

To all PBFC players,

Below is a breakdown of the Tuesday 4/28/2020 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

- Squat, volley, side shuffle, squat, volley, side shuffle
- Lunge, volley, side shuffle, lunge, volley, side shuffle

**Strength:**

Setup: 2 cones 5 yards apart

Need a partner and a ball

1 minute max effort, 3 rounds each exercise, 1 minute rest in between

- Straight arm burpee, volley, side shuffle, Straight arm burpee, volley, side shuffle

**Ball Mastery**

- Figure 8 challenge (short distance)
  - Straight on
  - Follow the ball
  - Side on
  - Alternate feet

**Shimmy Skill Set**

**PBFC Online Training Session 9:**

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: Shimmy
  - 3 cones 5 yards apart each
  - Push dribble to middle zone
  - Execute move
  - Explode with speed to opposite side
  - Spend 4-5 minutes with move
  - Focus: body hesitation, deception with hips and shoulders, shot/pass fake at start of move, soft touch to cut ball
- Set 2: Shimmy Step Over
  - 3 cones 5 yards apart each
  - Push dribble to middle zone
  - Execute move
  - Explode with speed back to original cone
  - Spend 4-5 minutes with move
  - Focus: body hesitation, deception with hips and shoulders, shot/pass fake at start of move, soft touch to cut ball
- Set 3: The Hop
  - 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.

#### Challenge

Same setup as the skill set

- Add a ball on cone 5 yards away
- Add a water bottle 5 yards away on opposite side
- Timed run
- Execute each of the three moves from the shimmy set, knock ball off cone, then run and slap water bottle over
- Record the video and submit the time and you can be three videos away from a new PBFC scarf!