



Name:

Team:

Technical Director: Lori Khazen

	2020		2020		2020		2020	
	QUARANTINE--Week 1		QUARANTINE--Week 2		QUARANTINE--Week 3		QUARANTINE--Week 4	
	April 13-19		April 20-26		April 27-May 3		May 4-10	
	performed	demands	performed	demands	performed	demands	performed	demands
EVERYDAY WARMUP (10')								
Active Warmup & Dynamic Stretches--see handout								
Crossover Touches--bend at hip/knee/ankle, keep alignment; reps under control?		30"ea side		30"ea side		30"ea side		30"ea side
Side Bounds into inside-foot volleys--hold 3"; reps under control?		45"		45"		45"		45"
DAY 1--Moderate Run; TECHNE Ballwork (15-20')								
Run Route #1 (stay consistent with your route)--time?; Bring it down each week!		0.5mi		0.75mi		0.75mi		1mi
TECHNE Ballwork--choose 10 1' drills--log your time on the app; where are you on the Team Leaderboard? Club?		10'		10'		10'		10'
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 2--Full Body Strength & Power Cycles, SAQ & Ballwork (30')								
LE: Single Leg Squats w/ Overhead Hold/Press/Front Raise--reps?		3x30"		3x30"		3x30"		3x30"
UE: Inchworm Pushups--reps? Keep your legs straight!		3x30"		3x30"		3x30"		3x30"
Core: Dead Bugs--reps (on each side)? Keep your legs straight & arms coming from overhead!		3x30"		3x30"		3x30"		3x30"
SAQ: X-Drill--from center, up R, back to center, up L, center, back R, center, back L, center; time?		3x3ea way		3x3ea way		3x3ea way		3x3ea way
SAQ w/ Ballwork: V peel-outs--check in, 1T lead ft, peel out; repeat; time?		3x5ea way		3x5ea way		3x5ea way		3x5ea way
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 3--Hill Series & TECHNE Ballwork (25')								
Sprint--fastest sprint time of the 5 reps?		1x5		1x5		1x5		1x5
R Sidestep--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
L Sidestep--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
Backpedal--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
R Sidestep 3yds into Sprint--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
L Sidestep 3yds into Sprint--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
Backpedal 3yds into Turn & Sprint--fastest time of the 3 reps?		1x3		1x3		1x3		1x3
Sprint--fastest sprint time of the 5 reps?		1x5		1x5		1x5		1x5
TECHNE Ballwork--choose 5 1' drills--log your time on the app; where are you on the Team Leaderboard? Club?		5'		5'		5'		5'
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 4--LIVE CLUB TRAINING VIDEO at 6pm on AFA Fillies Club Facebook Page (30')								
LIVE CLUB TRAINING VIDEO--varies weekly; tune in @ 6pm on AFA Fillies Club Facebook Page		30'		30'		30'		30'
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 5--Moderate Run or Bike; Ballwork (15-20')								
Run or Bike Route #2 (stay consistent with your route)--time?; Bring it down each week!		0.5mi/1mi		0.75mi/1.5mi		0.75mi/1.5mi		1mi/2mi
TECHNE Ballwork--choose 10 1' drills--log your time on the app; where are you on the Team Leaderboard? Club?		10'		10'		10'		10'
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 6--Family Soccer/Kickball/Touch Football/Handball/Basketball (choose one) (30')								
HAVE FUN! Write in your activity--vary it up weekly!		30min+		30min+		30min+		30min+
How did you FEEL today? Energized, fatigued, anxious, frustrated, accomplished, etc?								
How many hours did you SLEEP last night? How did that affect your performance & attitude?								
How was your NUTRITION & HYDRATION? Balance of nutrients? Too much junk?								
DAY 7--Journal (discuss with Mom & Dad!) & Stretch (10')								
Review how you FELT this week above, rate your overall energy & attitude for the week 1-10								
Review how you SLEPT each night this week, what was your average? Goals: 6-12yo = 9-12hrs; 13-18yo = 8-10hrs								
Review how your ATE & HYDRATED this week above, what can you adjust this coming week? Goals: 1.5-2L/day								
EVERYDAY COOLDOWN STRETCHES--see handout (10')								