

First Drill: Plyometrics

Things you need?

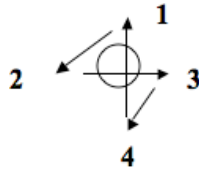
- Object from around the house about 2-3 inches tall (canned foods would be great)
- An area about 5 feet by 5 feet
- A watch, clock, cell phone (something that can tell you time in 30 second increments)
- A strong work ethic

Things to remember:

- Stay balanced – want to be on the “balls of our feet”
- Don’t land flat-footed
- Explosive with our jumps – don’t sink down into squat position upon landing
- Pace yourself
- Keep good form

What to do:

- 2-footed hops over the object for 30 seconds – 90 second rest (2 times)
- 2-footed hops side-to-side over the object for 30 seconds – 90 second rest (2 times)
- 2-footed hops back-over-back-forward for 30 seconds – 90 second rest (2 times) – see below for sequence



(Alternate feet for each set)

- 1-footed hops over the object for 30 seconds – 90 second rest (2 times)
- 1-footed hops side-to-side over the object for 30 seconds – 90 second rest (2 times)
- 1-footed hops back-over-back-forward for 30 seconds – 90 second rest (2 times)

Rest for 3-5 minutes

Second Drill: Agilities

Things you need?

- 5-6 objects from around the house about 2-3 inches tall (canned foods would be great)
- An area about 10 feet by 5 feet
- A watch, clock, cell phone (something that can tell you time in 30 second increments)
- A strong work ethic

Things to remember:

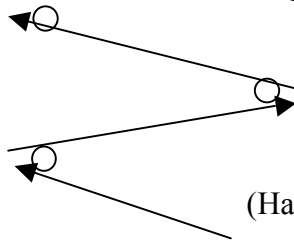
- Stay balanced – want to be on the “balls of our feet”
- Don’t cross your feet
- Don’t click your heels
- Keep good form – meaning stay low but not in a squad

What to do:

Shuffles – Best if you have a set of 6-7 objects for this.

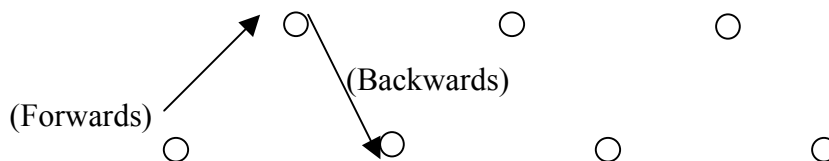
1. Shuffles – side-to-side around the objects

- Shuffle through to the end and jog back to repeat



2. Shuffles – Forwards-backs around the objects.

- Work through to the end and jog back to repeat



(Same set up as previous drill just changing the way we are going through)

3. Side to side shuffle from “down” position

- Up to your feet quick and across to set goalkeeper position
- Shuffle back to original cone and lay down again
- Repeat

