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 3-9

Technical (Mon, May 4)

- 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 movements (COMBO (side to side): RAKE / STOP / STEPOVER (repeat opposite direction) & COMBO: MOVE #1 / PUSH / MOVE #5 / MOVE #4 / PUSH)
- Click the link below for the videos of the NEW movements

  COMBO CREATIVITY: MOVE #6 – MATTHEWS / MOVE #5 – CHOP / MOVE #1 – "V" BEHIND

  COMBO CREATIVITY: MOVE #4 – STEPOVER / MOVE #2 – SCISSORS / MOVE #5 – CHOP

15-19s

- Click the links to REVIEW previous movements (COMBO: MOVE #1 / PUSH / MOVE #5 / MOVE #4 / PUSH & COMBO: MOVE #1 / PUSH / MOVE #5 / MOVE #4 / MOVE #2 / PUSH)
- Click the link below for the video of the NEW movements

  COMBO CREATIVITY: MOVE #6 – MATTHEWS / MOVE #5 – CHOP / MOVE #1 – "V" BEHIND / MOVE #2 -- SCISSORS

  COMBO CREATIVITY: MOVE #4 – STEPOVER / MOVE #2 – SCISSORS / MOVE #5 – CHOP / MOVE #2 -- SCISSORS

GKs

- Click the links to REVIEW previous movements (BACK EXTENTIONS & SPEED (RESISTANCE BANDS))
- Click the link below for the video of the NEW movement

  QUICK FEET & QUICK FEET (ONE FOOTED) (REVIEW)

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