



U16-18 Week 9

HOME TRAINING

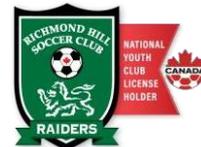
MAY 11TH to MAY 17TH 2020.



OVERVIEW

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

WEEK 9 TRAINING PLAN



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	STRENGTH TRAINING	CARDIO TRAINING	OFF	STRENGTH TRAINING	CARDIO TRAINING	OFF
	WHOLE BODY STRENGTH + POWER	3 X 400M 3 min rest 6 x 200M 3 min rest 6 x 200M Total Distance 3600M		WHOLE BODY STRENGTH + POWER	3 X 400M 3 min rest 6 x 200M 3 min rest 6 x 200M Total Distance 3600M	
		BALL MASTERY 4-5 sets			BALL MASTERY 4-5 sets	

1. BOX JUMP

Stand with your feet shoulder-width apart, at a comfortable distance from the box.

When you're ready to jump, drop quickly into a quarter squat, then extend your hips, swing your arms, and push your feet through the floor to propel yourself onto the box. Don't "stick" your landing. Instead, envision the way cats land when they jump from something—you, too, should try to land this quietly.

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



https://www.youtube.com/watch?v=kNIIInK_Le8I

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.

- **4 sets of 8-10 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 8-10 reps/each side**



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

[Zlik](#)

4. TRICEPS DIPS AND REACH

Place hands behind you on the edge of seat. Grab the edge of the seat with your hands slightly more than shoulders - width apart. Push your heels into the floor as you straighten your arms. Perform a dip **(A)**. Straighten your arms, then reach your left arm straight out in front of your body at shoulder height. **(B)**. Hold for a few seconds, then repeat, lifting the opposite arm this time. That's one rep.

- 4 sets of 6-8 reps



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

5. SINGLE LEG GLUTES BRIDGE

Lie on your back and bend your knees so your feet rest flat on the floor. Then raise one leg until it is stretched out straight. Brace yourself, then drive the heel of the foot still grounded into the floor and push your hips up until your body is in a straight line from your shoulders to the toes of your outstretched foot. Slowly lower yourself again, then repeat on the same side.

- **3 sets of 8-10 reps/each side**



<https://www.youtube.com/watch?v=nrLo5QCCfCc>

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 50-60 seconds/each side**



7. WALL SIT

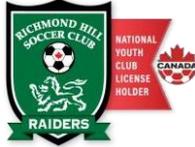
Set your feet shoulder-width apart and then about 2 ft out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle or as close as you can get! Your knees should be directly above your ankles, but no more forward. Hold your position, while contracting your abs.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

- **4 sets of 50-60 seconds**



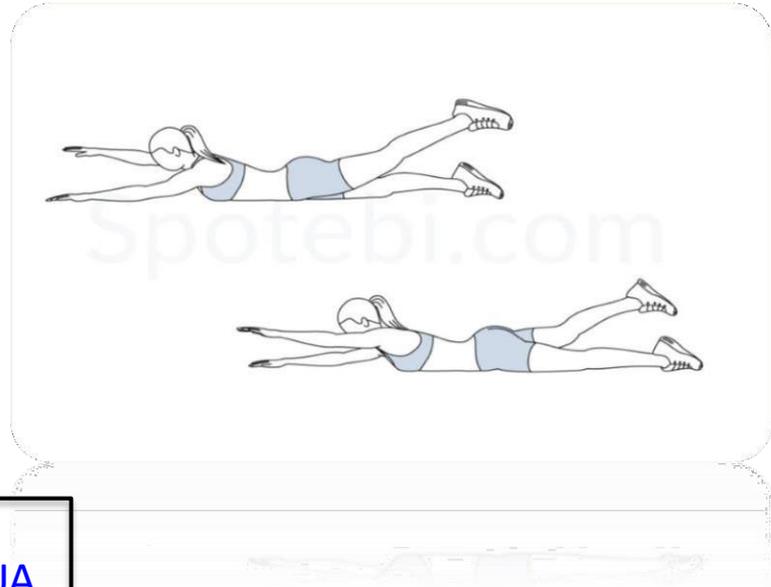
<https://www.youtube.com/watch?v=-0Q7Lds7B8A&list=PLAA2D8109F6451479&index=9&t=0s>

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 12-15 reps/each side

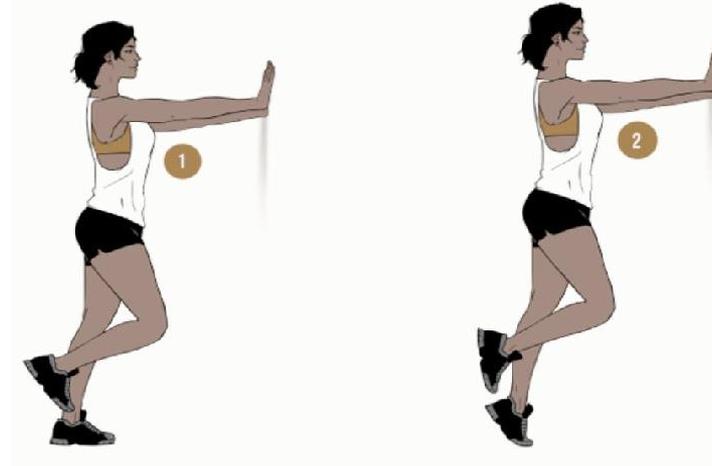


<https://www.youtube.com/watch?v=J9zXkxUAfUA>

9. 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

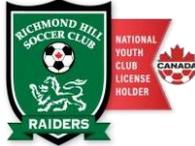
8. Drag Stop/Step Over/Flip Flap

4-5 sets

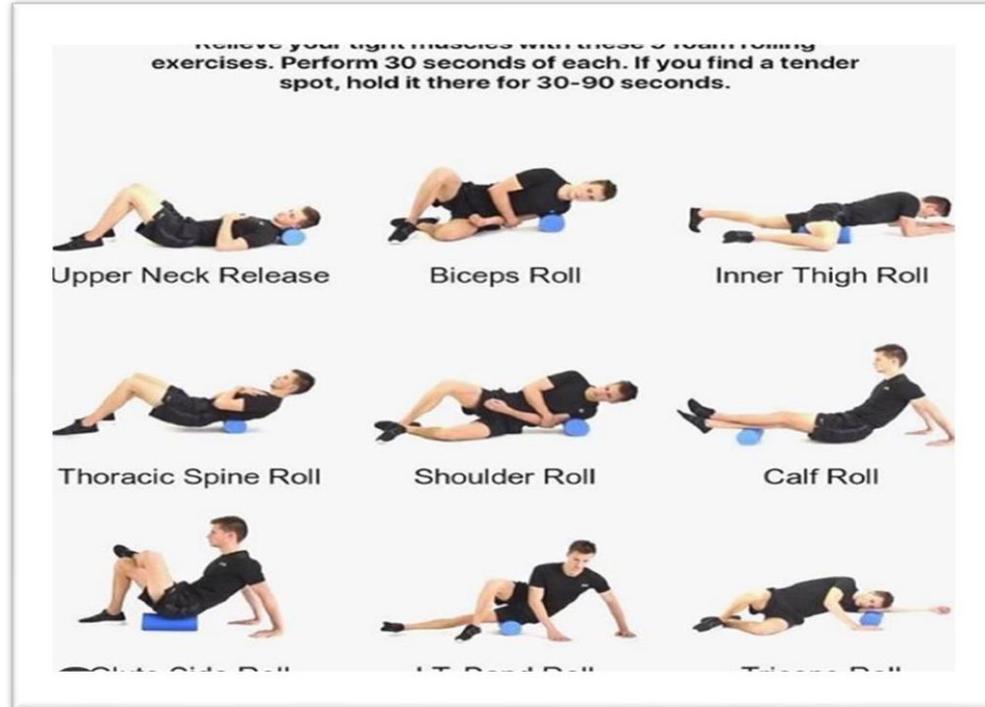
(1 set is all the 8 moves in one sequence and 40 seconds each move)

<https://youtu.be/Y1wwwDBWuDQ>

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.

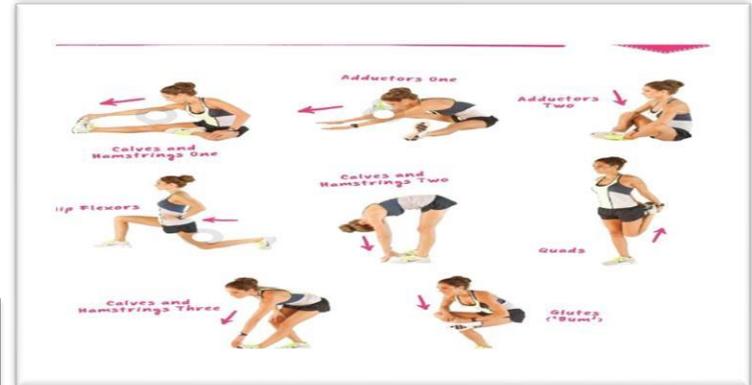
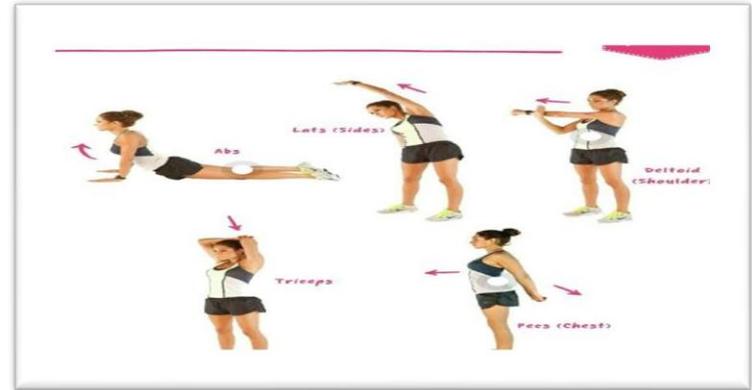


<https://www.youtube.com/watch?v=t4A523-O5uk>

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. BOX JUMP					
2. POWER PUSH UPS					
3. PLYO LUNGES					
4. TRICEPS DIPS AND REACH					
5. GLUTES BRIDGE					
6. SIDE PLANK					
7. WALL SIT					
8. ALTERNATING SUPER MAN					
9. SINGLE LEG CALF RAISES					

TRAINING LOG



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



GOOD LUCK AND HAVE FUN !