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 10-16

Fitness (Thurs, May 14)

- 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 for primarily our U15-19s!

- Click the links below for the fitness workout:

  5min WARM-UP (Jumping Jacks, Jogging in Place, Jump Rope, Butt Kicks, etc)

  AB TWISTERS 45 secs, 15 secs rest

  DIAMOND PUSH-UPS 45 secs, 15secs rest

  JUMP LUNGES (alternating) 45 secs, 15 sec rest

  HIGH KNEES (alternating) 45 secs, 15sec rest

  BALANCE PUSH-UPS 45 secs, 15secs rest

  AIR SQUATS, 45sec rest, 45sec rest

  REPEAT the above **3x**…. then finish with:

  CORE EXERCISES

  1min Together, 1min Flutter, 1min Scissors, 1min Over Unders… NO REST DURING!

  5min COOL DOWN (stretching, foam rolling, etc)

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