



# **OPTIONAL INDIVIDUAL TRAINING**



***Staying HEALTHY and SAFE is the priority for all during this time off.***

*In an effort to stay engaged and active during these uncertain times we have put together individual training sessions with activities, diagrams & videos to assist you in staying active.*

***See Below***

*These activities are ‘**OPTIONAL**’ and not mandated, and we recommend that if you choose to partake, please do so in an individual and safe environment. Players who desire to ‘**Individually Train**’ can proceed **ONLY** with the permission of their parent(s) and under the direct supervision of their parent(s).*

*Since we are sending this to different age groups (U9-U15), we expect all to please use your judgement, modify, and change as needed, and have fun.*

***“Think, Act, Be Creative”***

*Stay healthy and see you soon!!*

*Mickey Kydes*

## **Objectives:**

- Staying Active
- Touching the Ball
- Having Fun

## **Notes:**

- Training is Optional
- Training sessions are to be done individually and not with others
- OK to adjust training session to your needs

## **Training Session Recommendations:**

- Intensity and Running Pace depends on age and activity level
- If you fatigue STOP
- Drink water even if you are not thirsty

***“Think, Act, Be Creative”***



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**Training Session Week 1:** May 18 to 24, 2020

**A. Warm-up:** Juggling / Dynamic Stretching

- 5 minutes

**B. Physical Activity:** Agility & Coordination

- 10-15 minutes

**AGILITY**  
Three Set up Options  
(Use anything for markers)

- Always Accelerate to last cone  
- Walk Back

Agility Running Exercises:

1. Straight one step running
2. Straight two step running
3. Sideways one step running
4. Sideways two step running
5. In an out side to side and up
6. Hopscotch
7. Skiing side to side and up

7 exercises x 1 rep each x 3 sets  
Rest 3 minutes in between sets

**C. Technical Activity:** Ball Mastery (click on video link for demo)

- 15-20 minutes

[Ball Mastery](#)

**Ball Mastery**

Set up a 4 yd square.  
Work on different combination of touches to master your ball control.

**Exercises**

- 1 - Toe Taps
- 2 - Toe Taps\_Advanced
- 3 - Foundation
- 4 - Sole Foot Drag
- 5 - Sole Foot Drag & Laces

**Work Loads**

Duration: 3 min. each exercise  
Work: 15 sec - Rest: 15 sec x 6  
Adjust time based on age / skill

**D. Cool Down:** Juggling / Static Stretching

- 5 minutes

**Week 1 Challenge:** Basic Juggling (click on video link for demo)

[Basic Juggling Challenge](#)

***“Think, Act, Be Creative”***