

CREATED BY COACH JEREMY REYNOLDS

AT HOME WORKOUTS *WITH HEAT UNITED*



**Personal Workout
Packet
April - May
U8-U13**



4/6 Week Program



Guidelines for this Program



1. This document is modified from a pre-season fitness training program. It is not mandatory, but a suggested way for players to stay in shape during this period.
2. When following this document, players must adhere to all current (and potential additional restrictions) set forth by our local, state, and federal authorities in response to Covid-19.
3. The document contains a exercise you are to do daily in your backyard, basement or driveway. They focus on individual skill development focusing on first touch, dribbling and passing.
4. I understand these are challenging times but use this time to ensure you stay on top of your game.



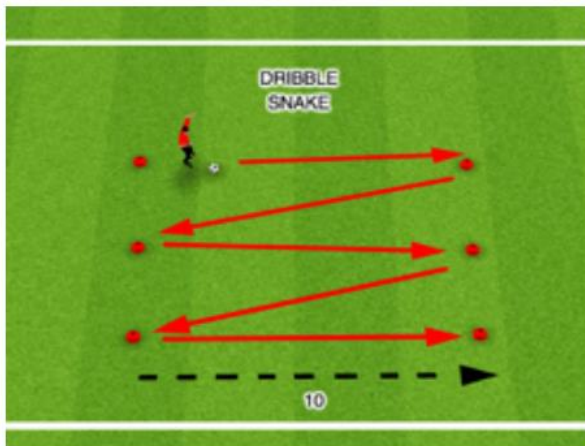
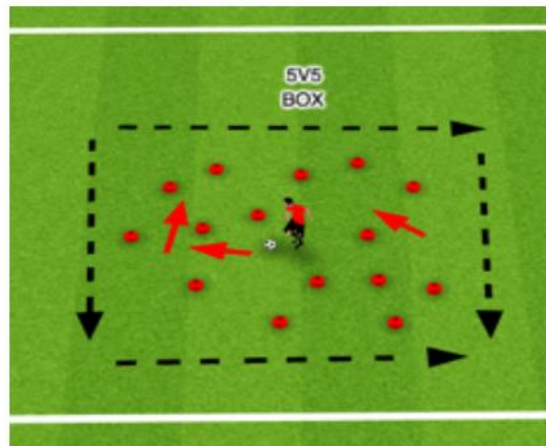
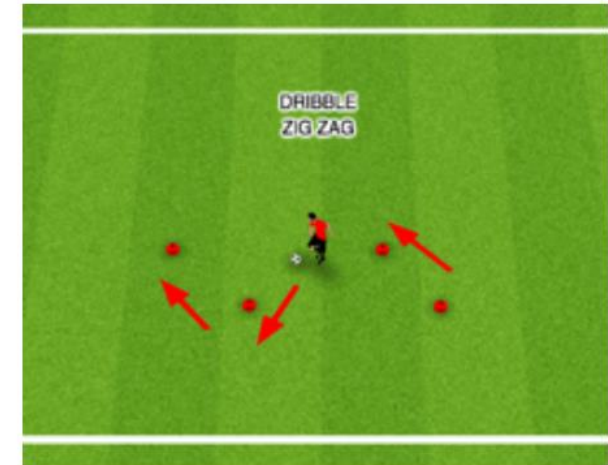
INDIVIDUAL DRILLS FOR MONDAY/WEDNESDAY/FRIDAY



1. 3 X 1 minute of moving with the ball Both Feet, Toe Taps, Inside Outside
2. 5 X 1 minute Juggling Challenge
3. Dribble Zig Zag X 8
4. 3 X 1 Minute Mine Field Using 5x5 Box
5. 5 X Dribble Snake
6. 5 X Figure 8
7. End with 5 Minute Juggling Challenge, record highest score.



DRILL DIAGRAMS



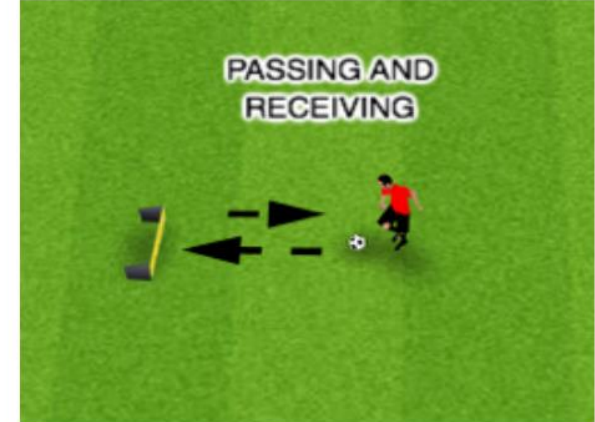
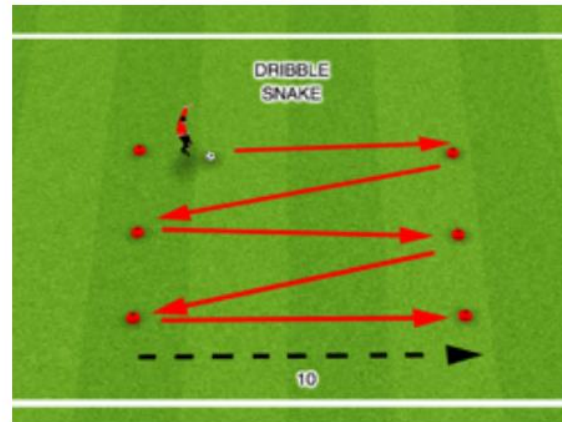
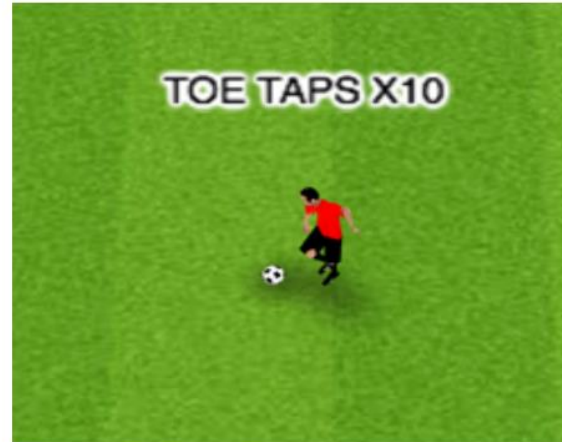
INDIVIDUAL DRILLS FOR TUESDAY/THURSDAY/SATURDAY



1. 2 minutes Juggling
2. 10 Toe Taps X 5 sets
3. 10 x dribble 5 yards and cruyff turn (5 Right Foot, 5 Left Foot)
4. 4 Gate Drill: Dribble/ Move/ Exit
5. 5 X Dribble Snake
6. 30 Right Foot passes / 30 Left Foot passes 5 yard distance (Use a wall or a parent / sibling).
7. 5 minutes juggling - record your highest score! REPEAT! - film it and share it on our facebook page at:
<https://www.facebook.com/heatunitedsoccer/>
8. 5 mins working on a new move of your choice - film it and share it on our facebook page at:
<https://www.facebook.com/heatunitedsoccer/>



DRILL DIAGRAMS



IN ADDITION ALSO PARTICIPATE IN THE 100 DAILY TOUCH CHALLENGE



20

TOE TAPS



20

TICK TOCKS



20

PULL PUSH



20

SOLE ROLLS



20

SCISSORS



QUESTIONS?

REACH OUT TO ME AT:

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