

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!

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Week of March 15-21

Fitness (Thurs, March 19)

- 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 for primarily our U15-19s!

- Click the links below for the fitness workout:

20 [LUNGES](#) (alternating), 15 sec rest

10 [BALANCE PUSH-UPS](#), 15secs rest

10 [BURPEES](#), 15sec rest

20 [LUNGES](#) (alternating), 15sec rest

10 [OBLIQUE PUSH-UPS](#), 15secs rest

10 [AB TWISTERS](#), 30sec rest

REPEAT the above 4x, followed by:

2-Mile Run in under 14-minutes, followed by:

[CORE EXERCISES](#)

1min Together, 15sec Rest, 1min Flutter, 15sec Rest, 1min Scissors, 15sec Rest, 1min Over Unders