

Futura P07 viikko 13. 22 - 28.3.2020

Day 1 & 3 - 60 minuuttia

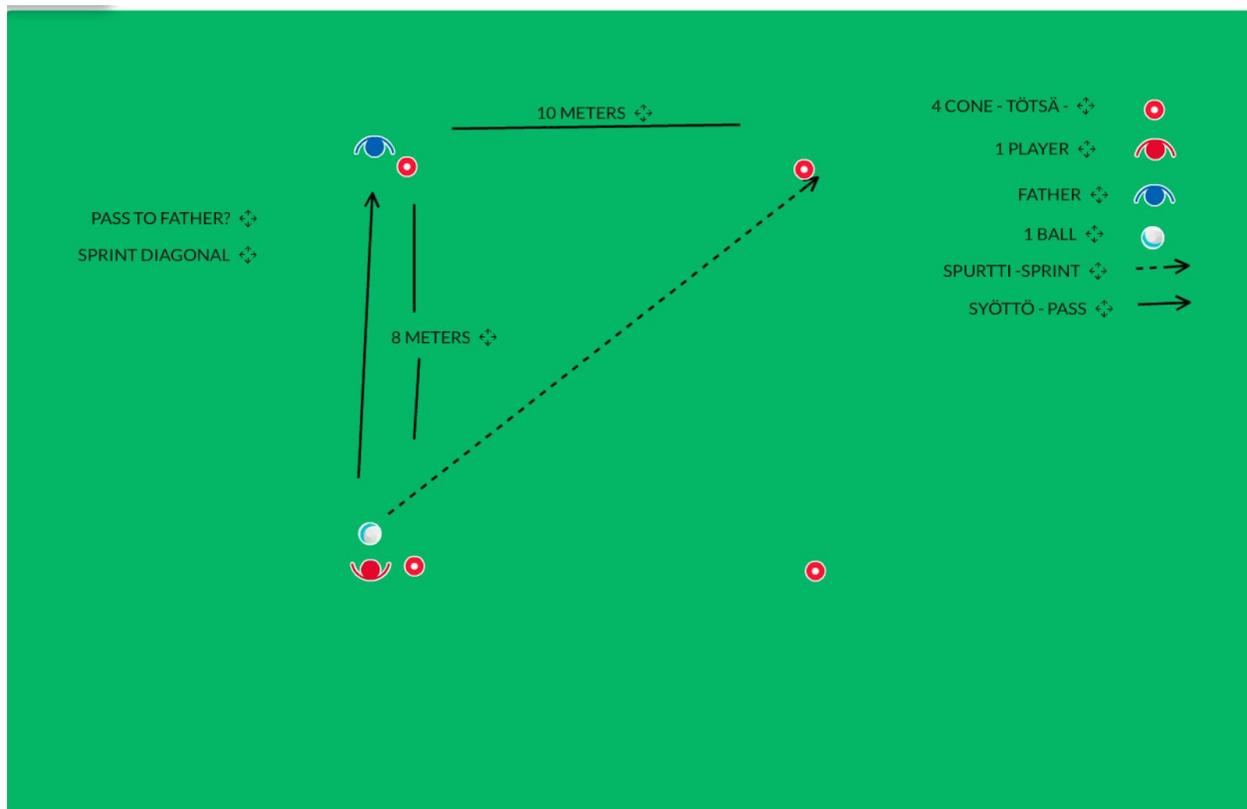
1) Training 1 - 15 min - ennaltaehkäisyohjelma

https://www.youtube.com/watch?v=f4NSHFxLscA&list=PL7FRD1QjoTyJeG7u061_YHSeoN91MMtY

Area - 8 metres 2 times for each exercise

- Mittarimato
- Karhukävely
- Rapukävely
- Liskokävely + punnerrus
- Flamingo

2) Training 2 - 20 minutes speed training



Instruction- We have done this before

4 cones - if your sibling or parent can stand on the other side to receive then it is good
Hard pass to relative and sprint diagonal - 5 times and change sides

Or



Instruction - This is the same but without helper

2 cones - tötsä and 10 meters apart. Sprint from one end to the other and walk back
14 times

3) Training 3 25 min - Tekniikka, ball juggling, ponnauttelua

We juggle the ball with the foot, thighs, head, and chest. I would like a mix as well meaning keeping the ball in the air as long as you can with the whole body and using all the skills you have.

Target -

60 with foot no dropping

20 with the thighs

20 with the head

All without dropping to the ground

Päivä 2 ja 4 - 60 minuuttia

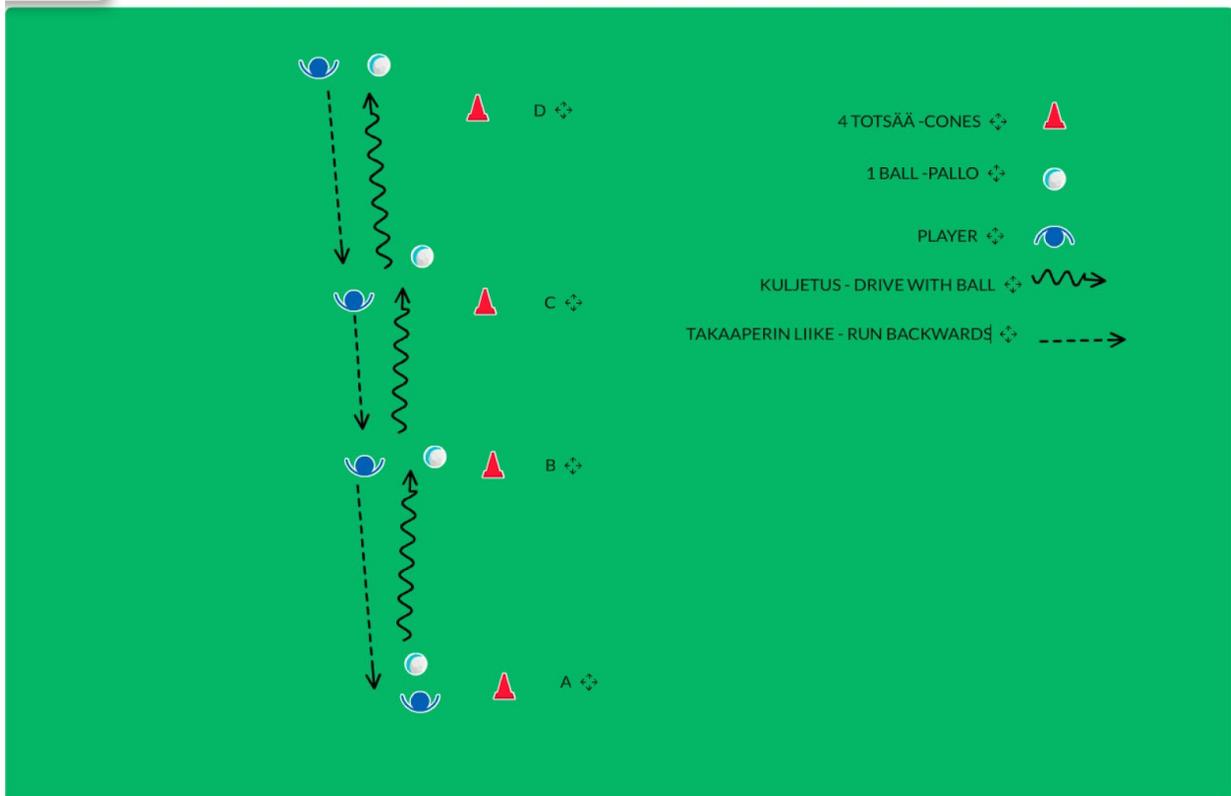
1) Training 1 - 15 mins Ketteryys

<https://www.youtube.com/watch?v=tMY5Cj39xN8>

1. 2 Foot Forwards (1:00)
2. 2 Foot Sideways (1:30)
3. Icky Shuffle (2:00)
4. Backwards Icky Shuffle (2:35)
5. In & Out (3:12)
6. Single Leg In & Out (3:50)
7. Lateral In & Out (4:30)

Tehdään ensimmäinen 7 liikettä. Nämä liikkeet voidaan tehdä tötsillä.

2) Training 2 - 20 mins - Nopeus/Kestävyys



Instructions:-

4 cones, 5 meters from each other so 15 meters in total

1 player. Drive the ball as shown in picture from cone A to B

Leave the ball in point B and come back with the back - takaperi

Sprint now from starting point A to B then drive from B to C and leave the ball at C

Takaperi to B and then back to C to drive the ball again from C to D

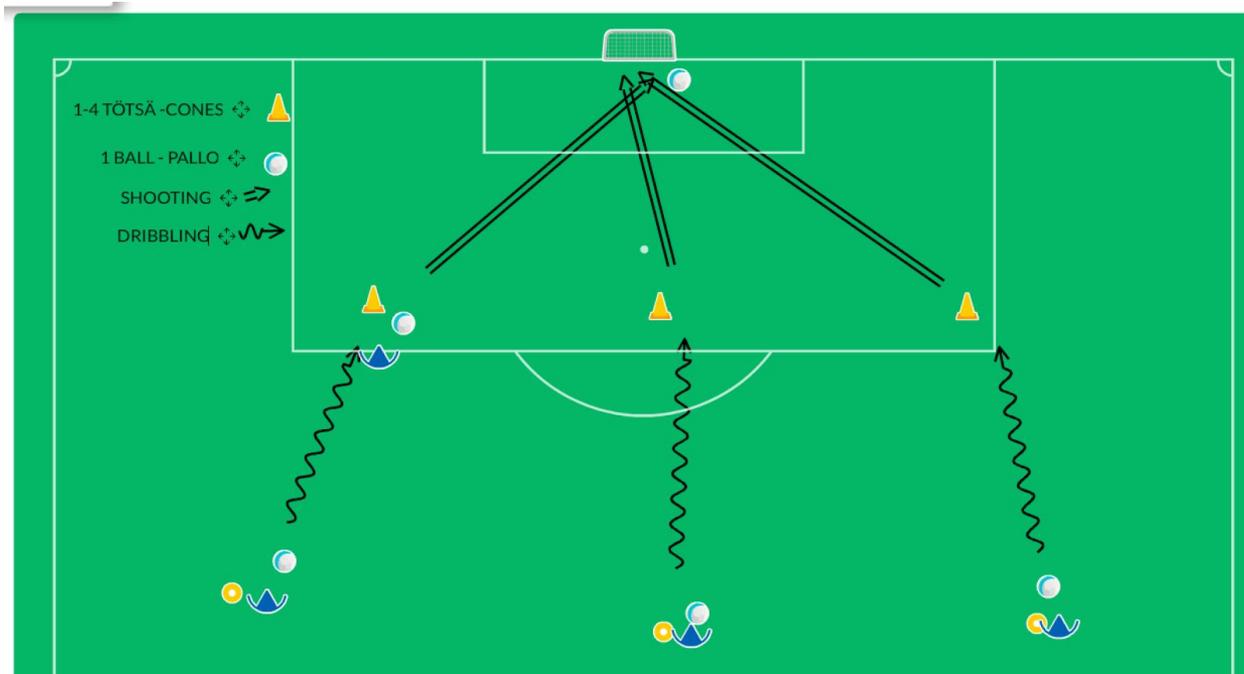
Repeat 2 times for each move

- 1) Drive
- 2) Outside stepover
- 3) The "V"
- 4) Pull behind leg
- 5) Feint
- 6) Inside step over
- 7) Stop & Go

Get examples from here. There are 15 moves here. If you want to try other moves, you are free.

<https://www.youtube.com/watch?v=L8taGwfp2sU>

3) Training 3 - Goalscoring 25 mins



Instructions-

1 - 4 cones - tötsää

1 goal - small or medium or big or even 2 cones as goal

Shooting distance - minimum 15 meters

Dribbling distance from cone to cone at 10 meters

Drive from starting point to the next cone, dribble the cone and shoot

Do this at least 4 times from different positions as shown in the diagram, 12 times minimum.

Try different dribbling skills, different positions.

You are allowed to add anything else that you know how to do and can do but training during must be at the least 60 mins altogether = 1 hour

Thanks guys and please stay safe!