

To all PBFC players,

Below is a breakdown of the Tuesday 3/31/2020 online training session. Note the time designated for each exercise. Players that want to train hard can add time to the workout, but the minimum time spent should be 30 minutes with the speed, agility, and fitness aspect and 30 minutes on the ball mastery and skill set.

Strength portion:

Overhead Lunges:

- 10 yards cone to cone
- Down and back= 1 round
- 3 total rounds focusing on good form
- Rest 30-45 seconds between rounds.

Broad Jumps:

- 10 yards cone to cone
- Down and back= 1 round
- 3 total rounds focusing on landing in a good athletic position. Stick the landing and reset every time.
- Rest 30-45 seconds between rounds.

Ball Mastery

- Roll over ball with bottom of foot, plant foot on far side of ball, roll back over the ball in reverse, return to starting position, switch feet and repeat
 - Two 1:00 rounds
- Jogging in place behind ball
 - 1:00 in duration
 - 10 seconds slow, 5 seconds fast
- Step overs over stationary ball
 - Two 1:00 rounds

Skill Set

Setup = 10Wx15L yard grid with starting gate and end cone 15 yards apart with a mannequin at the halfway point (8 yards). Players will use repetition to master the 4 step over moves in the set, spending as much time as necessary to be comfortable.

- 1) Step over – 2:00 Minutes
- 2) Double Step Over -- 2:00 Minutes
- 3) Step over pull through -- 2:00 Minutes
- 4) Step over scissor -- 2:00 Minutes

Pressure

- 1) SPEED ELEMENT
 - a. Players challenge themselves by trying to finish the two moves and dribble back to start as fast as possible. (can record time and submit)
 - b. Players challenge themselves by trying to finish the two moves and then knock ball off cone with 8 yard pass as fast as possible. (can record time and submit)

Speed/ Agility Portion:

Lateral High knees:

- 4 cones 1 yard apart
- Down and back 5 times= 1 round
- Rest 30-45 seconds between rounds
- Repeat 5 times.

Suicides with the ball

- Cone line 10 yards in length, 6 cones, 2 yards between each cone
- Sprint dribble ball and advance ball to next cone
- Stop ball sprint back to start, back to ball, and advance ball to next cone
- Repeat

■ Tic tocs

- Two 1:00 rounds

■ Step cuts

- Two 1:00 rounds

■ Tic tocs +Stepcuts

- Two 1:00 rounds

■ Tic Tocs, stepover, ¼ turn, continue

- Three 1:00 rounds

c. PRESSURE ELEMENT

- i. Players can add a parent or sibling as a passive defender to create realism.
- ii. Players can add a parent or sibling as a goalkeeper to create realism.
- iii. Players can play live 1v1 if possible