

DAY 22

Running

Take first 3-5 steps with max effort and keep it up 80 – 100% of your speed capacity.

4 x 10m

4 x 10 – 20roll - 10

2 x 20m

Continue with ball Control&Finishing and Stretch after that!

Ball control & Finishing

Ball control - <https://www.youtube.com/watch?v=7qLMZ9I0s7I>

Finishing - <https://www.youtube.com/watch?v=2Ypaf-nAvaU>

Warm-down lap and stretch!

Strengthening

Leg day!

Great video for footballers - <https://www.youtube.com/watch?v=vt5X28fXSHI>

(more than just legs)

Rolling & Mobility/Flexibility

Get the foam roller - <https://www.youtube.com/watch?v=aTcRYJsuhkl>

Active stretching - <https://www.youtube.com/watch?v=V9FXAjwtEi7U>