

DAY 24

Running

Classic warm-up run 5min, and dynamic stretching 10min.
Almost 100% of your max, explosive first 3-5 steps

6 x 50m

About 2 minutes break between runs.
Continue to Ball training.

Ball Training

First touch exercises – few tips to remember - <https://www.youtube.com/watch?v=QH1h6fIF5xA>
Add few Dribbling exercises.

Strengthening

Dynamic stretching warm-up

Jalat – treenivideo on suomeksi - <https://www.youtube.com/watch?v=DEbGRZyPEo>

OR 2 – 3 series

Squats	12+
Forward lunges L/R leg	12+
Deep squats	12+
Lateral lunges L/R leg	12+
Wall sit	30+ / 45+ sec
Bulgarian split squats L/R leg	12+

Rolling OR Stretching

Venyttely treeni jälkeen (lattialla) - <https://www.youtube.com/watch?v=8iz87kRxKEc>

Hold the position for at least 30 seconds.