

To all PBFC players,

Below is a breakdown of the Tuesday 4/7/2020 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.

Warm-up, Strength, and agility portion:

Warm up: (Cones 10 yards apart)

- Utilize dynamic warm-up 1 from coach Ryan or dynamic warm-up 2 from coach Lem
- Sprint with the ball to the first cone and do a pull back and sprint back to the starting cone.

Strength:

- Squats and jump squats (3 rounds of 20)
- Ski abs/ski jumps(3 rounds of 10)
- Mountain climbers(3 rounds of 30)
- Push-up cones (down and back is 1 cycle, we do 3 rounds)
- Variation 2
 - Sprint with the ball half way and stop the ball, sprint to the last cone and turn around to get the ball.
 - Do another pull back and finish on the opposite side that you started.
 - Do the same thing going back the other way. There and back is 1 round. Go 5 rounds.

Agility:

- Ball activity 1
 - Lateral high knees through the cone, role the ball to the other side (there and back is 1 round) go 5 rounds
- Ball activity 2
 - Variation 1

Ball Mastery

- Setup = 2 markers 10 yards apart, execute ball mastery movement between cones
 - Tic Tocs
 - Toe taps fwd/bkwd
 - Rollovers R/L
 - Inside R, outside R, inside L, outside L
 - Outside R, inside R, outside L, inside L

Skill Set

Cuts Skill set

Setup = 2 markers 10 yards apart

- 1) Inside the foot cut
- 2) Outside the foot cut (switching feet)
- 3) Hook turn
- 4) Slap cut

CHALLENGE ELEMENT

- Up and back is one round
 - 5 rounds right foot 5 rounds left foot at players pace to practice and master move
 - Rest
 - 3 rounds right & 3 rounds left for speed

- Once completed, add a sibling or family member in a makeshift goal to add finishing element.
- Go through the 4 skill moves consecutively, as fast as you can while maintaining proper technique and take a shot on goal once completed.
- Make sure to mix up the feet you use to execute the cuts as you progress through the final exercise.
- This final exercise will last for 5 rounds

If you can, play 1v1 and try out the moves on someone in your family!

Pressure