

F.C. Bratz Self Teaching Workout

Our program utilized the conditioning and personal training aspects and is scaled to the player's physical development. Some type of conditioning should be done each day, with a day of rest once each week.

<u>Category</u>	<u>Minutes</u>	<u>Per Week</u>
A. Ball Control and Agility	15	6
B. Technical Speed and Endurance	15	4
C. Strength and Flexibility	15	3
D. Shooting and Heading	15	3
E. Moves Workout	15	3
F. Distance Run	20	3
G. Speed Training	20-50	2

A typical week would be as follows, allowing 1 hour per day of skills/conditioning:

Monday	A, B, D, F
Tuesday	A, C, E, G
Wednesday	A, B, D, F (just like Monday)
Thursday	A, B, D, E
Friday	A, C, E, G (just like Tuesday)
Saturday	A, B, D, F (just like Monday)
Sunday	R, E, S, T (unless you skipped another day during the week)

If you can only devote 30 minutes per day, a typical week should be as follows:

Monday	A, F
Tuesday	C, G
Wednesday	A, F (just like Monday)
Thursday	B, E
Friday	A, G
Saturday	A, B, D, F (Work out for one hour on Saturday)
Sunday	R, E, S, T (unless you skipped another day during the week)

Any training sessions or games would be in addition to the above skills/conditioning.

Note: Keep a journal of your daily activities. Include your rest days and the days you skipped. On the days you skip, you need to tell why, ie: sick, sick, or sick. A thin three ring binder works the best for this type of journal. This gives you a safe convenient place to keep your handouts and other fun things you might get.

A. Ball Control and Agility (15 minutes)

MIN

1. 6 Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
2. 1 Head juggling
3. 1 Sit on ground. Throw ball up as far as you can. Jump up and catch the ball above your head with your hands before the ball bounces. You should be in the air when you catch the ball. Repeat as often as you can in 1 minute.
4. 1 Thigh juggling
5. 1 Sit on ground. Throw ball up, jump and while you are in the air, stop the ball with your chest, settle the ball to your feet and move off quickly. Repeat.
6. 1 Foot juggling
7. 2 Sit on ground. Throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly. Repeat using head, chest, thighs, both feet (in that order) to trap the ball.
8. 2 Combined juggling using all parts of the body.

B. Technical Speed and Endurance (15 minutes)

Preparation: Set 3 cones in a row, 10 yards apart.

1. Using the first two cones, dribble in a figure eight, using just the inside of both feet for 6 figure eights. Then use the outside of both feet for 6 more. As you dribble around one cone, accelerate to the other as if you are beating an opponent. As you round the cone, use quick touches to improve technical speed. Work hard.
2. Rest by walking for 30 seconds with the ball.
3. Use the two cones on the ends, 20 yards apart.
 - a. Sprint dribble to the far cones. Stomp trap the ball against the cone.
 - b. Sprint backwards to the starting point.
 - c. Sprint to ball.
 - d. Collect ball and sprint dribble back to starting point.
4. Rest by walking for 30 seconds with the ball
5. Using the first 2 cones, slide shuffle from the first cone to the second, without crossing legs. Still facing the same direction, slide shuffle back to the first cone. Repeat the round trip 4 more times. Work hard.
6. Rest by walking for 30 seconds with the ball.
7.
 - a. Starting from first cone, huge two-leg jumps to the second cone, and back.
 - b. Then left foot hops to the second cone and back.
 - c. Then right foot hops to the second cone and back.
 - d. Skip to the second cone and back.
8. Rest by walking for 30 seconds with the ball.
9. Kanoka (lateral running, crisscrossing legs) to second cone and back. Repeat the round trip 4 more times. Work hard.
10. Rest by walking for 30 seconds with the ball.
11.
 - a. Pass the ball to the third cone.
 - b. Sprint to the ball
 - c. Collect the ball and accelerate back to first cone.
 - d. Repeat 2 more times.

C. Strength and Flexibility (15 minutes)

1. 30 jumps: Two foot jumping forward and backward over the ball.
2. 10 Figure Eights: Standing position with legs apart and knees straight. Roll the ball with your hands in a figure eight pattern around your legs.
3. 30 jumps: Two foot jumping side to side over the ball.
4. 10 roll arounds: Sitting position with legs extended. Roll the ball with your hands around the soles of your feet and then back around your back. Reverse direction. Move the ball as quickly as you can.
5. 30 jumps: Throw the ball up in the air, jump and catch the ball, and throw it back up before you hit the ground. Try to “hang” in the air like Michael Jordan.
6. 20 sit-ups: Touch the ball on the ground over your head and back up and touch your toes.
7. 30 touch and jumps: Start in a standing position with the ball in your hands. Touch ball on the ground by bending at the knees so thighs are parallel to the ground. Jump high with ball over your head.
8. 20 push-ups

D. Shooting and Heading (15 minutes)

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, a brick wall, strong garage door, etc. will be necessary.

1. **Technique work:** Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the ankle is locked, foot is pointed, knee is over the ball, center of your foot striking the center of the ball and that all the power is derived from a quick snapping motion of the lower leg. (3 minutes)
2. **First time shooting with power:** Backup 10-15 yards and “first time” the ball at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc. that the ball comes at you. Pick a spot on the wall to shoot at each time and keep the ball low. (4 minutes)
3. **Trapping and Shooting:** Again at 10-15 yards, strike the ball with power, and as it comes off the wall, trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a second trap and quick, hard shot. (4 minutes)
4. **Head Juggling:** From one, two yards away, first time head juggling against the wall. (1 minute)
5. **Head with Power:** Back off 5 yards. Throw the ball up against the wall and as it comes off, head with power, getting your entire body into the heading motion. (2 minutes)
6. **Jumping Headers:** Get within 5 yards of the wall. Toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember technique, and head with power. (2 minutes)

It is important that you go through the entire skill/condition sessions that you choose without pause other than the specified rest periods.

E. Moves Workout (15 minutes)

Fast footwork and Coerver moves in a grid. Accelerate out of every move. Combine moves together, and try new or different ones. Try to do as many moves as you can. Make sure you SELL each move that you do. Convince that defender that you are really going left, and then go right. Don't just go through the motions. The idea is to "drop" your defender, so work hard to do that.

F. Distance Run (20 minutes)

Map out a place to run in your neighborhood. Or if you prefer, run laps at a nearby school track or field. Don't run alone! Take a parent or older brother or sister with you. They don't have to run. They can ride along side of you on a bike, skateboard, or in a car. Be sure you have on comfortable shoes. Be sure you are stretched out before you begin your run.

For the first week or two, start yourself out at a comfortable pace and gradually increase it as you get farther into your running time. As your body becomes stronger and stronger after that third or fourth week, you should notice the distance you are running in the 20 minute time span has increased. If it has not increased at all, you need to push yourself. Don't get comfortable with the 20 minutes. Look to increase on your distance to measure your training growth.

G. Speed Training (20-50 minutes)

This is for our anaerobic fitness base (to be able to spring for 50 or 60 minutes and still have your legs for a game the next day.)

SPRINT ALL OUT ON EVERY SPRINT – DO NOT PACE YOURSELF

TAKE FULL REST PERIOD (not less)

CONCENTRATE ON EXPLOSIVE STARTS (driving knees, leaning forward, pumping arms)
keep stride smooth and powerful throughout sprint.

WEEK 1

4 X 20 yds
4 X 40 yds
3 X 60 yds
2 X 80 yds
2 X 100 yds

WEEK 4 & 5

7 X 20 yds
7 X 40 yds
6 X 60 yds
5 X 80 yds
3 X 100 yds

WEEK 2

5 X 20 yds
5 X 40 yds
4 X 60 yds
3 X 80 yds
2 X 100 yds

WEEK 6 & 7

8 X 20 yds
8 X 40 yds
6 X 60 yds
5 X 80 yds
3 X 100 yds

WEEK 10, 11, & 12

10 X 20 yds
10 X 40 yds
8 X 60 yds
6 X 80 yds
4 X 100 yds

WEEK 3

6 X 20 yds
6 X 40 yds
5 X 60 yds
4 X 80 yds
3 X 100 yds

WEEK 8 & 9

8 X 20 yds
8 X 40 yds
7 X 60 yds
6 X 80 yds
4 X 100 yds

Rest Period Weeks 1-6

30 seconds for 20's
45 seconds for 40's
60 seconds for 60's
75 seconds for 80's
90 seconds for 100's

Rest Period Weeks 7-12

20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

Example: Week 1

Sprint 20 yards, rest 30 seconds. Repeat 3 more times.

Sprint 40 yards, and rest 45 seconds. Repeat 3 more times.

Sprint 60 yards, rest 60 seconds. Repeat 2 more times.

Sprint 80 yards, rest 75 seconds. Repeat 1 more time.

Sprint 100 yards, rest 90 seconds. Repeat 1 more time. You're done!