

To all PBFC players,

Below is a breakdown of the Tuesday 4/16/2020 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
- Single leg hops sideways and freeze at end (5 reps)
- Single leg hops sideways slow (5 reps)

Strength:

Setup: 5 cones each about 1 foot apart

- Single leg plyometric
 - Single leg hops and freeze at end (5 reps)
 - Single leg hops slow (5 reps)

Setup: 3 cones about 1-2 ft apart

- Forward single leg hops (5 reps)

Setup: 2 cones 8 yards apart

- Single leg hops from cone to cone freeze at end

Ball Mastery

- Step, bump, kick, ball mastery movement
 - Start with tic tocs
 - Stop ball with inside of foot
 - Scissor and push ball to one side
 - Step on ball then release as standing leg bumps ball back to opposite foot
- Last variation EXTRA CREDIT
 - Can you add a rollover to return the ball to starting position?

Skill Set

PBFC Online Training Session 5: Change of Direction Moves – Hook Turn Set

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

- Set 1: Hook Turn
 - 2 cones 10 yards apart
 - Push dribble to opposite cone
 - Execute move
 - Explode with speed to opposite cone
 - Spend 4-5 minutes with move
 - Focus: sharp change in direction, deception, shot/pass fake at start of move, soft touch to cut ball
- Set 2: U Turn
 - Same setup as set 1
 - Push dribble to opposite cone
 - Execute move
 - Explode with speed to opposite cone
 - Spend 4-5 minutes with move
 - Focus: sharp change in direction, deception, twisting of hips, soft touch on top of ball to pivot and turn quickly
- Set 3: U Turn Stepmover
 - Same setup as set 1 and 2
 - Push dribble to opposite cone

- Execute move
 - Explode with speed to same cone
 - Spend 4-5 minutes with move
 - Focus: sharp change in direction, deception, twisting of hips, soft touch on top of ball to pivot and turn quickly, then step over ball with same/opposite foot to go desired direction.
- Set 4: Pull push behind leg
- Same setup as set 1-3
 - Push dribble to opposite cone
 - Execute move
 - Explode with speed to opposite cone
 - Spend 4-5 minutes with move
 - Focus: sharp change in direction, deception, light pressure on ball to pull back, soft touch around leg, quick pivot to change direction, explode to other cone.

Defensive pressure phase:

Be able to do the moves at full speed. Next, ask sibling, parent, or other family member and ask them to participate as a passive defender. Go 1v1 to goal!