

To all PBFC players,

Below is a breakdown of the Thursday 4/30/2020 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

- Submit time to coach using sports engine chat

Academy: Dribbling Fitness

- 4 Minutes dribbling
- 1 Minute rest
- Repeat one more time

Fitness:

Premier: 2 Mile run

- Use Puma app to track distance and time

Ball Mastery

- 4 cones 1 foot apart
 - Go around each cone with bottom of Right foot
 - Go around each cone with bottom of Right foot
 - Go around each cone alternating feet
 - Challenge
 - How many times can you get around the square in 30 seconds

Skill Set

PBFC Online Training Session 5: Stop Start Moves – Spin 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.

- Move 1: Pull Spin
 - 3 cones 5 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 back, and quickness to spin with balance and explode to goal
- Set 2: Half Pull Spin
 - 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 go back the same direction you came
- Set 3: 360 Spin
 - 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 take ball with bottom of opposite foot to go desired direction.

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!