

DAY 23

Quick feet drills

Warm up run and dynamic stretching – together 15 min

Basic, simple yet effective exercises to improve your feet quickness. -

<https://www.youtube.com/watch?v=mR2SO9UXPN8>

Do the following exercises as fast as possible for 15 seconds, repeat 3 times:

1. Both feet simultaneously forth and back
2. Both feet simultaneously sideways
3. Single leg forth and back
4. Single leg sideways
5. Ankle flips/jumps
6. Scissors

You are free to do other drills to improve your feet/leg coordinations, But for today the video is good enough.

Strengthening

Upper body

Kevyt keskivartalo treeni - <https://www.youtube.com/watch?v=ulhCbXi04oY>

120 push-ups (check new variations)

Long passes

Work on your accuracy, kicking technique, curved ball, ping the ball.

Hit the bin challenge - https://www.youtube.com/watch?v=dQLM_mHifT0

Rolling & Mobility/Flexibility

Tehdä liikkuvuusharjoittelu noin 10min - <https://www.youtube.com/watch?v=1yTQacG-nEk>