



Isolated Training Session 2

Category: Functional: Striker
Difficulty: Moderate

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Individual-Adult Member

Description

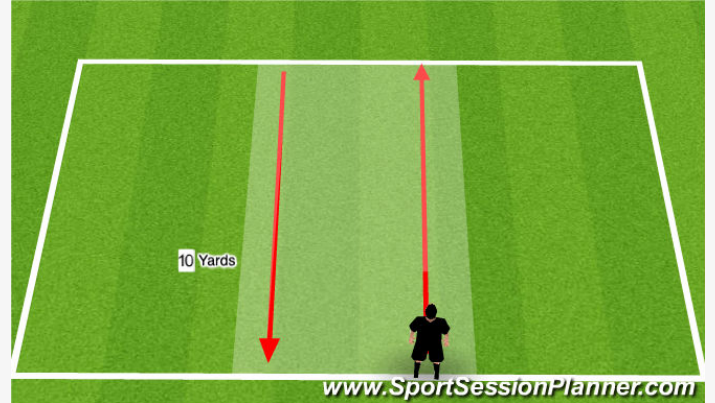
Ball work and Fitness in 45 mins

Quick Tests (10 mins)

Quick Tests

Must do 3 - Agility is one of the three.

1. Hop on Leg for 30 yards
2. Single leg standing and eyes closed for 20 secs
3. Agility - see SAQ for 2 minutes
4. Run 1 mile continuous!

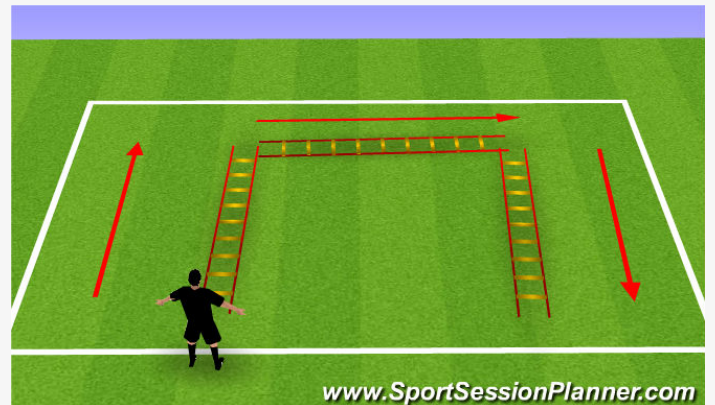


Agility Ladder work (10 mins)

Agility - Ladder

2 minutes - No Stop X 2

1. 2 feet in
2. Ickey Shuffle
3. Steps in



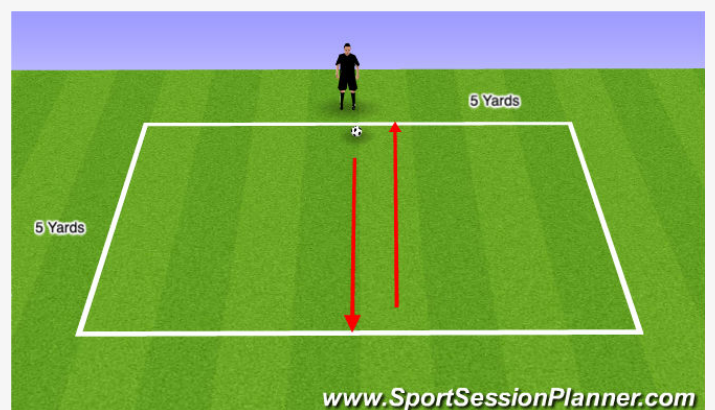
Types of Turn (5 mins)

Turns

Sets of 5 (25 Total)

Box is 5yds by 5yds

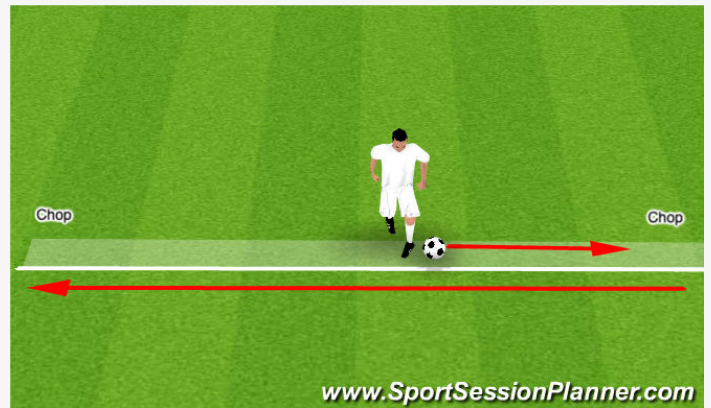
1. Inside Hook
2. Outside Hook
3. Step Over Turn
4. Stop Turn
5. Cruyff Turn



Ball Mastery 1 (5 mins)

Ball Mastery

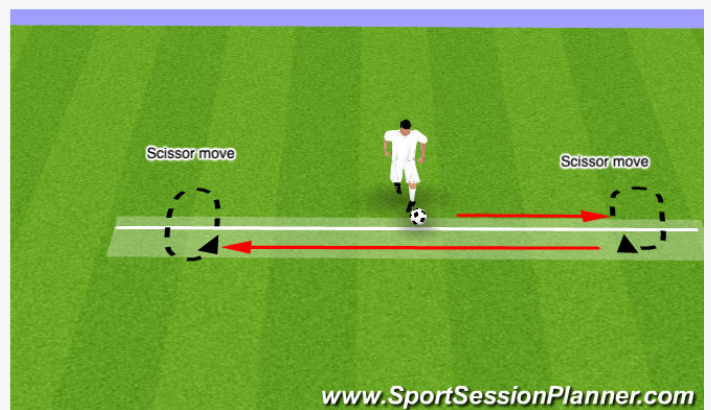
1. Touch ball to outside - 2x
 2. Chop the ball back with inside of foot across your body.
 3. Repeat on other side and chop ball back.
- Use line as base



Ball Mastery 2 (5 mins)

Ball Mastery

1. Push the ball to outside 2x
 2. When you have pushed the ball to outside - do a scissor movement around the ball.
 3. Repeat on the other side after the the scissor - move sideways quickly
- Use the line as a base!



Box Fitness Drill (10 mins)

Box Drill

- Use 4 cones or markers to mark out a square approximately 5yards by 5yards.
Place a cone in the center of the square. This is your starting position.
Give each corner a number and remember it!
Sprint to the corner then touch the cone and return to the middle.
Repeat 4 X
Reps 3x

Coaching Points

1. Be low to the ground
2. Accelerate to each cone

Variations

Can add Forward and then Backward Run.

