type="checkbox"/>
	Sole: Continuous* 1m from wall	<input type="checkbox"/>
	Inside (9 of 10): Short to Long	<input type="checkbox"/>
Other	Inside (9 of 10): Short to Long*	<input type="checkbox"/>
	Extra 30 Breather	<input type="checkbox"/>
	Outside (7 of 8): Glance Over Shoulder	<input type="checkbox"/>
	Outside (7 of 8): Glance Over Shoulder*	<input type="checkbox"/>
Pass into wall and perform as ball comes back to you	Outside (6 of 8): Dip Fake to Three Cones	<input type="checkbox"/>
	Outside (6 of 8): Dip Fake to Three Cones*	<input type="checkbox"/>
One Touch from 1 meter from wall	Toe (1 of 2): Continuous	<input type="checkbox"/>
	Toe (1 of 2): Continuous*	<input type="checkbox"/>

*90 Second Breather – Repeat from beginning. Do 2 Rotations!*

KEY: \* is Non-Preferred Foot

**FIELD LAYOUT**

There is not a lot of space when you have the ball in a game, so lets train the same way. iSoccer sessions have been specifically developed so that they can be done anywhere there is amount of small space or any rebounding wall. Depending on the skill you are targeting, here are the five different layouts your need to perform all iSoccer exercises.

**TRAINING GRID**

Layout: Two Variations

Equipment

9 Markers

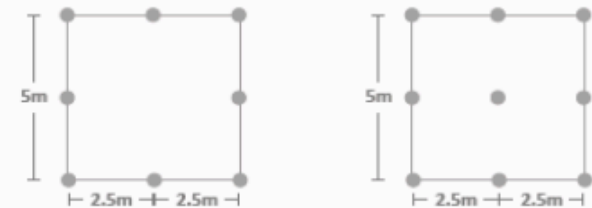
Topics

Comfort

Juggling

Dribbling

Aerial Control



**PASSING GRID**

Layouts: Two Variations

Equipment:

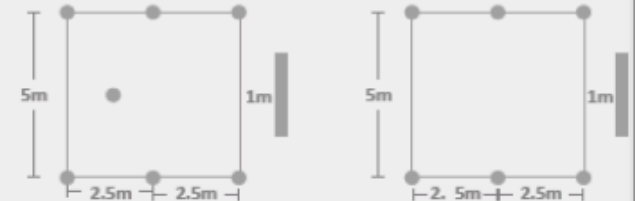
7 Markers

Any Rebounding Wall

Topics:

First Touch Passing

One Touch Passing



**WALL TRAINING**

Layout: One Variation

Equipment:

8 Markers

Any Large Rebounding Wall

Topics:

Ball Striking

Aerial Control



No matter the time of day, where you are or who is watching – Maximize your time with the ball and make sure every touch has a purpose. Perform each exercise for 20 SECONDS with NO BREAK in between each exercise.

Before starting, make sure you are properly warmed up and stretched.

**iSoccer Insanity Technical Workout (Aerial Control and Ball Striking)**

# of Exercises: 19

Difficulty: *Moderate to Advanced*

*It is summer time and now is the time to raise your technical level. Perform each exercise for 20 seconds using your right foot and then switch to your left foot for the next 20 seconds. 15 to 20 minutes of training will make all the difference. Let's Do This!*

TOPIC	EXERCISE	COMPLETED
Drop from hand	Laces (1 of 7): Volley	<input type="checkbox"/>
	Laces (1 of 7): Volley	<input type="checkbox"/>
	Laces (2 of 7): Side Volley	<input type="checkbox"/>
Quick and hard while maintaining consistency	Laces (2 of 7): Side Volley	<input type="checkbox"/>
	Laces (2 of 7): Side Volley	<input type="checkbox"/>
	Low Drive (1 of 7): Volley	<input type="checkbox"/>
Use tennis or small ball for extra challenge	Low Drive (1 of 7): Volley	<input type="checkbox"/>
	Low Drive (1 of 7): Volley	<input type="checkbox"/>
	Extra 30 Breather	<input type="checkbox"/>
Low Drive	Low Drive (3 of 7): Stationary Ball (5 Meters)	<input type="checkbox"/>
	Low Drive (3 of 7): Stationary Ball (5 Meters)	<input type="checkbox"/>
	Low Drive (5 of 7): Small Touch	<input type="checkbox"/>
Land on kicking foot	Low Drive (5 of 7): Small Touch	<input type="checkbox"/>
	Half Volley (1 of 3): Self Toss	<input type="checkbox"/>
	Half Volley (1 of 3): Self Toss	<input type="checkbox"/>
Drop from hand	Two Touch Game: 2.5 Meters	<input type="checkbox"/>
	Extra 40 Second Training	<input type="checkbox"/>
	Two Touch Game: 5 Meters	<input type="checkbox"/>
Use Any 2 Touches	Extra 40 Second Training	<input type="checkbox"/>
	Two Touch Game: 10 Meters	<input type="checkbox"/>
	Extra 40 Second Training	<input type="checkbox"/>

**90 Second Breather – Repeat from beginning. Do 2 Rotations!**

KEY: \* is Non-Preferred Foot

**FIELD LAYOUT**

There is not a lot of space when you have the ball in a game, so lets train the same way. iSoccer sessions have been specifically developed so that they can be done anywhere there is amount of small space or any rebounding wall. Depending on the skill you are targeting, here are the five different layouts your need to perform all iSoccer exercises.

**TRAINING GRID**

Layout: Two Variations

Equipment

9 Markers

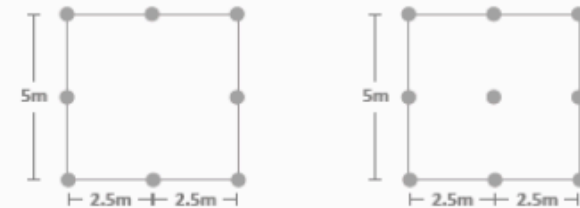
Topics

Comfort

Juggling

Dribbling

Aerial Control



**PASSING GRID**

Layouts: Two Variations

Equipment:

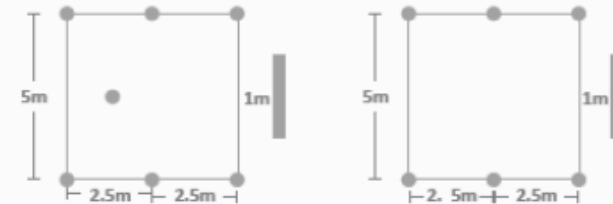
7 Markers

Any Rebounding Wall

Topics:

First Touch Passing

One Touch Passing



**WALL TRAINING**

Layout: One Variation

Equipment:

8 Markers

Any Large Rebounding Wall

Topics:

Ball Striking

Aerial Control





- Take the iSoccer National Assessment
- Input your scores
- Know your iSoccer level
- Set goals to raise your level
- Compare your scores by age
- National Standard comparison
- Personal history by skill
- 500+ instructional videos
- Video homework assignments
- Build training sessions/playlists
- Share sessions with team/community
- Download iSoccer training sessions
- Print player and team report
- Analyze data by age and gender

# www.iSoccer.org

Together, We Can Raise the Level of the Game