

To all PBFC players,

Below is a breakdown of the Tuesday 4/21/2020 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:

- Jump squats (3 rounds of 30 seconds x 3)
- Lateral Bounds (3 rounds of 30 seconds x 3)
- Broad Jumps (3 rounds of 30 seconds x 3)

- Lunge Jumps (3 rounds of 30 seconds x 3)

- Plank Hold (3 rounds of 30 seconds x 3)

Agility:

- 8 step movement
 - 2 steps in middle, each foot outside square, return to starting position
 - 3 rounds x 30 seconds without a ball

Ball Mastery

- 4 step movement
 - With ball taking touches around the square
 - Round 1 – practice
 - Round 2 – faster
 - Round 3 – how many can you get in 30 seconds

Skill Set

Side Step Skill set

Setup = 5 markers in an X that is 12 yards in length and 3 yards in width

- 1) Side step (4 Min)
- 2) Double Side Step (4 Min)
- 3) L Move (4 Min)
- 4) Rollover (4 Min)
- 5) V Move (4 Min)

CHALLENGE ELEMENT

- Two 1v1 moves knock ball off cone/finish on goal
 - Dribble towards middle defensive marker, execute move, explode to opposite side
 - Again dribble towards middle defensive marker, execute move, preparation touch, finish
 - See how fast you can execute
- Once completed, add a sibling or family member as a passive defender
- Make sure to mix up the feet you use to execute the side step as you progress through the final exercise.

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