

# 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 (Mon, March 16)

- 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*

- Ball mastery
- Click the links below for videos of these movements

[SOLE ROLE – INSIDE STOP/START](#)

[“V” BEHIND](#)

\*If above are mastered, please see movements for 15-19s

### *15-19s*

- Ball mastery
- Click the links below for videos of these movements

[“V” BEHIND](#)

[“V” BEHIND – RONALDO CHOP](#)

[RONALDO CHOP – “V” BEHIND](#)