

## DAY 19

### Light run

60 min

After yesterdays plyometrics, today you can take on light run or upper body strengthening. You can run even with a ball, to keep the touch smooth!

### Ball Training

Finishing

Shooting

- <https://www.youtube.com/watch?v=tcoRi1OxFmo>

### Strengthening

Upper body – Core, Abs, about 120 push-ups in total.

This video shows whole day home workouts of a football player.

- <https://www.youtube.com/watch?v=cftMXJ4stNE>

### Stretching Mobility/Flexibility

It takes only 15 minutes.

- <https://www.youtube.com/watch?v=uXFNKPJ3nH8>