

The weather is supposed to clear close to 6PM. If you have an area to do some fitness training, don't waste the night just because the fields are closed. Below is a brief at home practice plan you can do in fairly small space like a drive way or parking area. Work hard and be safe.

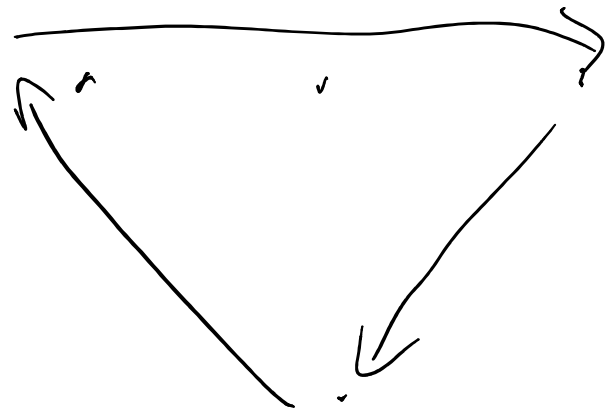
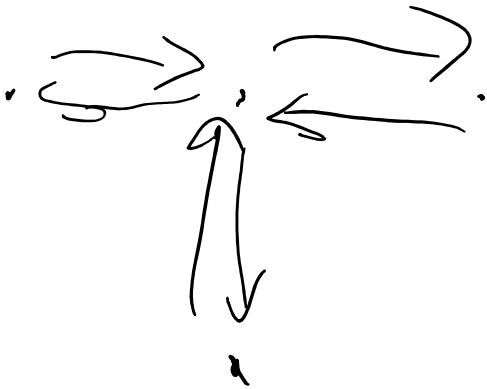
Warm-Up

Warm-up properly with a light jog and the dynamic run and stretching just like practice.

Fitness Training

T's & Triangle Runs –

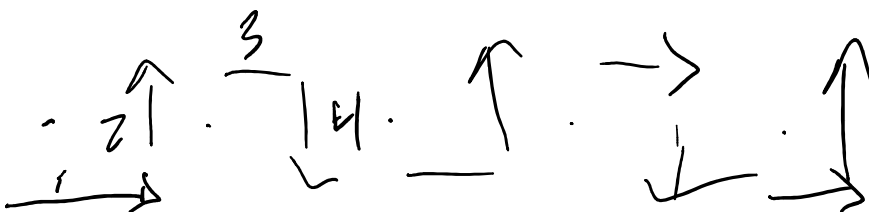
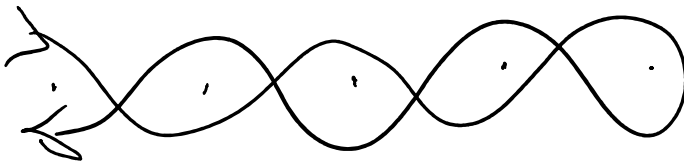
Many options with these – sprints, side shuffles, karaoke runs, back pedals



Fitness with the ball

Step Ups – Constantly on your toes bring one foot up to touch the top of the ball then the other

Dribble through cones – simple weaving of cones (or anything) using inside and outside of the foot or shring the space between the cones and tight using ball control to weave.



- 1- Push outside of foot, 2 - push with laces, 3- pull across with inside, 4 - pull back with bottom of foot, repeat...

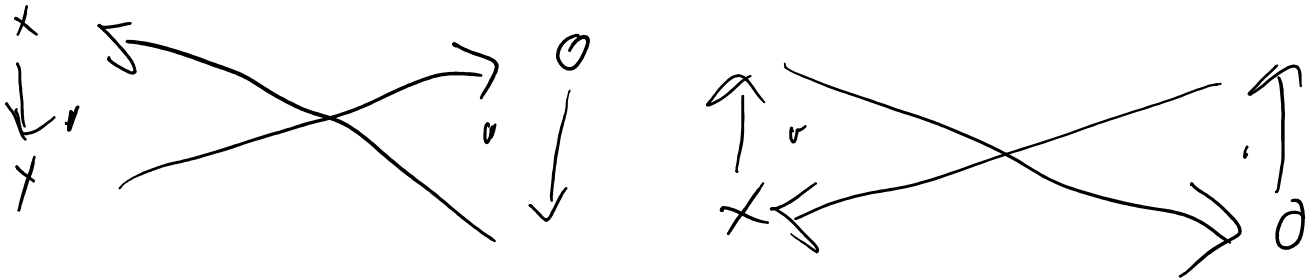
Juggle –

Focus on use of both feet attempting to get 10 juggles in a row, then 10 juggles with each foot, then 15 with each foot, then 20. Add in use of head, chest and thighs

Passing with a partner –

If you have a partner, do passing with simple movement.

Passing with 1st touch to space – receive the ball with the outside or inside of the foot with an easy touch to space beyond a cone then pass back to partner. Switch directions and use both inside and outside of foot to control the pass. Pass with accuracy to feet.



Finish with a simple cool down and stretch.

I apologize for my 3rd grade level drawings and diagrams but I hope you get the point.

Work Hard,

Brett