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 executive 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 physcially 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!

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FC Wisconsin Virtual Training

Week of May 24-30

Technical (Fri, May 29)

- 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 it appropriately within game play).

Jrs-14s

- Click the links to REVIEW previous challenges (JUGGLE CHALLENGE (ALT JUGGLE CATCH), JUGGLE CHALLENGE (25) & JUGGLE CHALLENGE (LEVELS))
- Click the link below for the video of the NEW movements

  CRUYFF

  ELASTICO

  COMBO CREATIVITY: CRUYFF / PUSH / MOVE #2 – SCISSORS / ELASTICO

15-19s

- Click the links to REVIEW previous challenges (JUGGLE CHALLENGE (25), JUGGLE CHALLENGE (LEVELS) & JUGGLE CHALLENGE (HEADING))
- Click the link below for the video of the NEW movements

  COMBO CREATIVITY: MOVE #5 – CHOP / ELASTICO / MOVE #3 – "V" BEHIND/"V" FRONT / ELASTICO

  COMBO CREATIVITY: MOVE #4 – STEPOVER / MOVE #2 – SCISSORS / MOVE #7 – LUNGE (MESSI) / ELASTICO

GKs

- Click the links to REVIEW previous movements (PARTNER CORE & 1-BALL PARTNER REACTION)
- Click the link below for the video of the NEW movement

  2-BALL PARTNER REACTION