

NKSA PLAYER INDIVIDUAL TRAINING PLAN - PHASE 3

4/13 to 5/1

SOCCER FIT CHART	GOAL REPS	WEEK ONE			WEEK TWO			WEEK THREE		
		MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
ACTION:										
CIRCUIT 1										
2 FOOTED BALL HOPS	20									
BALL PUSH UP'S	10									
RUSSIAN TWISTS WITH BALL	20									
JUGGLES	100									
BALL MASTERY FREE-STYLE	30 SEC'S									
CIRCUIT 2										
1 FOOT BALL HOPS	20									
DROP SQUATS	10									
SIT UPS	20									
JUGGLES	100									
BALL MASTERY FREE-STYLE	30 SEC'S									
CIRCUIT 3										
QUICK FEET BALL HOPS	20									
LUNGES WITH BALL	10									
PLANKS WITH BALL	20									
JUGGLES	100									
BALL MASTERY FREE-STYLE	30 SEC'S									
TOTAL BALL TOUCHES	485									
TOTAL PHYSICAL ACTIONS	540									

PLAYERS SHOULD PERFORM ALL ACTIONS IN ORDER, WORKING FOR 3-6 MINUTES ON EACH CIRCUIT WITH A 90 SEC REST IN BETWEEN CIRCUITS

THE OBJECTIVE IS TO ACHIEVE THE GOAL REPS FOR EACH ACTION WITHIN ALLOTTED TIME BY THE END OF WEEK 3. PACE YOURSELF.

HIGH SCHOOL AGED PLAYERS ESPECILLY MAY WANT TO CHOOSE WHAT TYPE OF TRAINING / ENERGY SYSTEM THEY ARE GOING TO TRAIN (see table on website).



VIDEO LINK:

<https://www.youtube.com/watch?v=fXvTV6DnpaE>