

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



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Training Session Week 3: June 1 - 7, 2020

A. Warm-up: Juggling / Dynamic Stretching

- 5 minutes

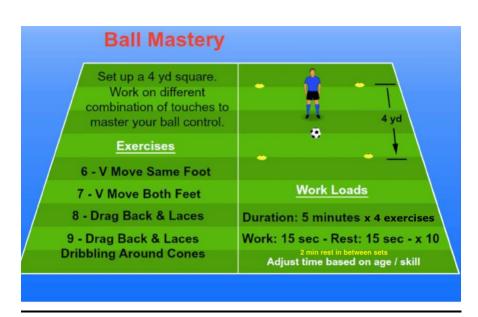
B. Physical Activity: Foundation Exercises 1 (click on video link for demo) - 10-15 minutes

Foundation Exercises 1

5 to 6 reps on each side x 2 sets

C. Technical Activity: Ball Mastery 2 (click on video link for demo) - 15-20 minutes

Ball Mastery 2



D. Cool Down: Juggling / Static Stretching - 5 minutes

Week 3 Extra Challenge: Wall Challenge - (click on video link for demo)

How many can you do?

Inside of Foot Wall Challenge