

## Week 3



### Cognitive Training

Using the Switched on Training APP

- 1.WALL BALL. 0.5 seconds delay, 1.5 seconds length, 20 rounds. Do this activity 5 times. Vary your distance from the wall.
- 2.SPEED RACE. 0.5 seconds delay, 10 rounds. Do this activity 5 times.

To see exactly how these activities work [CLICK HERE](#)

### Strength & Agility

- 1.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