

To all PBFC players,

Below is a breakdown of the Thursday 4/9/2020 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

**Strength:**

- Lateral hops(3-5 sets of 20)
  - Hop side to side. Catch your balance before you hop again
- Planks/shoulder taps/plank rockers/up downs/ (hold for 30-45sec)
- Regular planks- flat back, engage core
  - Shoulder taps- on you hands, flat back, being opposite hand to opposite shoulder
- Plank rockers
  - start in regular plank position, drop hips to the outside and towards the ground, then back up to starting position and down to the other side
- Planks up-down
  - start in regular plank position and work your way up to your hands and back down again

**Agility:**

- Shuffle through cones(5 times in 1 round, 3-5 rounds)

**Ball Mastery**

- Sole of the foot
  - Heel to Toe single foot roll
  - Inside of foot to pinky toe roll in front of standing leg
  - Inside of foot to pinky toe roll behind standing leg
  - Combination
    - Inside of foot to pinky toe roll in front of standing leg
    - Heel to Toe single foot roll
    - Inside of foot to pinky toe roll behind standing leg
    - Do this pattern continuously

- Lateral shuffle-side shuffle through the cones
- Two feet in each(high knees)
- Ball activity 1
  - Ball work through cones(3-5 rounds, 5 times in each round, there and back is 1
    - Up and backs- come up just through the cone and make a left footed pass, then back down and up through the next cone. All left footed passes going up and all right footed passes coming back
  - Variation 1
    - Lateral shuffle/high knees- high knees sideways through the cones, when we get to the end we make a pass. We use both feet to pass.
  - Variation 2
    - Lateral high knees through the cones, when we get to the end we hold our balance on one foot and make 3 volleys with the opposite foot, same thing on the way back but we switch feet when volleying.

## Skill Set

### PBFC Online Training Session 4: Drag Push Set

This session should focus on thirty minutes of technical work on the drag push sets, the videos will provide a visual and better understanding of how to perform the moves in the set.

- Set 1: Inside Cuts (Drag) and Outside Cuts (Push)
  - 3 Cones/Objects in a Line: 10 Yard Space (5 runs)
  - Inside Cuts Side to Side Through the Line
  - From Cone 1 down to Cone 3 and back to Cone 1 is 1 run
  - Focus: Lateral Movement, Quick and Controlled Touches
- Set 2: Drag Push: Inside of Right Foot, Outside of Right Foot
  - 8x8 Yard Square
  - Square Challenge: Go around all Four Cones
  - Start from Middle of Side
  - Perform Drag Push Around a Cone
  - Set a Time for Both Feet:
  - Challenge: Can you beat your time?
- Set 3: Reverse Drag Push: Inside of Right Foot, Outside of Left Foot
  - Square Challenge: Go around all Four Cones
  - Start from Middle of Side
  - Perform Drag Push Around a Cone
  - Set a Time for Both Feet:
  - Challenge: Can you beat your time?
- Set 4: Drag Scissor:
  - Square Challenge: Touch All Four Cones
  - Start and perform the Drag Scissor at the Pole
  - Work to a Cone
  - Make it to All Four Cones

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

Pressure