



# **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 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](#)

**Ball Mastery**

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

Exercises

- 6 - V Move Same Foot
- 7 - V Move Both Feet
- 8 - Drag Back & Laces
- 9 - Drag Back & Laces Dribbling Around Cones

Work Loads

Duration: 5 minutes x 4 exercises  
Work: 15 sec - Rest: 15 sec - x 10  
2 min rest in between sets  
Adjust time based on age / skill

**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](#)

*“Think, Act, Be Creative”*