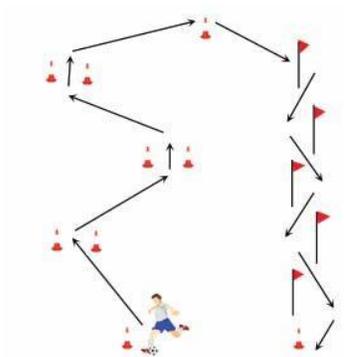
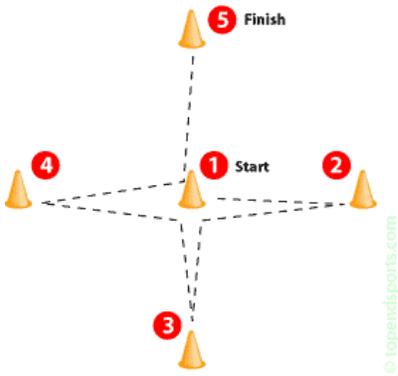
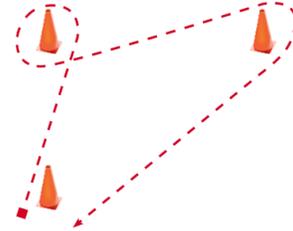


Ball Agility

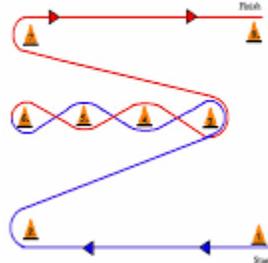
*Do each 4 times. 30 sec rest in between





8 Cone Agility-Drill

3 Cone Agility Test



8 Cone Agility-Drill:
 Start at cone (1) sprint around cone (2) to cone (3). Weave through cones (4) and (5), and around cone (6). Weave back through cones (5) and (4). Sprint around cone (3) to cone (7), and finish by sprinting to cone (8).

#14

Finishing

First Touch, Shooting, Heading

***Wall or partner necessary*

1 minute- inside of foot volley to wall and catch

1 minute- toss ball to wall and inside volley back to wall and catch

1 minute- toss ball against wall in air, first time the ball back to wall (inside of foot) on the ground

1 minute- toss ball against wall, catch it inside of foot, control, play it back on the ground

1 minute rest. **Repeat twice** (three times total)

***For finishing: make sure ankle is locked, toe is down, and knee is over the ball!*

***Use difference angles, distance, ranges, aim for upper ninety, corners, pockets, back of the net, low, mid height, and high driven; instep and laces volley. (Cross bar we go home-kidding. Stay out and get better.)*

1 minute- self toss ball and head into wall

1 minute- toss ball into wall and head the ball down into ground (attacking header)

1 minute- toss ball into wall above your head and jump to head it up and away (defensive header)

Week 1		
Monday*	Wednesday*	Friday*
3 min Hard Run 2 min Jog Repeat 4x	Interval 1: Run 1 minute. Jog 1 minute. For 2 miles.	5K Run: Run 3.1 miles conversational pace

Week 2		
Monday*	Wednesday*	Friday*
3 min Hard Run 2 min Jog Repeat 6x	Interval 2: Sprint 20 seconds. Jog 40 seconds. For 3 miles.	2 x 1100 yd Runs: Measure out 100 yds with two cones. Run between the cones 11 times. Aim for 4 mins and 30 seconds. Rest 5 minutes. Repeat for second set.

Week 3		
Monday*	Wednesday*	Friday*
4 min Hard Run 2 min Jog Repeat 4x	Interval 3: Run 40 seconds. Walk 20 seconds. For 3 miles.	**Tempo I: 100+100+200+100+100 +200+100+100+200+100 =1300 YDS

Week 4		
Monday*	Wednesday*	Friday*
1.5 mile run Walk 0.5 Run 1 mile AFAP	Interval 4: Run 1 minute. Sprint 30 seconds. Walk 30 seconds. For 30 mins.	**Tempo II: 100+100+200+100+200 +100+100+200+100+100 +100+100 =1500 YDS

*Complete dynamic and static warm up individually before each workout

Tempo Run: Each distance is in yards. Measure 100 yards with a cone at 0,20,80,100. Run the distance prescribed at 75-80% speed. For rest, walk 20 yards out and back, that is, to the cone at 20 yards and back to 0 or to the cone at 80 yards and back to the 100 yard

*Remember. You can use number of mailboxes/houses instead of seconds for an interval run. The ideology is to escalate your heart rate and lower it. 40 seconds could equate to 6 mailboxes and 20 seconds could equate to 3. You can use a side street or track and measure out 100 yards. Be creative with the space you use.