

To all PBFC players,

Below is a breakdown of the Tuesday 4/7/2020 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:**

- Burpees with ball
  - Progression Burpees with push up and ball
    - Three sets x 1 minute
- Single leg hold with movement of ball around foot
  - 30 seconds each foot
- Single leg Roman dead lifts with ball over head to toe
  - 30 seconds each leg
- Push ups with one hand on ball and one hand on ground.
  - Progression - alternating hands 1 minute
    - Each side 30 seconds
- Russian twist with ball
  - Modification- keep feet on ground

**Skill Set**

Air to Ground Receiving

Setup = 4 markers 6 yards apart in zig zag

- 1) Inside the foot half volley control
- 2) Outside the foot half volley control
- 3) Top of the foot control
- 4) Bottom of the foot control

CHALLENGE ELEMENT

- Setup = 4 markers 6 yards apart in zig zag with ball on cone 8 yards from end of zig zag
- Alternate feet
  - 4 minutes with each movement
  - Last rounds are for speed
  - Challenge with higher toss
- Go through the 4 control moves consecutively, as fast as you can while maintaining proper technique and take a shot on ball on cone at end.
- Once completed, add a sibling or family member in a makeshift goal to add finishing element.