



Players and Parents,

The AHFC At Home Workout program is designed to develop and challenge our players who cannot attend the club's regular practice. This program is designed to address both physical and technical components to maintain and enhance players abilities.

Please read through the workouts below and note the following:

- Spend AT LEAST 30 minutes a day with a ball at your feet - either with Juggling workout or a Ball Wall Workout, or spend time getting touches
- Body Circuit Training workout
- The Nike Run Club app, is good to use to track distance and time. This is a free app you can download to your phone.
- Core Workouts (8-11)
- AMRAP means- As Many Reps As Possible
- EMOM means- Every Minutes on the Minute

Please note that these exercises may be affected by social distancing rules and regulations, with the onus of checking being with the parent or guardian of each player.

If you have any questions, don't hesitate in reaching out to your core coach.

Good Luck!

AHFC

Day	Workout 1	Workout 2
Day 1	4 x 800m (2 laps around track) at 80% (Rest 2 min in between) 10x :5 second sprint 100 %	Ball Wall Workout & Core Workout 1
Day 2	Jog 5 minutes (Warm Up) Sprint- 20 seconds Walk- 20 seconds Jog- 20 seconds X10 Jog 5 minutes (Cool down) (Send screenshot of Nike run app for workout to core coach)	Ball Wall Workout
Day 3	Yoga Routine Week 1	Juggle Workout
Day 4	Power Intervals Warm up 10 minutes 60% 1 minute-Sprint 90% 1 minute- Recovery 60% x6 30 seconds- Sprint90% 30 seconds- Recovery 30% x6	Ball Wall Workout & Core Workout 2
Day 5	AMRAP 50 jumping jacks 40 air squats 30 mountain climbers 20 reverse lunges 10 burpees + 5 push ups Repeat	Juggle Workout
Day 6	2 Mile run 100% (Send screenshot of Nike run app for workout to core coach) (Time Should have improve from previous week)	Ball Wall Workout
Day 7	Day Off	Day off

Day	Workout 1	Workout 2
Day 8	8 x 400m (1 lap around track) at 80% - under 1:30 per lap (Rest 1 min in between) 10x :10 second sprints 100% (50 second rest in between)	Juggle Workout & Core Workout 1
Day 9	Jog 5 minutes (Warm Up) Sprint- 20 seconds Walk- 30 seconds Jog- 10 seconds X15 Jog 5 minutes (Cool down) (Send screenshot of Nike run app for workout to core coach)	Ball Wall Workout
Day 10	Yoga Routine Week 2	Juggle Workout
Day 11	Power Intervals Warm up 10 minutes 60% 1 minute-Sprint 90% 1 minute- Recovery 60% x6 30 seconds- Sprint90% 30 seconds- Recovery 30% x6	Ball Wall Workout & Core Workout 2
Day 12	EMOM 18 minutes Min 1: 30 air squats Min 2: 20 reverse lunges Min 3: 10 push ups Repeat Optional: if want to added demand at weighted vest or weighted backpack.	Juggle Workout
Day 13	2 Mile run 100% (Send screenshot of Nike run app for workout to core coach) (Time Should have improve from previous week)	Ball Wall Workout
Day 14	Day Off	Day off

Day	Workout 1	Workout 2
Day 15	4 x 4min at 100% Rest 4 minute in between- Walk	Juggle Workout & Core Workout 1
Day 16	Jog 5 minutes (Warm Up) Sprint- 20 seconds Walk- 10 seconds Jog- 30 seconds X10 Jog 5 minutes (Cool down) (Send screenshot of Nike run app for workout to core coach)	Ball Wall Workout
Day 17	Yoga Routine Week 3	Juggle Workout
Day 18	Aerobic Interval Training Jog- 5 minutes (warm up) 2 minutes- 80% 1 minute- 30% 2 minutes- 60% x4	Ball Wall Workout & Core Workout 2
Day 19	Jog 5 minutes (warm up) AMRAP 10 minutes 10 thrusters 10 up downs Repeat Cool down Jog 5 minutes Optional: if want to be challenged more add weighted vest or weighted backpack.	Juggle Workout
Day 20	2 Mile run 100% (Send screenshot of Nike run app for workout to core coach) (Time Should have improve from previous week)	Ball Wall Workout
Day 21	Day Off	Day off

Ball Wall Workout

Wall Work- Passing Series

Inside a gym working one of the walls, use the different variations of series below to allow you to practice passing with every part of your foot and also different distances. When completing the series, make sure you are challenging yourself to become a better player by passing a well-weighted ball. A well-weighted ball is a ball that the gym surface does not help along.

If you do not have access to a gym, find a wall outside or a bench and do the same series below. For the driven and whipped balls, find a goal on the field and practice hitting the balls into the net so you do not have to go and chase.

Wall Work- Passing Series

☐ **One touch 5 yards-** Working with any wall, stand 5 yards away and as quickly as possible, pass against the wall one touch, alternating feet. Challenge yourself and play the ball with pace.

☐ **Inside the foot pass 10-20-30 yards-** Working end line to end line, start out passing a ball 10 yards with pace. Move back to 20 yards, and then 30 yards. The ball should stay on the ground at all times and everything should be done in two touch sequence, alternating feet.

☐ **Driven balls 30 yards-** Working end line to end line, drive a ball with your laces to the opposite wall in the gym, alternating feet. Really concentrate on hitting a line drive. If you can, put an “X” on the wall and try to hit the “X”.

☐ **Whipped balls 30 yards-** Working end line to end line, whip a ball with the inside of your foot to the opposite wall in the gym, alternating feet. Really concentrate on the bend of the ball. It is important to hit the ball directly off of your big toe. If you can, put a line on the wall and try to hit below the line.

Wall Work- Turning Series

Inside a gym working side to side, pass a ball using inside of the foot with enough pace to allow you to practice all of the turns below. Play the ball up against one of the walls and when the ball comes back to you, use one of the four turns below to play the other wall. If you turn using your left foot, you should be passing with your right foot. It is very important to concentrate on doing these turns correctly in challenging yourself to become a better player.

Turns:

☐ **Bounce or self-pass-** As a ball is being played into your feet, create separation by touching the ball backwards which will allow you to square up to the defender.

☐ **Half-Turn-** As the ball is being played into your feet; you receive the ball side on with your one foot only slowing the pace of the ball down enough to turn out with your other foot. Never slow the ball down and dribble out with same foot and ball should never stop moving.

☐ **Inside the foot turn-** As the ball is being played into your feet; be side on and with the inside of your foot turn with the ball towards your opposite shoulder. Tighter the turn the better.

☐ **Outside the foot turn-** As the ball is being played into your feet; be side on and with the outside of your foot turn towards the same shoulder. Tighter the turn the better.

***If you do not have access to a gym, find a wall or bench outside and complete the series' below. Since you do not have two walls to work with, after turning the ball, sprint dribble, 5-7 yards and return to play the ball against the wall or bench.

Wall Work- Receiving Series

☐ **Left to Right/Right to Left-** Working with any wall, pass from 10-12 yards away, receiving with your right foot and playing it with your left or receiving it with your left foot and playing with your right. Remember when receiving you want the ball to be played across at a 45 degree angle.

☐ **Right to Right/Left to Left-** Working with any wall, pass from 10-12 yards away, receive the ball with your right foot and pass with your right or receive left and pass left. Really concentrate on touch-pass.

- **Right Inside to Right Outside/Left Inside to Left Outside-** Working with any wall, pass from 10-12 yards away, receiving the ball with inside of your right foot touching it across your body and playing the ball with outside of your right. Repeat the same pattern with your left foot. Touching the ball quickly across your body is key to making this series work.
- **Right Sole Roll to Left/Left Sole Roll to Right-** Working with any wall, pass from 10-12 yards away, receiving the ball with the sole of your right foot and rolling it to your left foot or receiving the ball with the sole of your left foot and rolling it to your right foot.
- **Right Outside to Right Inside/Left Outside to Left Inside-** Working with any wall, pass from 10-12 yards away, receiving the ball with outside of your foot and playing it with the inside of your same foot. Really concentrate on receiving this side on and pretending there is pressure on your back.

Wall Juggling Series

Each body part should be used for 5 minutes each.

1. 3 reps of CHEST, THIGH, VOLLEY BACK, TO WALL FOR 5 MINUTES, (alternate left and right foot volleys back to wall...ball should not hit the ground. Any combination can be used, (i.e. chest to left volley, right thigh to left volley, etc).

If you do not have access to a gym, find a wall outside do the same series' above. This session is about the combination of body parts so make sure to use all 3 of them sufficient enough to develop an expertise. If you do not have access to a wall or side of a building, high juggle and receive with all the different body parts.

Wall Work: Heading Series

1. Clearing with directional heading- Start by juggling at a center cone. Once under control, volley at the wall. Volley needs to be high enough so that you can BOTH control where the header is going (RIGHT side then LEFT) and so that you can head back to wall with power. Your goal is to head the ball high and away with a clearing technique that is higher than the volley you played to start the exercise. Once you head it AWAY, you must get to the ball before it hits the ground using a settling touch, (thigh, foot and chest). Once settled, speed dribble back to the cone and repeat the cycle.

2. Heading to score- Start by juggling at a center cone. Once under control, volley at the wall. Volley needs to be high enough so that you can BOTH control where the header is going (RIGHT side then LEFT) and so that you can head back to the wall with power. Your goal is to head the ball down at a cone as if you were scoring a goal. Once you head it DOWN, you must get to the ball as quickly as possible and speed dribble back to the cone and repeat the cycle.

Juggle Workout

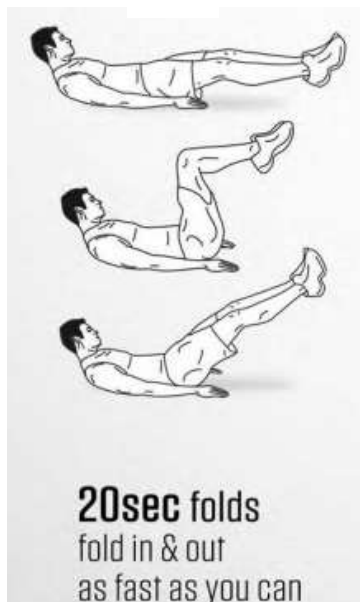
Look for progress over the three weeks, record your maximum each day. Challenge yourself to beat your score the previous time. With the Up and Downs once you complete going up one side, start at going up the other side.

- 1) One bounce- Right foot to Left foot with one bounce in between (keep the ball as low as possible) - 2 minutes.
- 2) Right foot- All right foot – 2 minutes
- 3) Left Foot- All left foot- 2 minutes
- 4) Both Feet- right foot to left foot only with no bounce- 5 minutes.
- 5) High Low- 5 juggles low, hit the ball higher than your head control it keep it up and repeat. Higher you hit it the harder it is- 3 minutes.
- 6) Small Up and Down- right foot, right thigh, left thigh, left and back around again- 2 minutes
- 7) Medium Up and Down- right foot, right thigh, chest, left thigh, left and back around again- 2 minutes
- 8) Big Up and Down- right foot, right thigh, head, left thigh, left and back around again- 2 minutes
- 9) 7 up (Challenge)- right foot, right thigh, right shoulder, head, left shoulder, left thigh, left, catch- 2 minutes

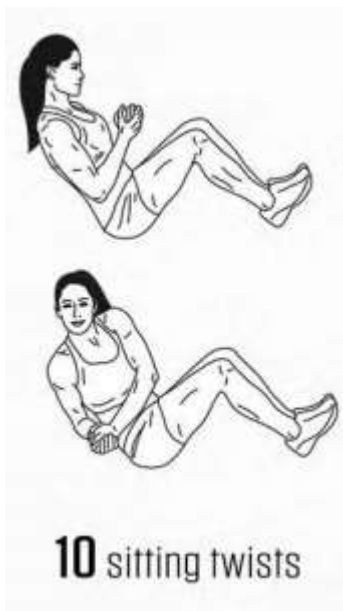
CORE WORKOUT 1

ECNL 5 ROUNDS REST 2 MINUTES BETWEEN

1



2



3



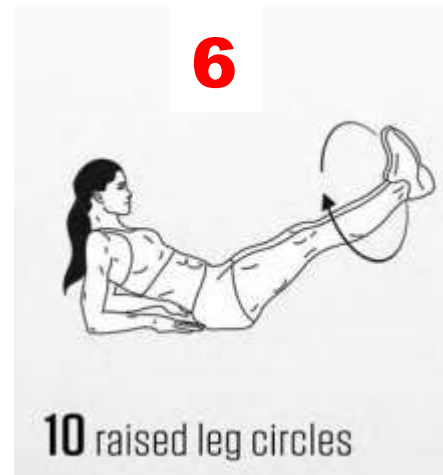
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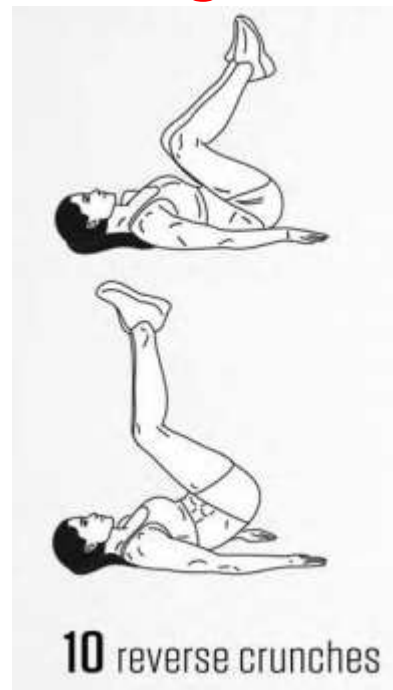
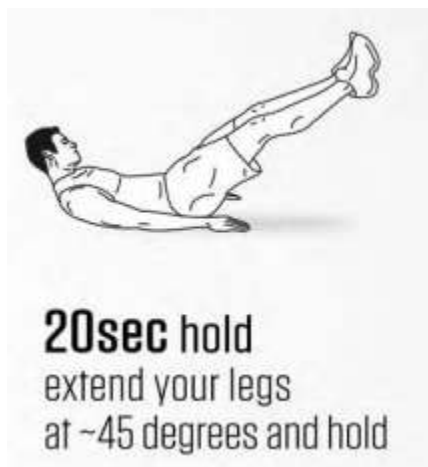


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6

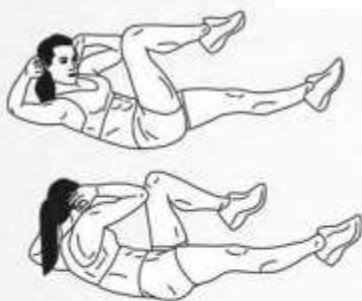


7**10** crunch kicks**8****20sec** leg raises
do leg raises -
keep legs off the floor**9****10** reverse crunches**10****20sec** hold
extend your legs
at ~45 degrees and hold

CORE WORKOUT 2

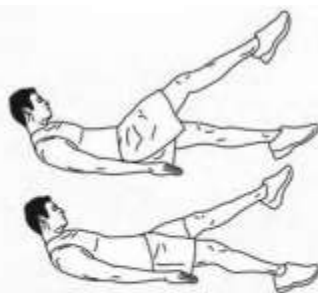
ECNL 5 ROUNDS REST 2 MINUTES BETWEEN

1



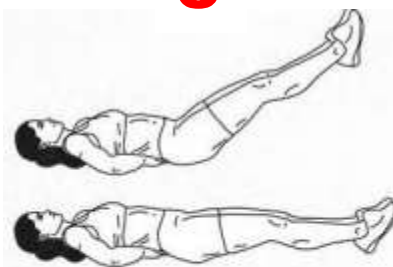
10 knee-to-elbow crunches

2



20 flutter kicks

3



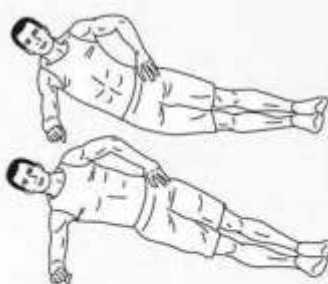
8 leg raises

4



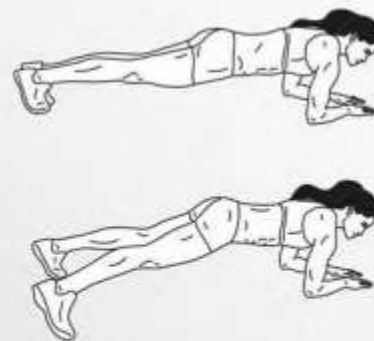
8 upward downward dog

5

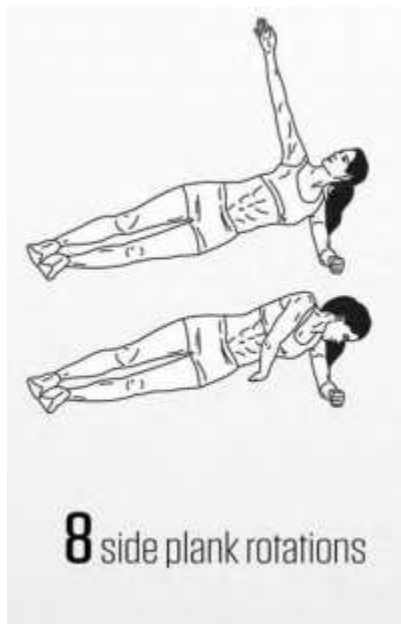
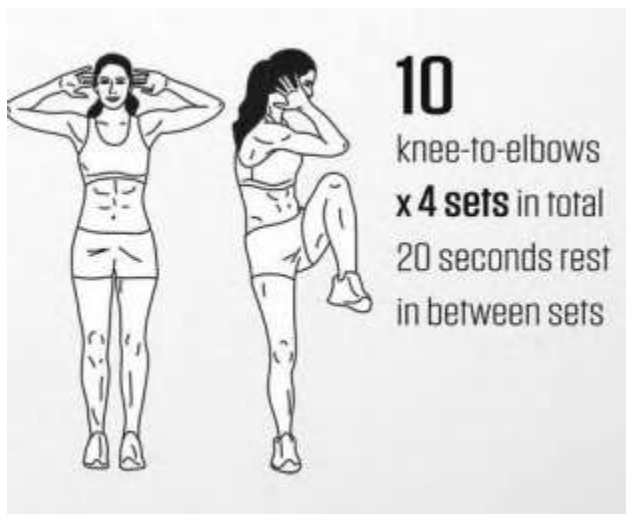


10 side bridges

6



10 elbow plank step-outs

7**8****9****10**

YOGA ROUTINE WEEK 1

SUN SALUTATIONS



Sun Salutations are the essential yoga warm-up sequence. They combine deep breathing with flowing movement, they stretch the entire front and back of the body, and they build strength, too.

It's a great morning yoga sequence, although you can try it later in the day when you need an energy boost.

1. Try to hold each pose for **one minute**.
2. 15 seconds between each pose
3. **Breathing technique:** Inhale through your nose, and then open your mouth and exhale slowly.

YOGA ROUTINE WEEK 2

WARRIOR



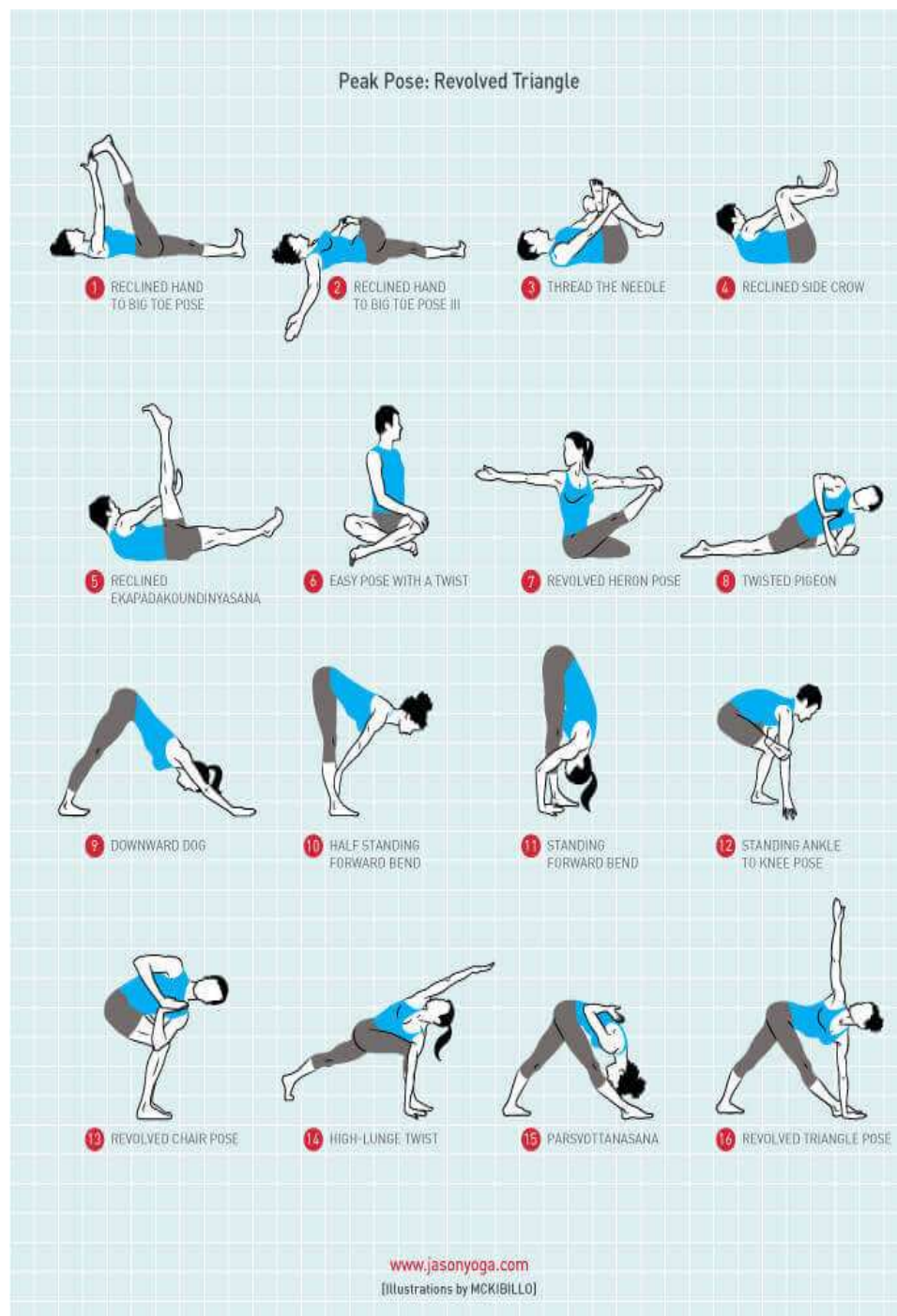
Warrior Poses develop stamina, balance, and coordination.

It tones the abdomen, ankles, and arches of the feet. This pose also stretches the chest and lungs, improving breathing capacity and invigorating the body. It can be therapeutic for sciatica

1. Try to hold each pose for **one minute**.
2. 15 seconds between each pose
3. **Breathing technique:** Inhale through your nose, and then open your mouth and exhale slowly.

YOGA ROUTINE WEEK 3

REVOLVE TRIANGLE



Revolve Triangle
sequence helps the
following:

- Stretch Your
Hamstrings, IT Band,
Outer Hips, and Spinal
Muscles

Technique:

Stay in this pose
anywhere from 30
seconds to one minute.
Exhale, release the
twist, and bring your
torso back to upright
with an inhalation.
Repeat for the same
length of time with the
legs reversed, twisting
to the left.