

To all PBFC players,

Below is a breakdown of the Thursday 5/11/2020 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

Setup: 6 cones set in a star formation one cone in middle

**Agility:**

Setup: 7 cones – 5 cones 1 ft apart, 2 cones set 5 yards apart and 5 yards at end of line, two water bottles

- Ball activity 1
  - Lateral high knees through the cone
  - Collect ball and dribble around water bottle
  - Return to start, turn and knock water bottle over

- Go right foot, left foot do each move twice
  - Star drill
    - Inside of foot cut
    - Outside of foot cut
    - Step on
    - Pull Back
    - Hook turn
  - Competition
    - Time the run and see how fast you can do the moves

**Ball Mastery**

- Setup = 4 markers 10 yards apart in a square, execute ball mastery movement between cones
- Challenge
  - Do as many different ball mastery movements as you can in 1 minute and 15 seconds
  - Factors we are looking for are clean technique, intensity, control, focus, skill, and fluidity.
    - Tic Tocs
      - triangles
    - Toe taps
    - Rollovers R/L
    - Inside R, outside R, inside L, outside L
    - Outside R, inside R, outside L, inside L
    - Pull push
    - U turn
    - V move
    - Hopping and rolling
      - Front
      - Behind
      - Back and forth

**Skill Set**

Cuts Skill set

Setup = 8x8 yard square with cone in middle

## CHALLENGE ELEMENT

- Get as many moves from the moves list in as you can in 1:30
  - Vary movements and try not to repeat
  - Fakes and Feints, Stop starts, and Change of direction moves
- For the final challenge, Go through the 3 skill moves consecutively, as fast as you can while maintaining proper technique and take a shot on goal once completed.
  - Time your run and submit your score on FB or Instagram.
- Make sure to mix up the feet you use to execute the cuts as you progress through the final exercise.

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

Pressure