

ONLINE TRAINING SESSION PLAN #1

Duration: 30 Minutes

TRAINING OBJECTIVES
Leg Workout plus fundamental ball handling skills using minimal equipment

EQUIPMENT
Size 6/7 ball or even a soccer/football/volleyball will be fine also

NOTES
Jordy Israel u18 & junior coach.

Legs Workout Prior to Skills Challenge

Squats: Standing with legs slightly wider than shoulder width. Feet pointing slightly outwards. Bending down so your bottom is at your knee height and your shoulders staying back.

Squat Interval Challenge: Maximum Squats in 1min then rest 1min. Repeat 5 times

u8/u10 Challenge	u12+ Challenge
<p>When wrapping try and go as fast as you can so you make mistakes. It is important to go in both directions and if you can have someone help you out they can call "change" to make you change directions while doing the drills.</p> <p>Do each drill 3 times for 1min in each direction.</p> <p>Clapping Catch Drill - Try and throw the ball up as high as possible and clapping as many times as possible.</p> <p>Try and get 5-8 claps in each attempt.</p> <p>Pounding dribble - standing in a triplethreat stance and pound the ball into the ground non stop nice and low - the lower the better - make some noise with it.</p> <p>Keep it going for 30 seconds. Alternate hands after every 30 seconds. 3 sets on each hand.</p> <p>When doing the footwork drills it is very important to do them at game pace. Ask someone to help you with it by them calling out the footwork and you respond with doing the drill they say. Ask them to speed up the calls to challenge yourself.</p>	<p>When wrapping try and go as fast as you can so you make mistakes. It is important to go in both directions and if you can have someone help you out they can call "change" to make you change directions while doing the drills.</p> <p>Do each drill for 30 seconds non stop - ball fumbles or drops start again.</p> <p>Clapping Catch Drill - Try and throw the ball up as high as possible and clapping as many times as possible. You are not allowed to move your feet when throwing the ball in the air.</p> <p>Try and get 8-12 claps in each attempt.</p> <p>Pounding dribble - standing in a triplethreat stance and pound the ball into the ground non stop nice and low - the lower the better - make some noise with it.</p> <p>Keep it going for 30 seconds. Alternate hands after every 30 seconds. 3 sets on each hand.</p> <p>When doing the footwork drills it is very important to do them at game pace. Ask someone to help you with it by them calling out the footwork and you respond with doing the drill they say. Ask them to speed up the calls to challenge yourself.</p>