

Week 5



SCHOOL OF EXCELLENCE

Handling

* Work from the Daily Dozen Worksheet

Strength & Agility

1. Start with ball behind head, two hands on ball, like a throw in, toss ball high into air. Move and catch ball. x15
2. Start on knees with ball in front of you. Bounce ball off ground, stand up, catch. x15
3. Sit on ground, legs spread, bounce ball off ground, stand up, catch. x15
4. Lay on back, hold ball over your head, two hands on ball, throw high, stand up, catch ball. x15
5. Stand with feet shoulder width apart. Don't step, instead drive using your legs/arms/body to jump as far forward as possible. (Standing Broad Jump). x15
6. Stand with feet shoulder width apart. Don't step, instead drive using your legs/arms/body to jump as high as possible. Can jump next to a wall and try to touch as high as possible. (Vertical Jump) x15
7. DOGGIES. This is a sprinting activity that is perfect for goalkeepers. You run 5 yards out and back, then 10 yards out and back, 15 yards out and back, 20 yards out and back, 25 yards out and back.

Each run is consecutive. After completion that is 1 rep. Every rep should be at maximum effort. Use a 1:3 Work to Rest ratio. (If it takes 1 minute to complete, rest for 3 mins before starting the next rep)

U9-U10: 4 Reps

U11-U12: 5 Reps

U13-U15: 7 Reps

U16-19: 10 Reps