



April 20th Individual Player Development Plan

With warmer weather on the way, I hope that players are excited to continue training outdoors working on their craft. Thank you to those players/teams that have been sharing some highlight videos of the work you are putting in.

Day One: Ball Work

- Juggle for 5 minutes continuous using feet only, trying to achieve your high score.
- Set 2 cones about 8 yards apart
 - Dribble in figure 8 pattern, turning with the inside of your right foot around one cone and the outside of your right foot around the other cone. Work for 45 seconds at high intensity. Count how many points you can get in the time. Rounding each cone counts as 1 point. Rest 15 seconds.
 - Repeat above with your left foot.
 - Rest 1 minute
 - Repeat sequence 5 times.
- Incorporate dynamic stretching
- Juggle for 5 minutes working on the [neck stall](#)
- Using the same 2 cones as above, work on the following turns. As you get familiar with the turns please be sure that you are dribbling at pace. Be sure to alternate feet each turn.
 - [Inside Cut turn](#) – 45 seconds set
 - Outside Cut turn – 45 seconds set
 - [Stepover Turn Inside](#) – 45 seconds set
 - Stepover Turn Outside – 45 seconds set
 - [Cryuff Turn](#) – 45 second set
 - Rest 1 Minute
 - Repeat sequence 5 times.
- **Core Work:**
 - 1 minute normal plank
 - 30 seconds plank with right arm extended straight ahead
 - 30 seconds plank with left arm extended straight ahead
 - 30 seconds plank with right leg lifted 4 inches off the ground
 - 30 seconds plank with left leg lifted 4 inches off the ground
 - 30 seconds normal plank
 - Rest 2 minutes
 - Repeat 2 more times

Day 2: Agility/Fitness

- Warm-up: Jog at 50% for 5 minutes
- Full Dynamic stretch
- Ladder Work. Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work through each of the sets in this video down and back twice.
 - [Ladder Work](#)
 - Rest 1 minute between sets.
 - Repeat 4 times
- Shuttle Run with Ball. Setup 6 cones 5 yards apart in a straight line.
 - Start at 1st cone with a ball and sprint to the 2nd cone, cut quickly with the ball and return to the first cone, where you cut again and sprint to the 3rd cone. Continue the process until you have completed the full shuttle run.
 - Rest 1 minute and repeat 4 times
- Box jumps (you can use stairs/bleachers). Get as many reps as you can in 45 seconds.
 - 2 foot hop up and down onto box/stair
 - 45 seconds
 - Single leg forward hop (right)
 - 45 seconds
 - Single leg forward hop (left)
 - 45 seconds
 - Single leg sideways (right), should be closest to the box/stair
 - 45 seconds
 - Single leg sideways (left), should be closest to the box/stair
 - 45 seconds
 - Rest 2 minutes
 - Repeat 3 times

Day 3: Ball work

- Juggle for 5 minutes continuous alternating feet. Keep track of your high score for the day.
- Complete the following juggling sequence. If the ball drops its ok, just start where you left off until you get all the touches.
 - Right foot while hopping on your left – 50 touches
 - Left Foot while hopping on your right – 50 touches
 - Alternate feet – 100 touches
 - Alternate thigh – 50 touches
 - Head – 20 touches
 - Low-High Right Foot – 20 touches
 - Low-High Left Foot – 20 touches
 - Inside Right Foot juggle – 25 touches
 - Inside Left Foot juggle – 25 touches
 - Outside Left Foot – 10 touches
 - Outside Right Foot – 10 touches
- 4 Cone Skill work
 - [Cone work 1](#)
 - 1-minute sets with 15 seconds rest. Repeat 5 times
 - [Cone work 2](#)

- 1-minute sets with 15 seconds rest. Repeat 5 times
 - [Cone work 3](#)
 - 1-minute sets with 15 seconds rest. Repeat 5 times
 - [Cone work 4](#)
 - 1-minute sets with 15 seconds rest. Repeat 5 times
- **Physical Work:**
 - 50 Flutter kicks
 - 25 pushups
 - 25 situps
 - 10 burpees
 - Rest 1-minute
 - Repeat 3 times

Day 4: Fitness

- Warm-up: Jog at 50% for 5 minutes
- Full Dynamic stretch
- Ladder Work. Instead of using a ladder you can use cones or even small rocks to represent the ladder. Work though each of the sets in this video down and back twice.
 - [Ladder Work](#)
 - Rest 1 minute between sets.
 - Repeat 4 times
- Setup a 15 yard square. There are 4 side in which you will take turns sprinting and jogging. Don't stop until you have completed all 4 laps.
 - 1st lap – Sprint the first stretch, jog the next 3
 - 2nd lap – Sprint 2 stretches, jog the next 2
 - 3rd lap – Sprint 3 stretches, jog the last 1
 - 4th lap – Sprint all the way around
 - Rest 1 minute
 - Repeat 3 times
- **Core Work:**
 - 1 minute normal plank
 - 30 seconds plank with right arm extended straight ahead
 - 30 seconds plank with left arm extended straight ahead
 - 30 seconds plank with right leg lifted 4 inches off the ground
 - 30 seconds plank with left leg lifted 4 inches off the ground
 - 30 seconds normal plank
 - Rest 2 minutes
 - Repeat 2 more times

Day 5: Off (Recovery Day)

Day 6: Ball work

- Juggle for 5 minutes continuous using feet only, trying to achieve your high score.
- Set 2 cones about 8 yards apart
 - Dribble in figure 8 pattern, turning with the inside of your right foot around one cone and the outside of your right foot around the other cone. Work for 45 seconds at high intensity. Count how many points you can get in the time. Rounding each cone counts as 1 point. Rest 15 seconds.
 - Repeat above with your left foot.
 - Rest 1 minute
 - Repeat sequence 5 times.
- Incorporate dynamic stretching
- Juggle for 5 minutes working on the [Around the world](#)
- Using the same 2 cones as above, work on the following turns. As you get familiar with the turns please be sure that you are dribbling at pace. Be sure to alternate feet each turn.
 - [Inside Cut turn](#) – 45 seconds set
 - [Outside Cut turn](#) – 45 seconds set
 - [Stepover Turn Inside](#) – 45 seconds set
 - [Stepover Turn Outside](#) – 45 seconds set
 - [Cryuff Turn](#) – 45 second set
 - Rest 1 Minute
 - Repeat sequence 5 times.
- **Physical Work**
 - Box Jumps (you can use stairs/bleachers)
 - 2 foot hop up and down onto box/stair
 - 20 reps
 - Single leg forward hop (right)
 - 20 reps
 - Single leg forward hop (left)
 - 20 reps
 - Single leg Sideways (right), should be closest to the box/stair
 - Single leg Sideway (left), should be closest to the box/stair
 - Rest 2 minutes
 - Repeat 3 times

Day 7: Off (Recovery Day)