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| A close up of a sign  Description automatically generated | **2006-2001 Strength, Conditioning and Ball Control Workout**  **April 20-27, 2020** | A close up of a sign  Description automatically generated |

Everyday warm-up:

Set up two markers lining out between 15-20 yards of space. Always do each combination 2x. Make sure that your upper body is active in your warm-up with full arm swings across your body or circular rotations forward and back. Light twisting and turning

* Jog down & back **x2**
* Jog down, backpedal back **x2**
* Skip down, skip backwards coming back **x2**
* Hip swivel facing the same way down and aback **x2**
* High knees down, heel lifts (butt-kickers) back **x2**
* Sideway shuffle facing the same way down and back **x2**
* Open the gate down, close the gate back **x2**
* Straight leg kickouts down, kickbacks coming back **x2**
* Side lunges facing the same way down and back **x2**
* Add any additional dynamic stretching you would like. No stationary static stretching prior to work out!
* Do a few higher paced running activities prior to bodyweight workout. i.e.: three steps sprint forward, three step backpedal, sprint through the end. 3 step sideways on forward / back sprint through the end, zig zag change of direction (3 yard cuts) to the end.

**3 min rest – water break**

**Monday, Wednesday, Friday**

**Lower Bodyweight work-out:**

*Lower sets and reps for younger age groups / higher sets and reps for older age groups. Always listen to your body. Do not continue to do exercises that cause pain. Do one exercise of each going through the entire series and then start again younger players – 3 sets for older – for single leg squats and single leg toe touches there is one less set listed for those activities, you can add a third if your body is responding well.*

* [Bodyweight Split](https://www.youtube.com/watch?v=JLW4AVzdzTc) Squats 2-3 Sets of 15-20 seconds each leg
* [Bodyweight Lunge](https://www.youtube.com/watch?v=rKh41FO_eao) 2-3 Sets of 20-40 Seconds total
* [Repeated Broad Jumps](https://www.youtube.com/watch?v=_At_tUklFPg) 2-3 Sets of 3-4 reps
* [Cossack Squat](https://www.youtube.com/watch?v=YvxmS5BIPi8) 2-3 Sets x 8-10 reps each leg
* [Single-Leg Squats](https://www.youtube.com/watch?v=keSzg7MaoVQ) (pistol squat holding a bar in front or rear foot elevated split squat) 1-2 sets x 6-8 reps each leg –   
  [**USE A CHAIR IF NEEDED!**](https://www.youtube.com/watch?v=H5L31-Ng0aI)
* [Single-Leg Toe Touch](https://www.youtube.com/watch?v=EtQxjKrdKSA) (extending back foot behind the body, keeping plated leg knee slightly bent) 1-2 sets x 6-8 each leg
* [Sprinter Sit-Up](https://www.youtube.com/watch?v=1eEeUBWJmpk) 2-3 Sets of 25-30 seconds each

**3 min rest – water break**

**Dynamic juggling:**

*Use the 15-20 yard area you laid out for your warm-up. On these sets you should complete them going down and back. You can catch it to turn to come back if you want but the goal is to be able to go down and back without dropping the ball.* ***THREE SETS OF EACH***

* Walk down alternating feet every touch - keep the ball waist height **NO BACK SPIN – flat foot juggling**
* Doubles walking (right,right – left,left) - keep the ball waist height **NO BACK SPIN – flat foot juggling**
* Skip juggling – skip and juggle at the same time keeping the ball below waist height
* Right foot juggling on the jog, every time your left foot is taking you forward your right foot is juggling the ball forward.
* Right foot juggling on the jog, every time your left foot is taking you forward your right foot is juggling the ball forward.

**Ball work –need an Instagram account to view otherwise do 20 minutes of dribble / ball control work of your choice**

* [SSA Basic Footwork Combos](https://www.instagram.com/tv/B94a3JxgbsD/?utm_source=ig_web_copy_link) – Do all of these sets 3 times x 30 – 40 seconds each

Do these together – one set of the 4-cone drill then follow up with one set of the Drag Scissor drill 3 sets of 30-40 seconds work

* [SSA 4 Cone Drill 1](https://www.instagram.com/p/B-7o5H3hP8R/?utm_source=ig_web_copy_link)
* [SSA Drag Scissor Drill](https://www.instagram.com/p/B-K5FIFBevJ/?utm_source=ig_web_copy_link)

**Tuesday, Thursday, Saturday**

**START WITH THE WARM-UP**

**Upper Bodyweight work-out:**

* 3 x 30 second push-up position holds (3 x 15 sec for younger ages)  
  **->** lower yourself down hold at the bottom of your pushup for 3-5 seconds and push backup. You can also alter this if you are having difficulty by dropping your knees on the push up portion and then planking to lower yourself.
* 3 x 10 yards [Bear Crawl](https://www.youtube.com/watch?v=xxxT7BFWArI)
* Push-Ups 3 x 10 with 5 count eccentric (2 x 8 with 3 count for younger ages)  
  **->** descend for a 5 count (or 3 count) and immediately push back up and repeat
* [Burpees](https://www.youtube.com/watch?v=vY45QWKdp7M) 4 x 30 seconds (3 x 20 for younger ages)
* [Close Grip Push-](https://www.youtube.com/watch?v=av5zfxzSFEc) Up 3 x 5 (2 x 5 for younger ages)
* [Dead bug](https://www.youtube.com/watch?v=I5xbsA71v1A) 3 x 30 seconds each (2 x 20 seconds for younger ages)
* [Mountain climbers](https://www.youtube.com/watch?v=J35ftH5uXXs) 3 x 30 seconds each (2 x 20 seconds for younger ages)

**Ladder work:**

* [SSA Basic Ladder Activities](https://www.youtube.com/watch?v=YGCmOYtCElw&list=UU5xKRDQadg-iUgoxPXuaVQA&index=1) – 2-3 sets (down and back = 1 set) of each activity. Get up on your toes!

**Dribbling Work w/ conditioning – see diagram builds at the ends of this document**

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| * T Drill - full speed *Rest > 30 seconds* Foundation forwards and back – 50% max speed *Rest > 30 seconds*  T Drill - full speed *Rest > 20 seconds* Foundation forwards and back – 50% max speed *Rest > 20 seconds* T Drill - full speed *Rest > 10 seconds* Foundation forwards and back – 50% max speed *Rest 90 SECONDS minute* ***repeat 2-3 sets*** | * 5 - 10 - 5 changes of direction INSIDE of the foot  *Rest > 30 seconds* 5 - 10 - 5 changes of direction OUTSIDE of the foot  *Rest > 30 seconds*  5 - 10 – 5 changes of direction INSIDE of the foot  *Rest > 20 seconds* 5 - 10 - 5 changes of direction OUTSIDE of the right foot  *Rest > 20 seconds*  5 - 10 - 5 changes of direction INSIDE of the foot  *Rest > 10 seconds*  5 - 10 - 5 changes of direction OUTSIDE of the right foot  *Rest > 90 seconds* ***repeat 2-3 sets with freedom to add Change of Direction Moves you want*** |
| T Drill set-up. Cones are spaced 8-10 yards apart depending on age group.    Foundations (tapping back and forth with the insides of your feet) are done from the bottom cone to the center cone and back. | 5/5 - 10/10 - 5/5 > three cones 5 yards apart. Change of Direction (COD) Moves and dribbling is done at FULL pace    From the first red cone execute the change of direction (COD) move and dribble out and back to the second red cone and execute the COD move to turn and dribble out to the third red cone and execute the COD move to turn and dribble back to the first red come. |

**Core exercises: 20-60 seconds depending on how long you can hold positions with GOOD TECHNIQUE.**

* [**Plank**](https://www.youtube.com/watch?v=pvIjsG5Svck)
* [**Side-Plank**](https://www.youtube.com/watch?v=N_s9em1xTqU)
* [**Glute Bridges**](https://www.youtube.com/watch?v=zSjcjLzBZvs) **– 5 second pause at the top**
* [**V-Ups**](https://www.youtube.com/watch?v=7UVgs18Y1P4)

End with cool down and stretching….

**Everyday cool down:**

Set up two markers lining out between 15-20 yards of space to use to basically cool your body down. Every thing is done loosely and slowly.

* Jog down & back x1
* Jog down, backpedal back **x1**
* Skip down, skip backwards coming back **x1**
* Hip swivel facing the same way down and aback **x1**
* Sideway shuffle facing the same way down and back **x1**

Static Stretching – 45 seconds of stretch a quick shake out and 45 more seconds for a total of 90 seconds per exercise per side. Make sure you never go to the point of pain you should simply feel the muscle stretch itself. Making sure to hit all muscle groups. Here are some exercises you can do but will need to address areas you need more attention to.

* Standing hamstring stretch – feet together
* Standing hamstring stretch – feet apart
* Standing quad stretch
* Seated groin stretch
* Standing calf stretch against a wall or ball.

Next 4 Stretches can be seen[**here**](https://www.youtube.com/watch?time_continue=467&v=CdCClhtKH2Q&feature=emb_logo).

* Child pose stretch
* Cobra Pose
* QL Stretch
* PSOAS Stretch