

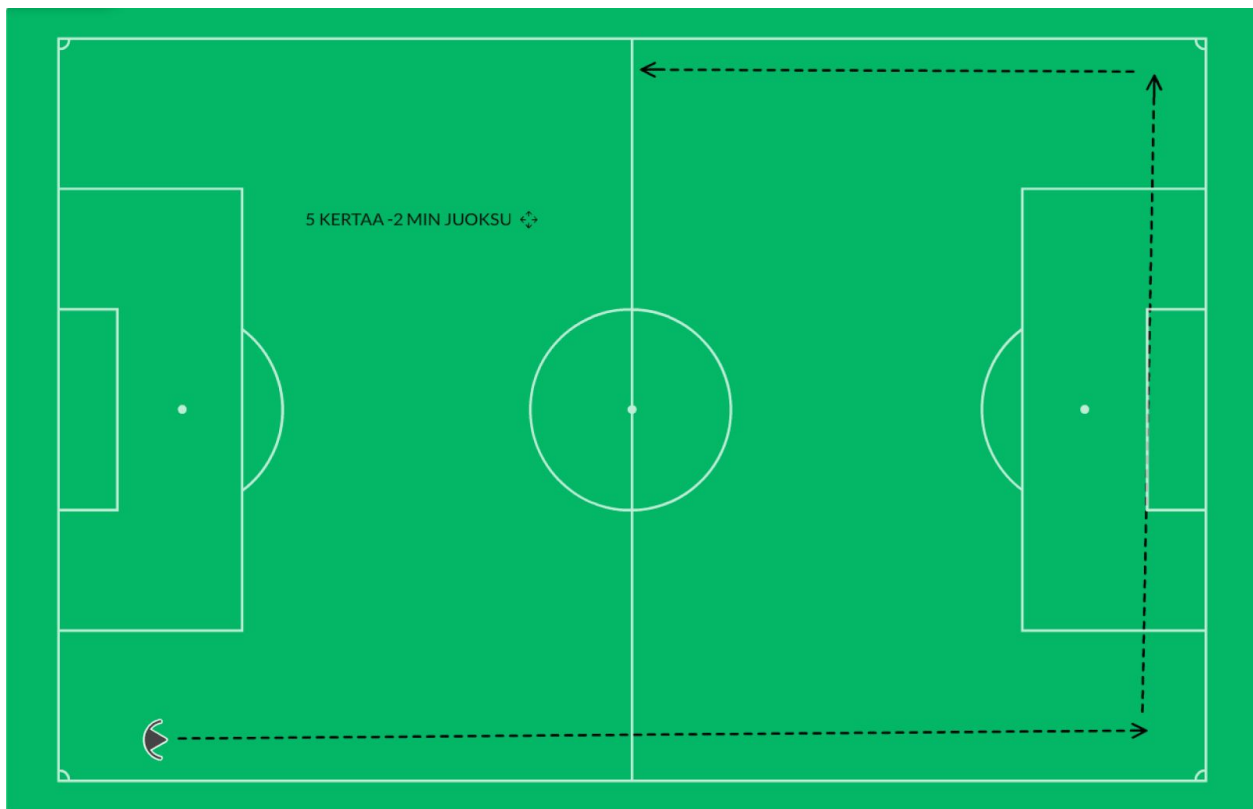
## Futura 07 Vikko 15

### Training 1 & 3

#### 1) Ennaltaehkäisy

- <https://youtu.be/AZ9AkiWS7wM>
- <https://youtu.be/jnvoi8cuQKQ>

#### 2) Nopeus/kestävä



- Run round the field with about 60% - 80% speed
- Run for 2 minutes
- Walk around the field 2 minutes and go again for 2 minutes
- Final, 5 times 2 minutes run and 5 times 2 minutes walk

#### 3) Some ball juggling to cool down



- One ball
- From different angles at different times, pass to bench, receive, turn and shoot
- 20 minutes

Warm down and stretch. Very important!

Extra: You can go jogging. 5 kms or whatever you can

You can always call to ask questions. But then remember to do some läjjiomainen treenit, like dribbling, shooting.