

## Futura P07 viikko 14. 29 - 5.4.2020

Our training programme will be:

Training day 1 & day 3

Eläinliikkeet

Speed training

Technique - Ball mastery, dribbling, juggling or running for 30 - 45 mins

### **Day 1 & 3 - 60 minuuttia**

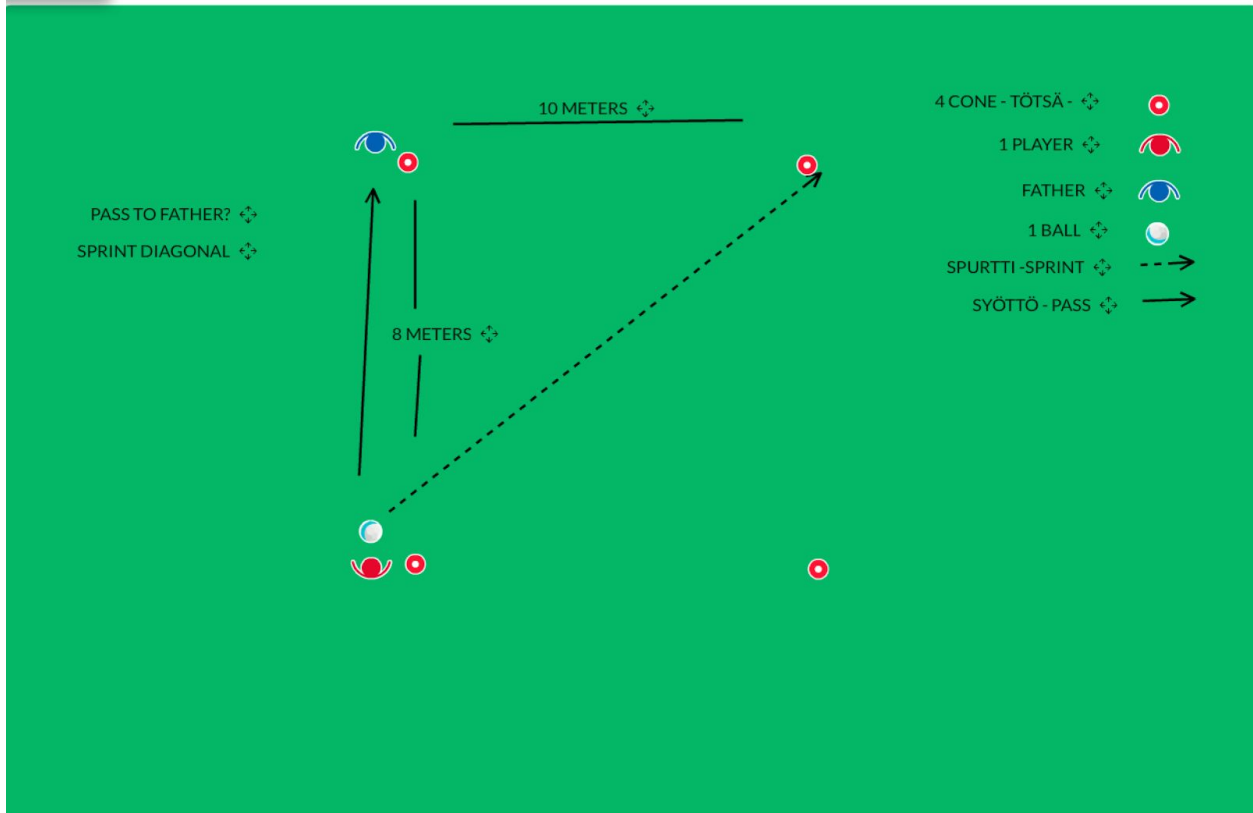
#### 1) Training 1 - 15 min - ennaltaehkäisyohjelma

[https://www.youtube.com/watch?v=f4NSHFXLscA&list=PL7FRD1QjoTyJeG7u061\\_YHSeoN91MMtY](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 bench (penkki) or father 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

#### **Option 1 - Vaihtoehto 1**

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 -

Juggle the ball, keeping the ball in the air. Use about 30 minutes for this. Target is that you use all the body parts - chest, thighs, head to keep the ball in the air without dropping. Count how long in minutes you keep the ball without dropping or count how many touches.

All without dropping to the ground

## Option 2 - Vaihtoehto 2

### 3) Vaihtoehto - Lenkki noin 30 - 45

- Kevyttä hölkkää ja aina 2-3 min välein 20-30 sekuntia nopeammalla tempolla.
- Jos käytössäsi on sykemittari, sykkeen tulisi olla 2-3 minuuttia 60-70% maksimisykkeestäsi. Nopeammalla tempolla juostessa 20-30 sekuntia sykkeen tulisi
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Venyttely

Tee normaalit venyttelyrutiinisi läpi. Pidä joka venytys 20-30 sek

Training day 2 & day 4

Ketteryys

Speed training/kesävyys

Technique - goalscoring training

## Päivä 2 ja 4 - 60 minuuttia

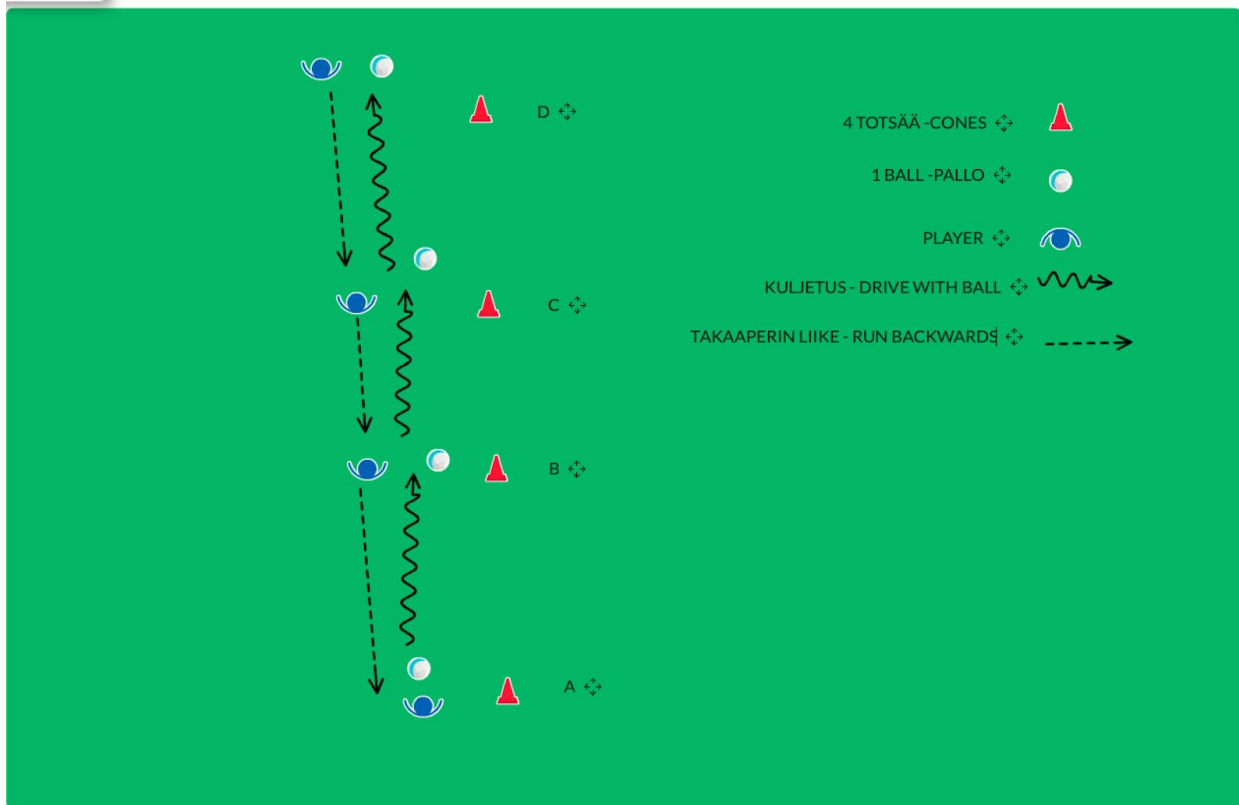
### 1) Training 1 - 15 mins Ketteryys

<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

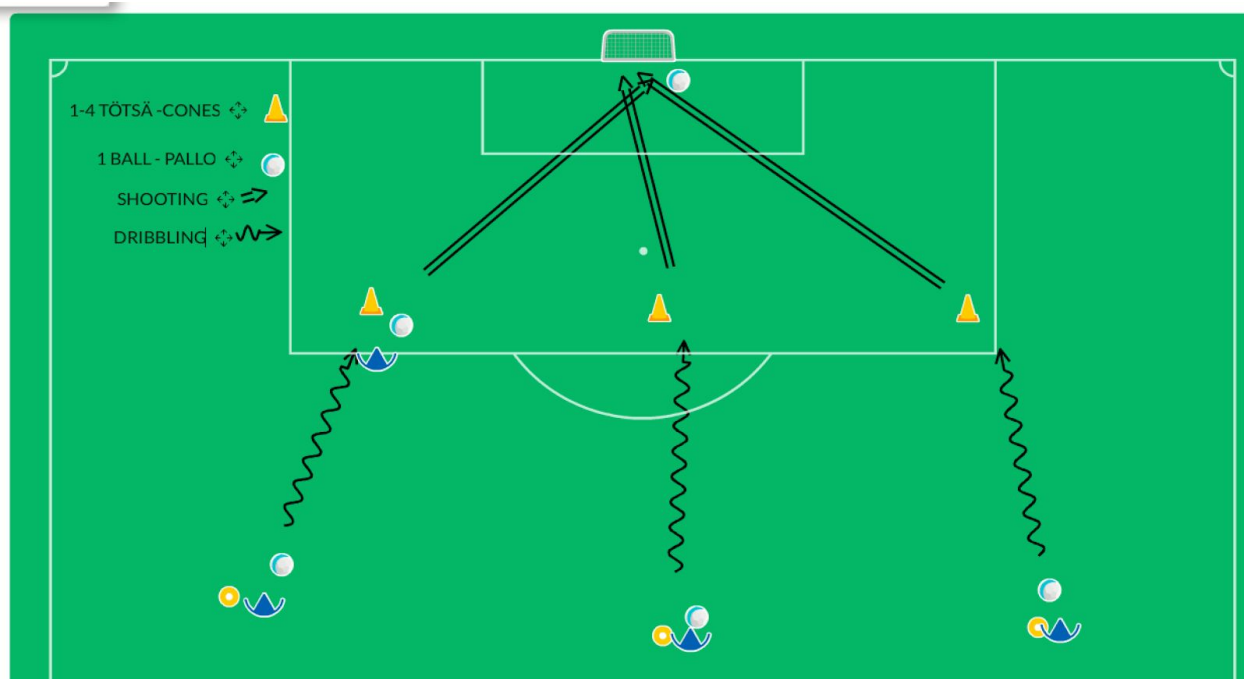
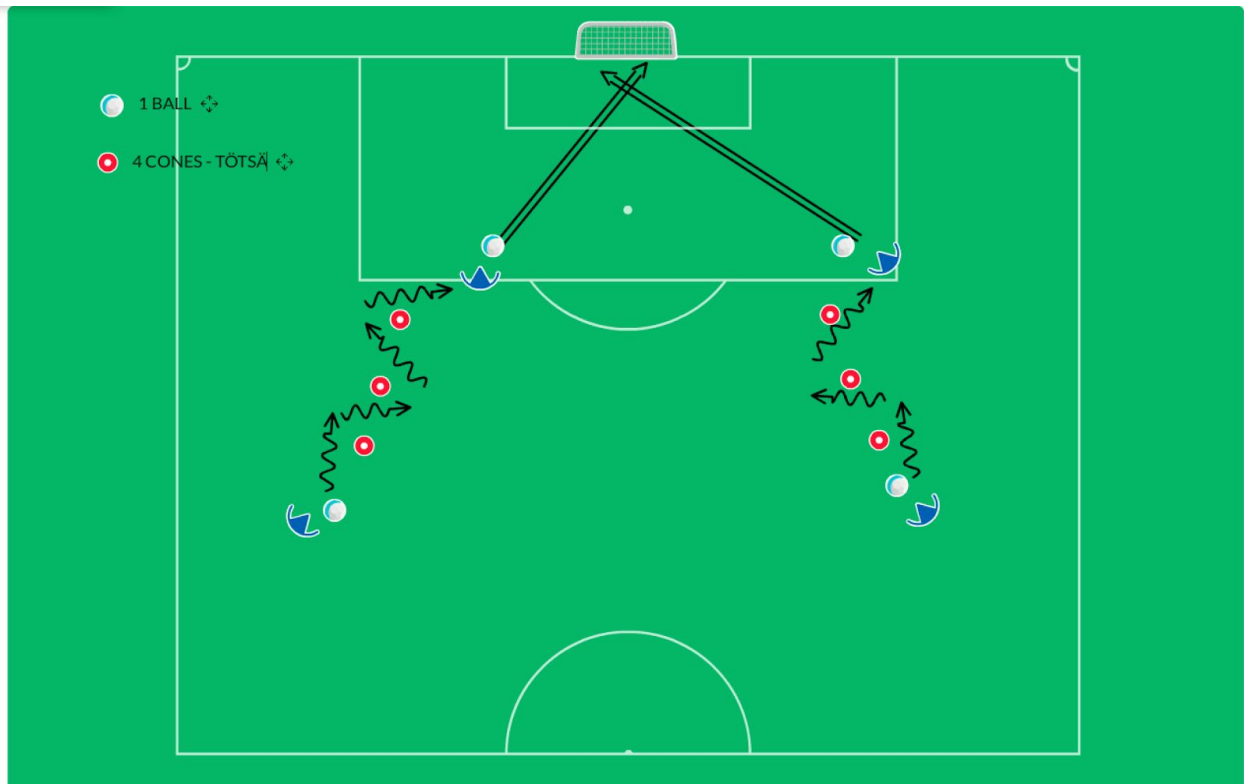
Repeat 2 times for each move

- 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!

Huomio: - Extra info in this video to play around with. Try to watch them

<https://www.youtube.com/watch?v=QgYbE2fluwk>

<https://www.youtube.com/watch?v=Cv-1oWn3v70>

<https://www.youtube.com/watch?v=TBeUO7eNLdg>