



Name:

Team:

Technical Director: Lori Khazen

| | 2020 | | 2020 | | 2020 | | 2020 | |
|---|--------------------|---------|--------------------|------------|--------------------|--------------|--------------------|------------|
| | QUARANTINE--Week 5 | | QUARANTINE--Week 6 | | QUARANTINE--Week 7 | | QUARANTINE--Week 8 | |
| | May 11-17 | | May 18-24 | | May 25-31 | | June 1-7 | |
| | performed | demands | performed | demands | performed | demands | performed | demands |
| EVERYDAY WARMUP (10') | | | | | | | | |
| Active Warmup & Dynamic Stretches--see handout | | | | | | | | |
| Flamingos--bend at hip/knee/ankle, keep alignment; reps under control?; can add lace volleys | | OFF | | 30"ea side | | 30"ea side | | 30"ea side |
| Rotational Bounds--bound onto opposite foot from 12 (L) to 4 o'clock (R) & 12 (R) to 8 o'clock (L); reps under control?; can add inside foot volleys | | OFF | | 30"ea side | | 30"ea side | | 30"ea side |
| DAY 1--Moderate Run; TECHNE Ballwork (25-30' total) | | | | | | | | |
| Run Route #1 (stay consistent with your route)--time?; Compare to the last 4wks & beat it! | | OFF | | 0.5mi | | 0.75mi | | 1mi |
| TECHNE Ballwork--choose 10 2' drills--log your time on the app; where are you on the Team Leaderboard? Club? | | 20' | | 20' | | 20' | | 20' |
| 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' total) | | | | | | | | |
| LE: Lunge Cycles--lunge forward with R, then backward with R, repeat for time; repeat on the other side | | OFF | | 3x30" | | 3x30" | | 3x30" |
| UE: Downward Dog Pushups--pushup, rock back into downward dog stretch for 2", then rock back into pushup; repeat | | OFF | | 3x30" | | 3x30" | | 3x30" |
| Core: JackKnives--sit on bottom with tall spine & knees tucks in to chest & hands down for balance; shoot legs out straight to angled position (~45deg) as you also lean back (~45deg); then back up to seated & tucked position; repeat | | OFF | | 3x30" | | 3x30" | | 3x30" |
| SAQ: Reverse T--cones 3yds apart in upside "T" formation; start at center of baseline; slide R, slide back to center; sprint up to point, backpedal to center, slide L, slide back to center; sprint up to point, backpedal to center; repeat for reps; time? | | OFF | | 3x3ea way | | 3x3ea way | | 3x3ea way |
| SAQ w/ Ballwork: Reverse Ts--cones 3 yds apart in upsidedown "T" formation; start at center of baseline; slide R, receive/pass 2T w R, slide back to center; sprint up to point, 1T pass w R, backpedal to center; slide L, receive/pass 2T w L, slide back to center; sprint up to point, 1T pass w L, backpedal to center; repeat for reps; time? | | OFF | | 3x3ea way | | 3x3ea way | | 3x3ea 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--6pk & TECHNE Ballwork (30' total) | | | | | | | | |
| Shuttle--sprint all (0-5-0-10-0-15-0-20-0-25-0) | | OFF | | 1x5 | | 1x5 | | 1x5 |
| Sprint, sidestep R return 5yds (0-10-5-15-10-20-15-25-20-25-0) | | OFF | | 1x3 | | 1x3 | | 1x3 |
| Sprint, sidestep L return 5yds (0-10-5-15-10-20-15-25-20-25-0) | | OFF | | 1x3 | | 1x3 | | 1x3 |
| Sprint, backpedal return 5yds (0-10-5-15-10-20-15-25-20-25-0) | | OFF | | 1x3 | | 1x3 | | 1x3 |
| Sprint Circle--sprint to next cone, "dance" to circle around it, advance to next, after all, sprint home (0-5-10-15-20-25-0) | | OFF | | 1x3 | | 1x3 | | 1x3 |
| Reverse Shuttle--sprint all, same as the first, but in reverse! (0-25-0-20-0-15-0-10-0-5-0) | | OFF | | 1x3 | | 1x3 | | 1x3 |
| TECHNE Ballwork--choose 10 2' drills--log your time on the app; where are you on the Team Leaderboard? Club? | | 20' | | 20' | | 20' | | 20' |
| 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' total) | | | | | | | | |
| 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 (25-30' total) | | | | | | | | |
| Run or Bike Route #2 (stay consistent with your route)--time?; Compare to the last 4wks and beat it! | | OFF | | 0.5mi/1mi | | 0.75mi/1.5mi | | 1mi/2mi |
| TECHNE Ballwork--choose 10 2' drills--log your time on the app; where are you on the Team Leaderboard? Club? | | 20' | | 20' | | 20' | | 20' |
| 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' total) | | | | | | | | |
| 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' total) | | | | | | | | |
| 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') | | | | | | | | |