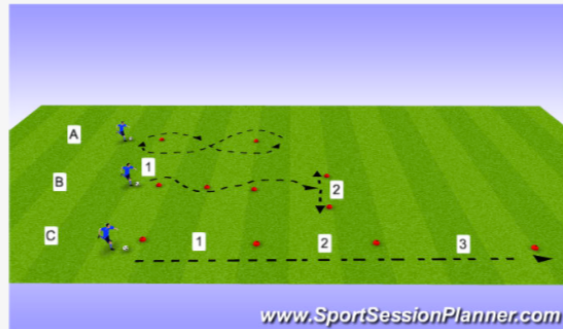


Screen 1

- A: Figure 8
 3 Sets x 4 repetitions: Rest 20sec between sets
 B: 1) Zigzag through the first three cones stopping at the gate.
 2) At gate stop and role ball with the sole to the right foot towards the left cone, stop and go to the opposite cone using your left foot
 3 Sets x 4 repetitions: Rest 20sec between sets
 C: Dribbling acceleration and speed
 Gear 1, Gear 2, Gear 3: Increase speed gradually. Gear 3 the player needs to get to Max speed with control of the ball
 3 Sets x 3 repetitions: Rest 20sec between sets



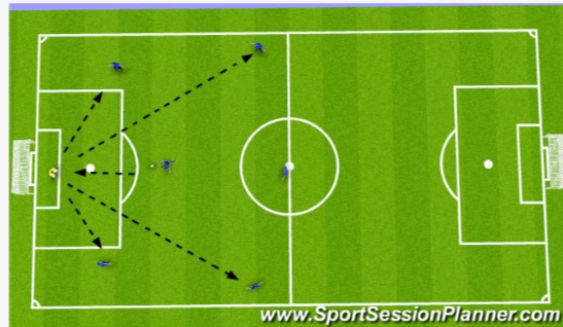
Screen 2

- Fitness / Circuit
 Perform A and move to B,C,D,E and repeat.
 Rest 1-2min between activities
 Repeat circuit 4 times/4 sets
 Equipment: Ball ,cones, wall or bench
 A: Passing and receiving using the inside of the foot
 1.5 min to get as many quality reps as possible , move to B
 B) Plank: https://www.youtube.com/watch?v=yeKv5oX_6GY
 45 seconds and move to C
 C) Running Intervals:
 1s Side: 50% of max capacity
 2s Side: 70% of Max capacity
 Complete two laps and move to D
 D) Leg Raises: <https://www.youtube.com/watch?v=JB2oyawG9K1>
 8-12 repetitions
 E) Bird Dog: <https://www.youtube.com/watch?v=k2azbhhuKuM>
 15reps x 2 (15 on each side)



Screen 3

- Game Analysis: Atlanta United vs Monterrey
 Assignment: Watch the first 20min of the game and answer the questions below.
https://www.youtube.com/watch?v=jphAQwfF_SM
 1) How many times the ball was played back to Guzan (GK) ?
 2) What are your observations on the movement of the Gk after he makes a pass to one of his teammates?
 3) Why they played the ball back to the GK ? What forced the player to play the ball back ?



Hints and Links

Activity 2

B) Plank: https://www.youtube.com/watch?v=yeKv5oX_6GY
45 seconds and move to C

D) Leg Raises: <https://www.youtube.com/watch?v=JB2oyawG9KI>
8-12 repetitions

E) Bird Dog: <https://www.youtube.com/watch?v=k2azbhhuKuM>
15reps x 2 (15 on each side)

Activity 3

Atlanta United Game: https://www.youtube.com/watch?v=jphAQwfF_SM