

To all PBFC players,

Below is a breakdown of the Tuesday 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 Le
- 10 Cross mountain climbers- lateral high knees through cones- one touch pass with both feet
- 10 frog hops- lateral high knees through cones- one touch pass with both feet

Agility:

1 Round = 1 minute on with 1 minute rest. You'll do 3 rounds on each.

- 10 mountain climbers- lateral high knees through cones- one touch pass with both feet
- 30 seconds ball sit ups
- 30 seconds side plank
- 30 second side plank

Strength:

Ball Mastery

- Setup = 4 markers in square 6 yards apart, self-toss or use partner
 - Thigh to foot half volley control
 - Chest to foot half volley control
 - Add ball mastery dribbling to movement around cone
 - Tic tocs
 - Toe taps
 - Inside/outside dribble

Skill Set

Pass (against wall or server), Receive, Turn

Setup = 2 markers one 5 yards from wall the other 10 yards from wall

- 1) Inside the foot turn
- 2) Outside the foot turn
- 3) Behind standing leg turn
- 4) Step over turn

CHALLENGE ELEMENT

- Walk in's
 - 1 cone 10 yards from wall / partner
 - Right & Left Foot 1min each x3
 - Start 10 yards from the wall and play the ball one touch to the wall getting progressively closer, and then walk backwards as you play back to the 10 yard mark.
- Passing and Receiving
 - 1 cone 5 yards another cone 10 yards
 - Work for 1 minute, rest for 30 seconds x4
 - Make sure players check their shoulder once ball makes contact with wall/partner
 - Receive inside right foot (back foot)
 - Receive inside left foot (back foot)
 - Outside right foot

- Outside left foot
- Step On to Step Over Right
- Step On to Step Over Left
- Challenge
 - Pick 2 turns, play a pass off the wall and execute first turn, okay again and execute second turn
 - After this action either turn to shoot, or look to create a 1v1 with partner or a combination of the two.