

To all PBFC players,

Below is a breakdown of the Thursday 4/2/2020 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:

Warm up: (Cones 10 yards apart)

- Jog 3 laps around cones
- Angled shuffles forward/reverse
- High kicks
- Donkey kicks
- Low skips with arm swings forward/reverse
- High skips with arm swings forward/reverse
- In-out jumps squats
- Air squats
- Skater jumps
- Walking lunges

Strengthening: (20 reps x 4 sets)

- Reverse lunges 10 each leg
- Speed lunges

Speed/ Agility Portion:

Lateral High knees: (cones 2 feet apart)

- Short lateral hops
- Figure 8 weaving

Ball Mastery

- Pull push single foot
 - Right foot 4 reps
 - Left foot 4 reps
 - Repeat for one minute
 - Then advance to switching feet and hopping
- Rolling ball around standing leg (to be completed between each ball mastery round)
 - 5 around right leg
 - 5 around left leg
 - Repeat after each pull push round
- Inside/outside single foot
 - 6-8 reps then switch feet
 - Add scissor after fourth touch then switch feet

Skill Set

Setup = 10x10 square with defensive marker in the middle of square

- 1) Scissor take with outside – 2:00 Minutes (R+L)
- 2) Scissor take with inside -- 2:00 Minutes (R+L)
- 3) Double Scissor -- 2:00 Minutes (R+L)

Pressure

- 1) CHALLENGE ELEMENT
 - a. Players challenge themselves by self-passing a ball in front of them, doing one move at the center marker with second ball, then after move strike first ball with the second ball by passing. (can record time and submit)
 - b. Players challenge themselves by trying to finishing the move and then hitting the moving ball as fast as possible. (can record time and submit)
 - c. PRESSURE ELEMENT
 - i. Players can add a parent or sibling as a passive defender to create realism.
 - ii. Players can play live 1v1 if possible