



NY ELITE FC HIATUS TRAINING and FITNESS PLAN

March-April 2020 Off-Site Fitness Program

*Repeat each week with longer distances and times

Day 1 – Jog 30 min + Walk 5 min

Day 2 – Jog 10 min + Box-to-Box 2x8 w/ 2.5 min rest + Jog 10 min

Day 3 – General Physical Activity 30-60 min

Day 4 – Jog 35 min + Walk 5 min

Day 5 – Jog 10 min + Full field shuttle runs (or 100 yds) + Jog 10 min

Day 6 – General Physical Activity 30-60 min

Day 7 – Jog 35 min + Walk 5 min

Pay Attention to Rest Assigned to Each Rep & Set on Each Day

Jog = Long slow distance work, should be a good pace @ 130-150 bpm (heart rate - beats per minute) if you have a heart rate tracker. Otherwise, a good solid pace that can be maintained for the entire duration.

General Physical Activity = Anything that promotes whole body blood flow (bike riding, hiking, you can pick)

Cool-down: Done EVERYDAY after fitness

Shuttle Runs - try to reduce your time

1. Set up markers (such as cones) 25 yards apart.
2. Make sure you are warmed up or add this drill to the end of an easy jog
3. Sprint from one marker to the other and back. That is one repetition.
4. Do six repetitions as fast as you can (300 yards total).
5. Time your result for the entire six repetitions.
6. Rest five minutes.
7. Repeat the drill.
8. Add the times for each run together and divide by two to find the average time.
9. Record this time.
10. You can use this test monthly to track your progress over time.

Ball Skills Work

Here is a good video to get a workout in with the ball

<https://www.youtube.com/watch?v=CgsymJy0RJk>

Box Dribbling- 4 markers of cones placed in a square (you determine how big or small) 10 yards away from starting point, you can do these as quickly as you can, but do so under control (do not sacrifice technique for speed)

1. Speed dribble to the square and go around the outside and speed dribble back. Try to get around the square in two touches (each time you go use inside right foot, next time inside left foot, then outside of right, then outside of left)
2. Speed dribble out and create any sort of pattern to inside and outside of the square using the inside and outside of one or both feet; you can also use the soles as well

Our friends at **Beestera Soccer Training** have a youtube channel which has Footwork Fridays and some great training videos. They are also doing a 30 Day Challenge on Facebook so check them out. <https://www.youtube.com/channel/UCwL4--ipbqnc9XzSPPdfI3Q> www.beesterasoccertraining.com

Tactical Analysis: Watch the USMNT U20 game vs

Ecuador <https://www.youtube.com/watch?v=M96J5VELhBk>

When analyzing games, athletes need to pay specific attention to their position and the primary functions of that position. For example:

1. What is the U-20 USMNT trying to achieve in their formation and with their style of play (1st what is their style of play and formation)?
2. What are the primary functions of your position(s) during this game? What are the strengths of the player(s) that play that position at that level.
3. What do you notice about both attacking and defending set pieces? Contact? Ability in the air? How are disguise and deception used? What are the strengths of the targets on attacking sets and how do they get open BEFORE the ball arrives?
4. When do players start their runs to receive a ball in the attack? Why? How do they create space for the person playing the ball to play the ball? How fast and aggressively do attackers move in or entering the final 1/3?