

FC Wisconsin Virtual Training

Summary

Technical

- 3x a week (Mon, Wed, Fri) we will release new technical ideas to work on.
- Each session is roughly 20-30mins in length
- As a player, you are looking to continuously increase the speed/quality of the technical ideas until they are at the MASTER level (meaning you can execute appropriately within game play).
- These ideas are for individual growth during a period of time while you are not team training.

Fitness

- 2x a week (Tues & Thurs) we will release new fitness ideas to work on.
- Each session is roughly 20-30mins in length
- As a player, you are looking to continuously increase the endurance, strength, agility, speed, balance, jumping and acceleration aspects of fitness. Therefore, a player will perform at the highest level physically for 90mins.
- These ideas are for individual growth during a period of time while you are not team training and are primarily for our U15-19s!

Tactical

- 1x a week (Sat) we will release new tactical idea to work on.
- The tactical video session is roughly 20-30mins in length
- As a player, you are looking to continuously increase your ability to READ the GAME, and impart quality decisions for the team.
- These ideas are for individual growth during a period of time while you are not team training for U15-19s ONLY!

FC Wisconsin Virtual Training

Week of March 15-21

Technical (Fri, March 20)

- Each session is roughly 20-30mins in length
- As a player, you are looking to continuously increase the speed/quality of the technical ideas until they are at the MASTER level (meaning you can execute appropriately within game play).

Jrs-14s

- Click the links to REVIEW previous movement ([SOLE ROLE – STOP/START – STOP/START](#))
- Click the link below for the video of the NEW movement
[SOLE ROLE – STOP/START – STOP/START – SCISSORS – PUSH](#)
[SWEEP THROUGHGS](#)

15-19s

- Click the links to REVIEW previous movement ([RONALDO CHOP – STEPOVER/SCISSORS - PUSH](#))
- Click the link below for the video of the NEW movement
[STEPOVER/SCISSORS - ELASTICO](#)
[SWEEP THROUGHGS](#)
[CRUYFF SWEEP THROUGHGS](#)