

To all PBFC players,

Below is a breakdown of the Tuesday 5/7/2020 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:

- 6 cones one step apart
 - Lateral High Knees with ball (5 rounds X 5)
 - Forward two feet between each cone (5 rounds X 5)

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

Receiving the ball on the ground

Setup = 3 markers in a triangle partner server

- 1) Inside of foot
- 2) Outside of foot
- 3) Bottom of foot
- 4) Behind standing leg

- Partner passes to teammate checking in front of triangle
- Player utilizes one of the skills to turn and dribble to cone in back
- Player then returns ball to server and repeats pattern
 - Focus on
 - angled position when receiving with back to defender
 - purposeful and quality first touch into space that you are attacking
 - proper technique on passing

CHALLENGE ELEMENT

- See how fast you can complete 8 check ins and turns
 - 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

- Lateral sole rolls (5 rounds)

Agility:

- 6 cones 5 yards apart in staggered zig zag
- Through the cones and sprint dribble back to start = 1run Go x3 for each exercise
 - Dribbling with outside of foot around cone
 - Dribbling with inside of foot around cone
 - Dribbling with any part of of foot around cone

- Once completed, add a sibling or family member as a passive defender
- Make sure to mix up the feet you use to execute receiving and turning as you progress through the final exercise.