

To all PBFC players,

Below is a breakdown of the Tuesday 4/14/2020 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
 - Catch your balance before you hop again

Strength:

- North, South, East, West Hops (1 minute per round, 3 rounds)
 - Planks walk out, squat jumps walk in
 - Reverse lung to high kick
 - 30 seconds each leg
 - 10 yard shuffle to burpees
 - Double walking lunges
 - Forward to reverse sprints 10 yards

Ball Mastery

- Tic toc into full sole roll
 - Start with tic tocs
 - Place bottom of toe on ball
 - Roll ball down entire length of foot
 - Use heel of foot to pop ball to other foot
- Tic toc into roll over
 - Stop ball with one foot, roll over with other foot, crossover and continue to tic toc

Skill Set

PBFC Online Training Session 5: Stop Start Moves

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: High Wave
 - 4 Cones/Objects in a Line: 5 yard segments between cones
 - Push dribble through first segment
 - Execute move in second segment
 - Explode with speed in third segment
 - Spend 4-5 minutes with move
 - Focus: sharp change in speed, deception, foot fake over top of ball
- Set 2: Low Wave
 - Same setup as set 1
 - Push dribble through first segment
 - Execute move in second segment
 - Explode with speed in third segment
 - Spend 4-5 minutes with move
 - Focus: sharp change in speed, deception, foot fake beside ball
- Set 3: Fake Inside Cut
 - Same setup as set 1 and 2
 - Push dribble through first segment
 - Execute move in second segment
 - Explode with speed in third segment
 - Spend 4-5 minutes with move

- Focus: sharp change in speed, deception, turn, pivot, and foot fake as if to cut ball back then take with outside of same foot
- Set 4: Double Touch
 - Same setup as set 1-3
 - Push dribble through first segment
 - Execute move in second segment
 - Explode with speed in third segment
 - Spend 4-5 minutes with move
 - Focus: sharp change in speed, deception, turn, pivot, and stop ball with inside of front foot, then take ball with inside of trailing foot

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. Play as goal keeper, give return pass and save shot.