



U13-15 Week 5

HOME TRAINING

APRIL 13th to April 19th 2020.



OVERVIEW

- **Strength Training** : Whole Body + Power
- **Cardio Training** : Maximum Aerobic Power
- **Ball Mastery** : Ball Handling
- **Stretching, Foam rolling** : Recovery

WEEK 5 TRAINING PLAN

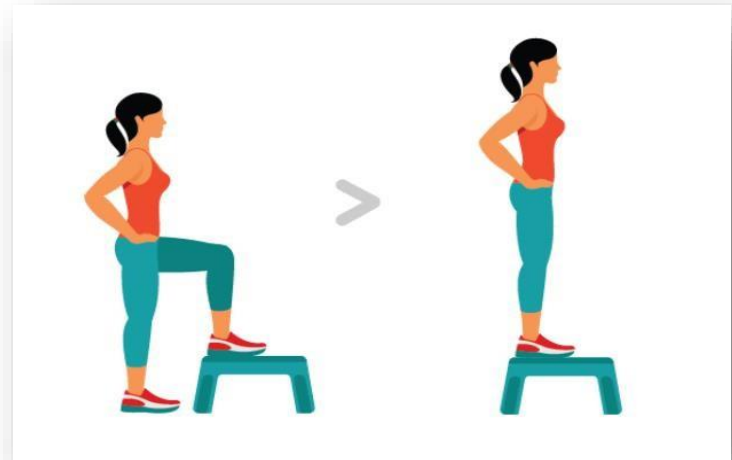


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	STRENGTH TRAINING	CARDIO TRAINING	OFF	STRENGTH TRAINING	CARDIO TRAINING	OFF
	WHOLE BODY STRENGTH + POWER	2 X 400M 3 min rest 5 x 200M 3 min rest 5 x 200M Total Distance 2800M		WHOLE BODY STRENGTH + POWER	2 X 400M 3 min rest 5 x 200M 3 min rest 5 x 200M Total Distance 2800M	
		BALL MASTERY 2-3 sets			BALL MASTERY 2-3 sets	

1, STEP UPS

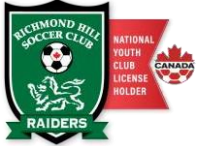
To start, place your entire right foot onto the bench or chair. Press through your right heel as you **step** onto the bench, bringing your left foot to meet your right so you are standing on the bench. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor. Repeat on the left side.

- 4 sets of 12-15 reps/each side



<https://www.youtube.com/watch?v=ay-Mtjfytwo>

2, POWER PUSH UPS



Start at the top of pushup position and your torso should be in a straight line. Start to lower your body as if you're going to do a pushup until your chest is almost touching the floor. As you push up, do so with enough force for your hands to leave the ground. Land lightly on the ground, moving into your next rep immediately.

Do fewer reps if you need to in order to maintain proper technique.

- **3 sets of 6-8 reps**



<https://www.youtube.com/watch?v=q38xkDR67Xc>

3, PLYO LUNGE

Start by standing with feet shoulder-width apart then. step forward into a lunge and jump into the air while switching your feet. when you jump you're explosively pushing off the ball of your rear foot. and I'll hold onto your front foot to propel yourself into the air and switch legs.

- **3 sets of 6-8 reps/each side**



<https://www.youtube.com/watch?v=sN1F4NB>

[Zlik](#)

4, TRICEPS DIPS

Sit down on a chair, bench, or box with feet planted on floor. Place hands behind you on the edge of seat. Lift hips up to slide off seat. Bend elbows to lower butt to the floor. Push back up and repeat.

- **4 sets of 12-15 reps**



<https://www.youtube.com/watch?v=LvSE8xwwvbA>

5, GLUTES BRIDGE

Lie face up, knees bent, and feet planted on the floor. Drive through heels, contracting the glutes to send hips toward the ceiling. Your body should form a straight line from shoulders to the knees. Pause for a second then, lower back down and repeat.

- **4 sets of 10-12 reps**



<https://www.youtube.com/watch?v=BcsjgKG-ihY>

6, SIDE PLANK

Lay on your side with your forearm flat on the floor, bottom elbow lined up directly under your shoulder and both legs extended out in a long line. Feet can either be staggered for more stability, or stacked for more of a challenge. Engage your core and lift your hips off the floor, forming a straight line from your head to your feet. Your top hand can be on side of hip (easier) or reaching up to the ceiling (harder).

<https://www.youtube.com/watch?v=9Q0D6xAyrOI>

- **4 sets of 30-40 seconds/each side**



7, WALL SIT

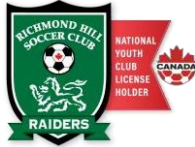
Set your feet shoulder-width apart and then about 2 ft out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle or as close as you can get! Your knees should be directly above your ankles, but no more forward. Hold your position, while contracting your abs. Stand slowly up, while leaning against the wall.

- **4 sets of 40-50 seconds**



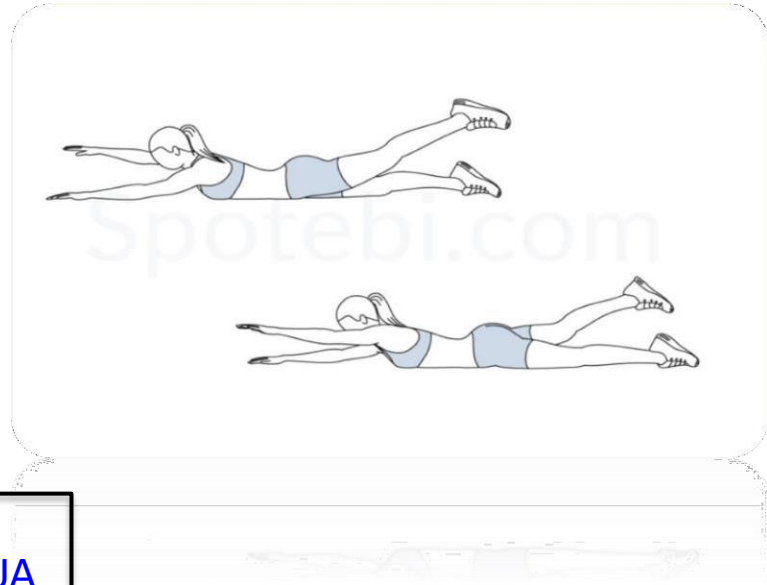
<https://www.youtube.com/watch?v=-0Q7Lds7B8A&list=PLAA2D8109F6451479&index=9&t=0s>

8, ALTERNATING SUPER MAN



Lie face down with arms and legs out straight. Keep your neck in a neutral position. Slowly raise one arm and the opposite leg at the same time, until they are several inches off the floor. Pause and hold this position for several seconds. Slowly lower back to the starting position. Repeat on the left side.

- 4 sets of 10-12 reps/each side

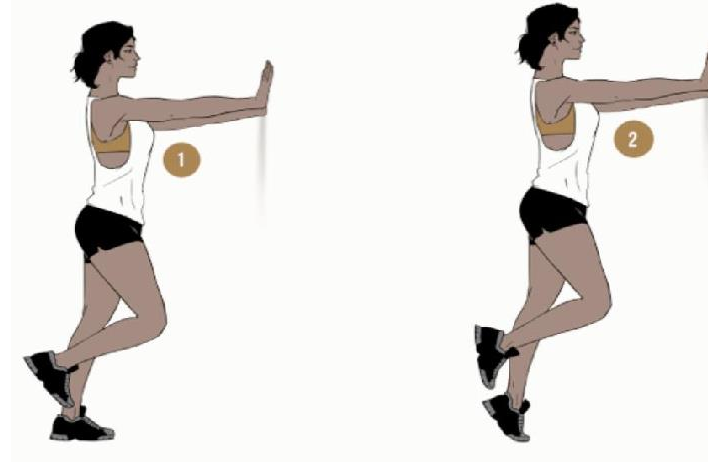


<https://www.youtube.com/watch?v=J9zXkxUAfUA>

8, SINGLE LEG CALF RAISE

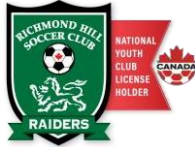
Stand with feet hip-width apart on the edge of a step or box, legs straight. Push through to come up to the toes. Pause for a second, then lower heels back down and repeat again.

- **4 sets of 15-17 reps**



<https://www.youtube.com/watch?v=Tla2ScHQgu0>
<https://www.youtube.com/watch?v=GAl4cxeg9nc>
<https://www.youtube.com/watch?v=gwLzBJYoWII>

CARDIO TRAINING + BALL MASTERY

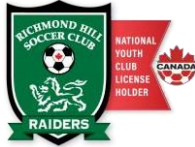


Your Cardio training can be completed on running track, (example St. Theresa of Lisieux C. or Jean Vanier CHS) in Richmond Hill, park or private treadmill.

Each lap or rep (400m) run should be completed between 2:00 to 2:15 minute
Between each Rep (400m) rest 1.30 -2 min.

Each lap or rep (200m) run should be completed between 1:00 to 1:15 minute
Between each Rep (200m) rest 1.30 -2 min.

CARDIO TRAINING + BALL MASTERY



1. Drag Stop/Step Over

2. Drag Stop/Scissor

3. Drag Stop/Scissor

4. Drag Stop/Laces

5. Drag Stop/Fake Pass

6. Drag Stop/Laces

7. Step Over/Flip Flap

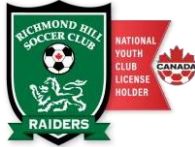
8. Drag Stop/Step Over/Flip Flap

2-3 sets

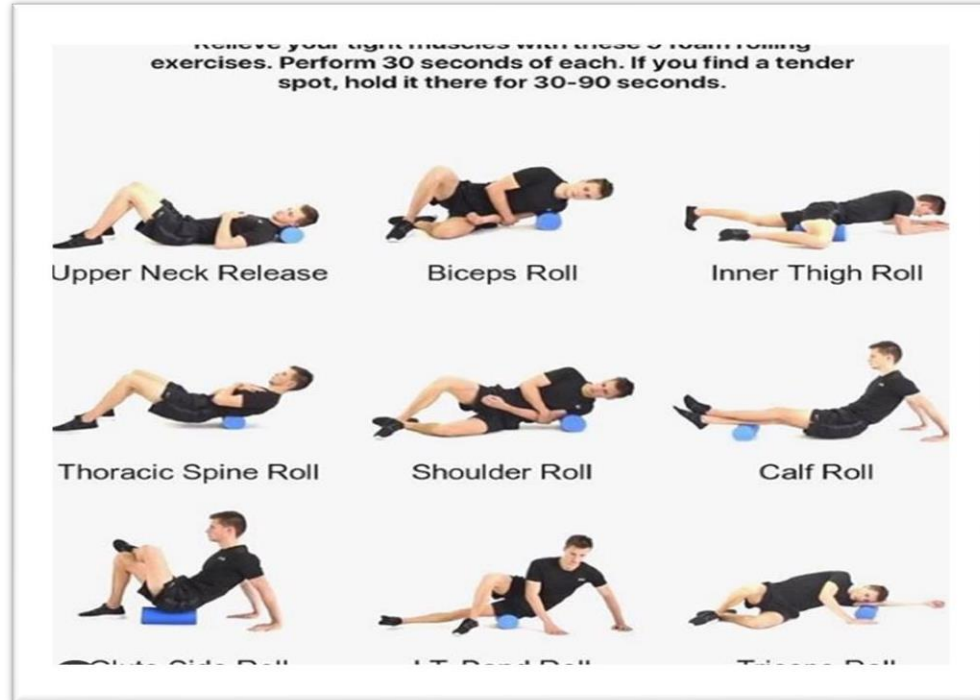
(1 set is all the 8 moves in one sequence and 30 seconds each move)

<https://www.youtube.com/watch?v=IPUN1pm7wvo&feature=youtu.be>

STRETCHING AND FOAM ROLLING



Foam rolling is a bit like giving yourself a sports massage. Instead of a masseur's hands applying pressure to relieve muscle tension and discomfort, you apply this yourself. Using your bodyweight on a foam roller you can target problem areas of muscle and fascia (of which more later) and increase your flexibility and recovery time following exercise.

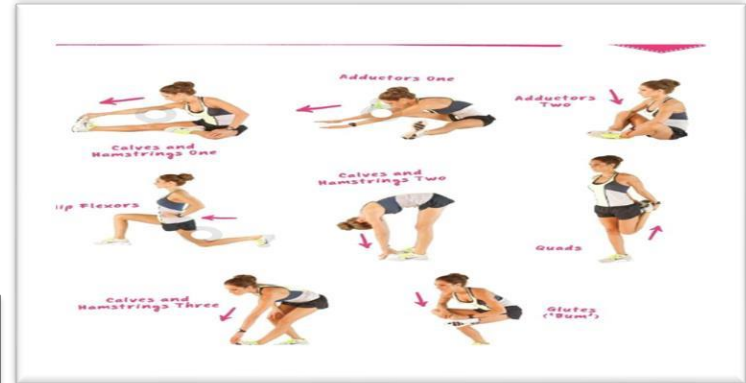
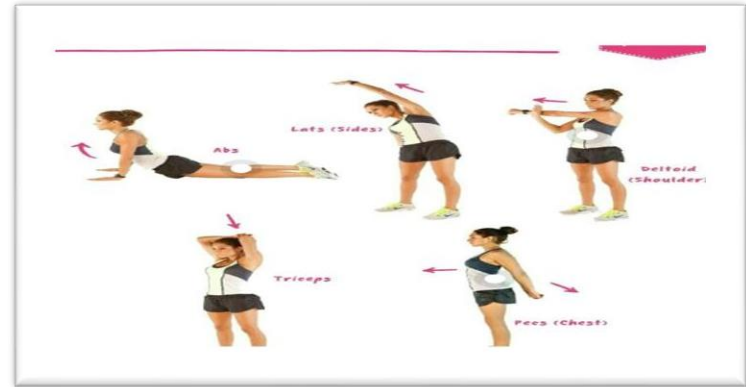


<https://www.youtube.com/watch?v=t4A523-O5uk>

STRETCHING AND FOAM ROLLING

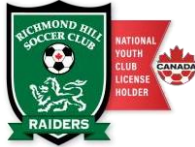


Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. ... Injured muscles may not be strong enough to support the joints, which can lead to injury.



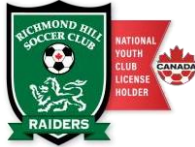
<https://www.youtube.com/watch?v=V9FXAjwEi7U>

TRAINING LOG

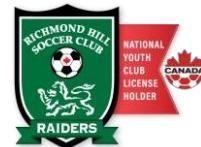


STRENGTH EXERCISE DATE.....TIME.....	SET	REP	TIME	WEIGHT	NOTES
1, STEP UPS					
2, POWER PUSH UPS					
3, PLYO LUNGES					
4, TRICEPS DIPS					
5, GLUTES BRIDGE					
6, SIDE PLANK					
7, WALL SIT					
8, ALTERNATING SUPER MAN					
9, SINGLE LEG CALF RAISES					

TRAINING LOG



Cardio Training					
DATE..... NAME..... TIME.....	400 Sets/Reps/Time	200 Sets/Reps/Time	200 Sets/Reps/Time	Ball Mastery	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



GOOD LUCK AND HAVE FUN !