



# U16-18 Week 4

HOME TRAINING

APRIL 6<sup>th</sup> to April 12<sup>th</sup> 2020.



# OVERVIEW

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

# WEEK 4 TRAINING PLAN

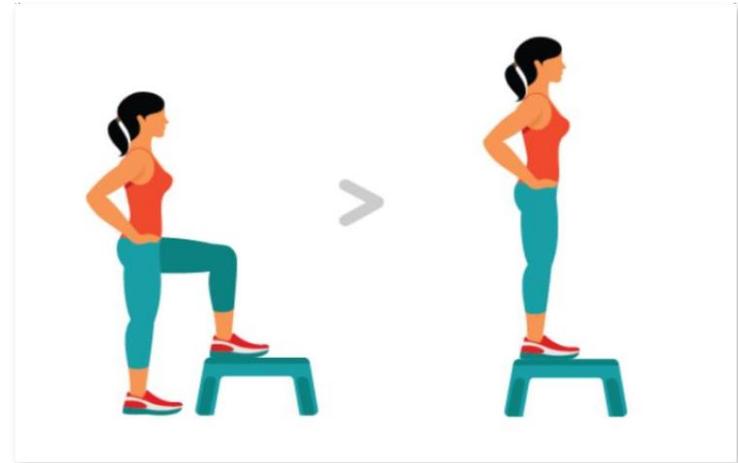


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OFF</b>	<b>STRENGTH TRAINING</b>	<b>CARDIO TRAINING</b>	<b>OFF</b>		<b>CARDIO TRAINING</b>	<b>OFF</b>
		<b>3 X 400M</b> 3 min rest <b>5 x 200M</b> 3 min rest <b>5 x 200M</b> Total Distance <b>3200M</b>		<b>WHOLE BODY STRENGTH</b>	<b>3 X 400M</b> 3 min rest <b>5 x 200M</b> 3 min rest <b>5 x 200M</b> Total Distance <b>3200M</b>	
	<b>WHOLE BODY STRENGTH</b>	<b>BALL MASTERY</b> 3-4 sets			<b>BALL MASTERY</b> 3-4 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 15-17 reps/each side



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

## 2, PUSH UPS



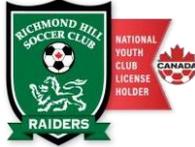
Start in a high plank position, shoulders over wrists, core, glutes, and legs engaged. Bend the elbows to lower chest to the floor. Elbows should point back at a 45-degree angle. Push back up to starting position, making sure to keep hips in line with the rest of the body. If you can't push up without dipping hips or get chest to floor, drop to knees to build strength.

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



<https://www.youtube.com/watch?v=19FiSJ-ucOo>  
<https://www.youtube.com/watch?v=wmNoe3JYe4c>

# 3, FORWARD LUNGE



Take a big step forward with right leg. Shift your weight forward so heel hits the floor first. Lower your body until right thigh is parallel to the floor and right shin is vertical. Your right knee should not past the right toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel. Press into right heel to drive back up to starting position. Repeat on the other side.

- **4 sets of 15-17 reps/each side**



[https://www.youtube.com/watch?v=QE\\_hU8XX48I](https://www.youtube.com/watch?v=QE_hU8XX48I)

# 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 15-17 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 40- 50 seconds/each side



# 7, WALL SIT

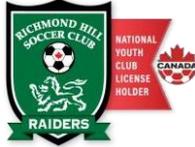
Set your feet shoulder-width apart and then about 2 ft out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle or as close as you can get! Your knees should be directly above your ankles, but no more forward. Hold your position, while contracting your abs.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

- 4 sets of 50-60 seconds



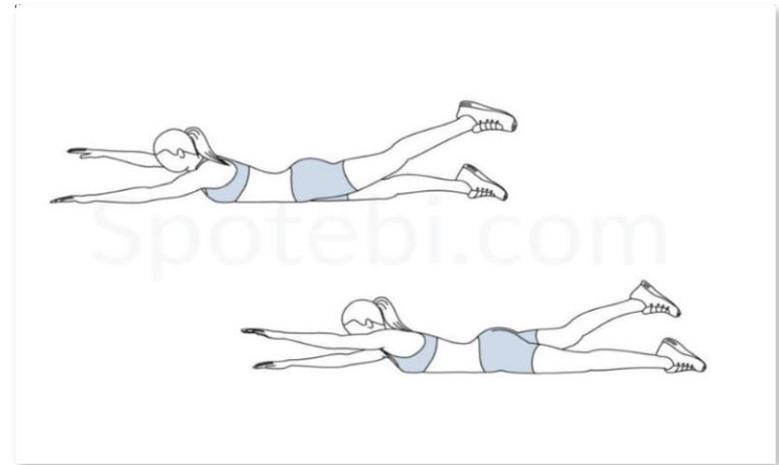
<https://www.youtube.com/watch?v=-0Q7Lds7B8A&list=PLAA2D8109F6451479&index=9&t=0s>

# 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

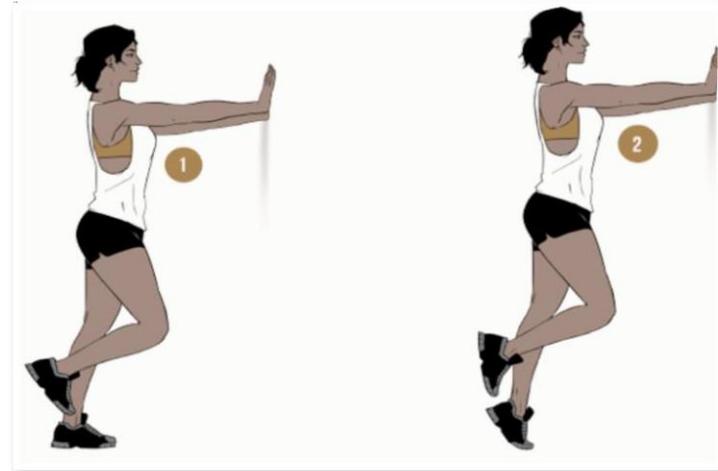


<https://www.youtube.com/watch?v=J9zXkxUAfUA>

# 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

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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. Advanced Sole Taps

2. Tip Tap Toe/Step Over

3. Drag Stop/Step Over

4. Drag Stop/Scissor

5. Drag Stop/Scissor

6. Drag Stop/Laces

6. Drag Stop/Fake Pass

6. Drag Stop/Laces

7. Step Over/Flip Flap

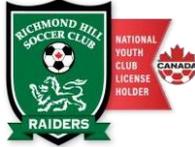
8. Drag Stop/Step Over/Flip Flap

3-4 sets

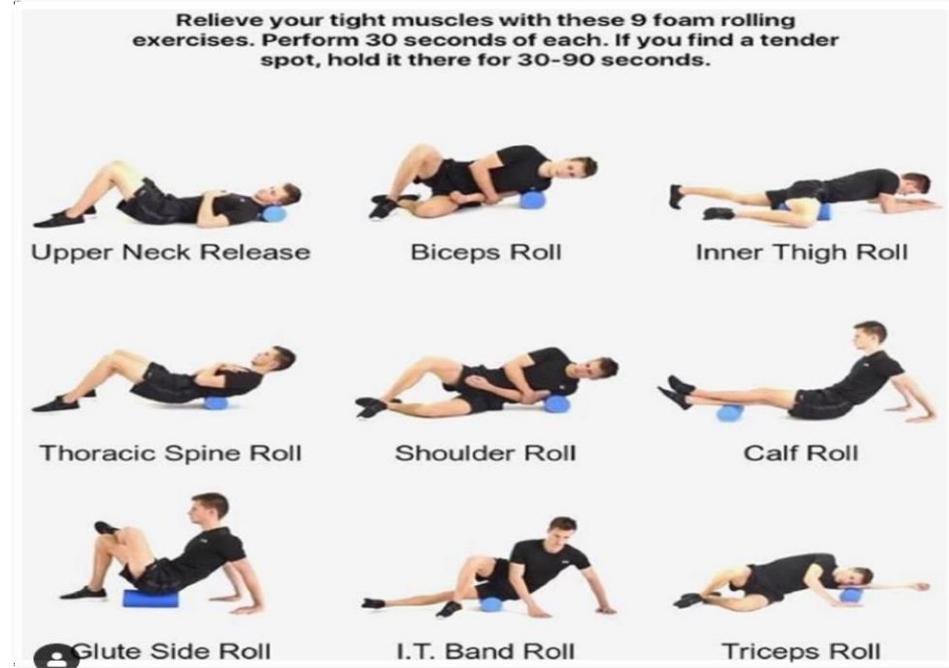
( 1 set is all the 8 moves in one sequence and 30 seconds each move )

<https://youtu.be/i7mCym6Qsb8>

# STRETCHING AND FOAM ROALLING

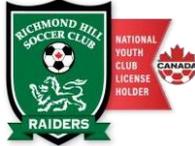


**Foam rolling** is a bit like giving yourself a sports massage. Instead of a masseur's hands applying pressure to relieve muscle tension and discomfort, you apply this yourself. Using your bodyweight on a foam roller you can target problem areas of muscle and fascia (of which more later) and increase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

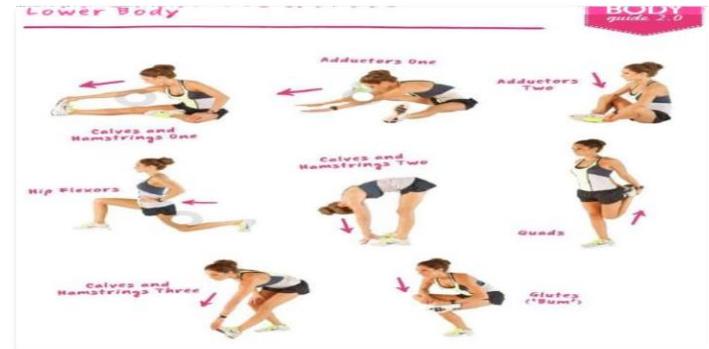
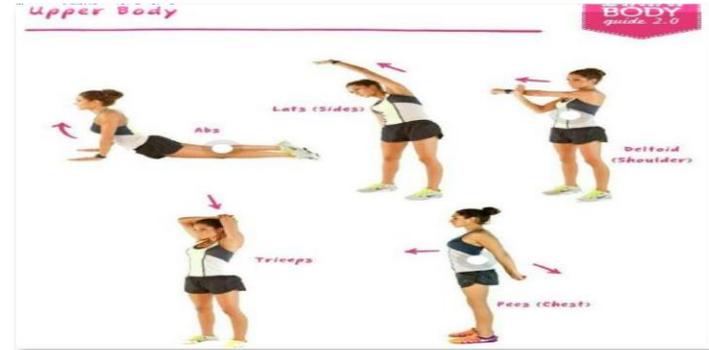


<https://www.youtube.com/watch?v=t4A523-O5uk>

# STRETCHING AND FOAM ROALLING



**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, PUSH UPS					
3, FORWARD 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 !**