

DAY 14

Running

Football field

– Classic warm-up 5min + 10 dynamic stretching

1) 6 x 20 sprint – 100 roll/easy jogging – 20m accelerate

- Move to Ball mastery and Finishing and after that finish your training with:

2) 4 x 10m sprint

1 lap warm-down and stretching!

Ball mastery AND Finishing

Do you have any own ideas? The right time to execute them!

Warm-up Ball Mastery for like 15 min.

Here you find a few finishing actions:

<https://www.youtube.com/watch?v=hmGb1dTfcFY>

Browse internet to find some inspiration.

Strengthening

Legs - <https://www.youtube.com/watch?v=0KooCEXq09Q>

The following exercises you can take on 2 rounds, each exercise 20 – 30 sec.

- Jumping jack squats
- Pistol squats on bench/chair
- Deep squats
- The single leg bulgarian lunges
- Lunges
- Wall sits

Stretching AND Mobility/Flexibility

Really important stretching for your leg muscles -

<https://www.youtube.com/watch?v=SiCu4mLtxqY>