

## DAY 18

### Plyometrics & Explosiveness

30 – 45 min

Here are two videos that give you some insight on plyometrics and explosiveness.

It is recommended to first gain some muscle mass and be completely fit. Such exercises put a lot of pressure on knees, hips, ankles, the impact when landing is very heavy. It is wise to avoid getting injured!

- <https://www.youtube.com/watch?v=dH1XKQ4ERIM>
- <https://www.youtube.com/watch?v=1fp4H30Ndzl>

### Ball control

Up to 30 min

Control the ball in a tight space.

- [https://www.youtube.com/watch?v=eP\\_R5yODi0U](https://www.youtube.com/watch?v=eP_R5yODi0U)

### Rolling OR Mobility/Flexibility

10 – 15 min

Few basic movements to learn the right technique to improve your mobility:

- <https://www.youtube.com/watch?v=qQ7vAGaa1aM>