



ACADEMY

SUMMER WORK

10 WEEK TRAINING PROGRAM

Section A

INTRODUCTION

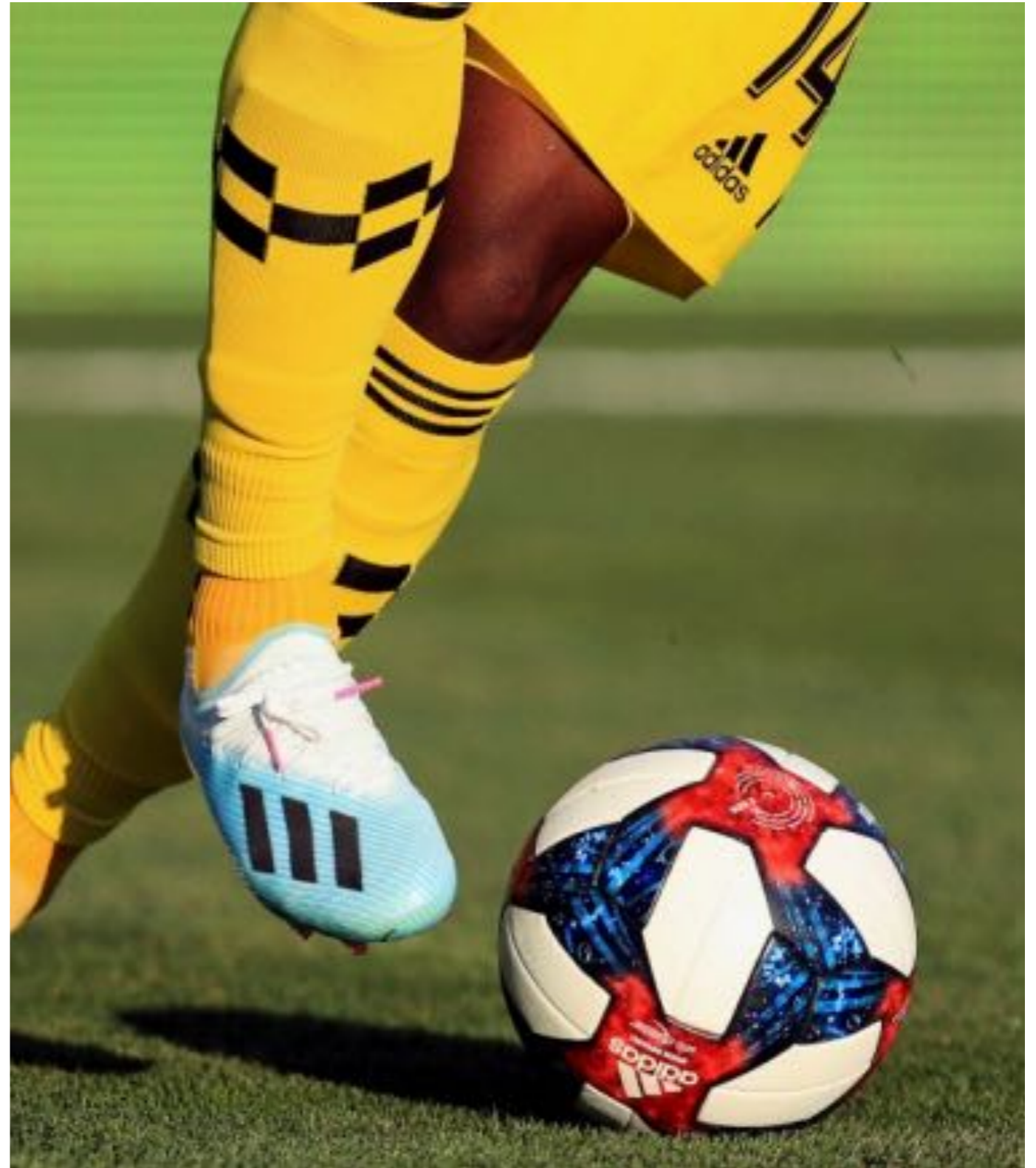


Ten Week Training Plan

The process follows a ten-week training schedule with daily challenges on six of the seven days (Sundays are OFF). Each day will have different challenges and exercises. The activities have some adaptability in some areas, but the plan will fully work if everyone is sticking to the process of the ten-week plan.

**“THE MAN WHO
IS PREPARED
HAS HIS BATTLE
HALF FOUGHT.”**

Miguel De Cervantes



A INTRODUCTION

Please Be Smart...

For the past six weeks, you have been removed from a high-energy environment into the doldrums of E-Learning, individual sessions, and likely low-pressure activities.

If you haven't been working at a high rate in the past few weeks, you'll be rusty and you'll be slow. That is okay.

Make sure that you are being smart and easing yourself back into training. Stay hydrated by drinking plenty of water, get plenty of sleep, and if your body is hurting listen to it and rest.

The goal of this program is for you to gradually progress through the weeks and that by the end of the program, you will be at a much higher level than when you started.

Stick to the plan and don't get frustrated. We are excited to see your improvement after the ten-weeks.

Now Get to Work!



Training Categories

- Techne Weekly Session
 - Dribbling, Juggling, or Wall Work
 - Shooting (3 Phases)
- Techne Time Trials
 - Dribbling, Juggling, or Wall Work
- Techne Strength
- Techne Mental
- Speed / Fitness
- Flexibility
- Techne Goalkeeping

Training Equipment

- Techne Mobile Application
- 10 Cones or Flat Markers
- Soccer Ball
- Wall (Wall Work Sessions)
- Space (Small Area to Full Field)
- Goal (Shooting Session)
- Watch or Stopwatch
- Tennis Ball (Juggling Sessions)
 - Dribbling, Juggling, or Wall Work

Activities / Drills List

Techne - Weekly Session

JUGGLING
DRIBBLING
WALL WORK

Techne - SHOOTING

Phase 1
Phase 2
Phase 3

Time Trials: JUGGLING

1. Right Foot
2. Left Foot
3. Alt Feet
4. Thighs
5. Right Foot Thigh
6. Left Foot Thigh
7. Criss Cross
8. Headers
9. 12 Surfaces
10. High: Right Foot
11. High: Left Foot
12. High: Alt Feet
13. Tennis Ball: Right Foot
14. Tennis Ball: Left Foot
15. Tennis Ball: Alt Feet
16. Tennis Ball: Right Foot Thigh
17. Tennis Ball: Left Foot Thigh

Time Trials: DRIBBLING

1. 10 Cones: Free
2. 10 Cones: Right
3. 10 Cones: Left
4. 10 Cones: Insides
5. 10 Cones: Outsides
6. 10 Cones: Zig Zag
7. Figure 8s: Free
8. Figure 8s: Right
9. Figure 8s: Left
10. Figure 8s: Insides
11. Figure 8s: Outsides

Time Trials: WALL WORK

1. One-Touch Right Insides
2. One-Touch Left Insides
3. One-Touch Alt Insides
4. One-Touch Right Laces
5. One-Touch Left Laces
6. Two-Touch: Inside Right
7. Two-Touch: Inside Left
8. Two-Touch: Laces Right
9. Two-Touch: Laces Left
10. Two-Touch: Balance Right
11. Two-Touch: Balance Left
12. Two-Touch: Insides Same Foot
13. Two-Touch: Insides Switch Feet
14. Two-Touch: Outside, Inside
15. Two-Touch: Outside, Laces
16. Volleys: Alt Insides
17. Volleys: Alt Laces
18. Volleys: Alt Inside/Laces

Techne - STRENGTH

Workout 1
Workout 2
Workout 3

Techne - GK SESSION

Technique
Foot Skills
Physical

Techne - GK AT HOME

1. Down R Reload Knees
2. Down L Reload Knees
3. R Dive Reload Knees SB NH
4. L Dive Reload Knees SB NH
5. R Dive Reload R Knee SB
6. L Dive Reload L Knee SB
7. Lat Cones
8. Lat Cones Set
9. Lat Cones Crossover
10. Lat Cones Crossover Set
11. Lat Cones 1-Leg Stability
12. Lat Cones Handling
13. Lat Cones Handling 1/2 Ladder
14. Lat Cones Handling Ladder
15. Lat Cones Jump
16. Lat Cones Jump SB
17. Lat Cones Jump & Catch

Techne - MENTAL

Train The Mind: Next Play
Train the Mind: Playing Present
Train The Mind: The Best You
Train The Mind: Positive Reframing
Roger Espinoza: Consistency
Matt Turner: Staying Ready
Sam Mewis: Midfield Dominance
Jalil Anibaba: Defending
Post Play Reflection
General: Confidence
General: Focus
General: Composure
General: Combativeness
General: Recovery

SPEED / FITNESS

Cones Test
Flying 30s
40 Yard Sprints
10x100
100s
200s
300s
400s
1 Mile
2 Miles
Push to Sprint
Fartlek Run

FLEXIBILITY

Flexibility Stretching


Section B

TEN WEEK PLAN





01

WEEK ONE

	MAY 25 MONDAY				MAY 26 TUESDAY				MAY 27 WEDNESDAY				MAY 28 THURSDAY				MAY 29 FRIDAY				MAY 30 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	JUGGLING	1			DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1		
TIME TRIAL 1	J: 1. Right Foot	2			D: 1. 10 Cones: Free	2			WW: 1. One-Touch Right Insides	2			J: 1. Right Foot	2			D: 1. 10 Cones: Free	2			WW: 4. One-Touch Right Laces	2		
TIME TRIAL 2	J: 2. Left Foot	2			D: 2. 10 Cones: Right	2			WW: 2. One-Touch Left Insides	2			J: 2. Left Foot	2			D: 2. 10 Cones: Right	2			WW: 5. One-Touch Left Laces	2		
TIME TRIAL 3	J: 3. Alt Feet	2			D: 3. 10 Cones: Left	2			WW: 3. One-Touch Alt Insides	2			J: 3. Alt Feet	2			D: 3. 10 Cones: Left	2			J: 3. Alt Feet	2		
GOALKEEPING																								
SPEED / FITNESS 1	40 Yard Sprints	2							Flying 30s	2							40 Yard Sprints	2						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								


ACADEMY


	JUN 1 MONDAY				JUN 2 TUESDAY				JUN 3 WEDNESDAY				JUN 4 THURSDAY				JUN 5 FRIDAY				JUN 6 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			DRIBBLING	1			JUGGLING	1		
TIME TRIAL 1	D: 4. 10 Cones: Insides	2			WW: 3. One-Touch Alt Insides	2			J: 4. Thighs	2			D: 4. 10 Cones: Insides	2			D: 1. 10 Cones: Free	2			J: 1. Right Foot	2		
TIME TRIAL 2	D: 5. 10 Cones: Outsides	2			WW: 4. One-Touch Right Laces	2			J: 5. Right Foot Thigh	2			D: 5. 10 Cones: Outsides	2			D: 2. 10 Cones: Right	2			J: 2. Left Foot	2		
TIME TRIAL 3	D: 6. 10 Cones: Zig Zag	2			WW: 5. One-Touch Left Laces	2			J: 6. Left Foot Thigh	2			D: 6. 10 Cones: Zig Zag	2			D: 3. 10 Cones: Left	2			J: 3. Alt Feet	2		
GOALKEEPING																								
SPEED / FITNESS 1	Flying 30s	2							40 Yard Sprints	2							Flying 30s	2						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								


	JUN 8 MONDAY				JUN 9 TUESDAY				JUN 10 WEDNESDAY				JUN 11 THURSDAY				JUN 12 FRIDAY				JUN 13 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1		
TIME TRIAL 1	WW: 3. One-Touch Alt Insides	2			J: 1. Right Foot	2			D: 7. Figure 8s: Free	2			WW: 1. One-Touch Right Insides	2			J: 10. High: Right Foot	2			D: 1. 10 Cones: Free	2		
TIME TRIAL 2	WW: 6. Two-Touch: Inside Right	2			J: 2. Left Foot	2			D: 8. Figure 8s: Right	2			WW: 2. One-Touch Left Insides	2			J: 11. High: Left Foot	2			D: 2. 10 Cones: Right	2		
TIME TRIAL 3	WW: 7. Two-Touch: Inside Left	2			J: 3. Alt Feet	2			D: 9. Figure 8s: Left	2			WW: 3. One-Touch Alt Insides	2			J: 12. High: Alt Feet	2			D: 3. 10 Cones: Left	2		
GOALKEEPING																								
SPEED / FITNESS 1	40 Yard Sprints	3							Flying 30s	3							40 Yard Sprints	3						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								





	JUN 15 MONDAY				JUN 16 TUESDAY				JUN 17 WEDNESDAY				JUN 18 THURSDAY				JUN 19 FRIDAY				JUN 20 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	JUGGLING	1			DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1		
TIME TRIAL 1	J: 4. Thighs	3			D: 10. Figure 8s: Insides	3			WW: 12. Two-Touch: Insides Same Foot	3			J: 1. Right Foot	3			D: 1. 10 Cones: Free	3			WW: 1. One-Touch Right Insides	3		
TIME TRIAL 2	J: 5. Right Foot Thigh	3			D: 11. Figure 8s: Outsides	3			WW: 13. Two-Touch: Insides Switch Feet	3			J: 2. Left Foot	3			D: 5. 10 Cones: Outsides	3			WW: 2. One-Touch Left Insides	3		
TIME TRIAL 3	J: 6. Left Foot Thigh	3			D: 7. Figure 8s: Free	3			WW: 14. Two-Touch: Outside, Inside	3			J: 3. Alt Feet	3			D: 6. 10 Cones: Zig Zag	3			WW: 3. One-Touch Alt Insides	3		
GOALKEEPING																								
SPEED / FITNESS 1	Flying 30s	3							40 Yard Sprints	3							Flying 30s	3						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								


	JUN 22 MONDAY				JUN 23 TUESDAY				JUN 24 WEDNESDAY				JUN 25 THURSDAY				JUN 26 FRIDAY				JUN 27 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			JUGGLING	1			WALL WORK	1		
TIME TRIAL 1	D: 1. 10 Cones: Free	3			WW: 1. One-Touch Right Insides	3			J: 4. Thighs	3			D: 4. 10 Cones: Insides	3			J: 1. Right Foot	3			WW: 8. Two-Touch: Laces Right	3		
TIME TRIAL 2	D: 2. 10 Cones: Right	3			WW: 2. One-Touch Left Insides	3			J: 5. Right Foot Thigh	3			D: 5. 10 Cones: Outsides	3			J: 2. Left Foot	3			WW: 9. Two-Touch: Laces Left	3		
TIME TRIAL 3	D: 3. 10 Cones: Left	3			WW: 3. One-Touch Alt Insides	3			J: 6. Left Foot Thigh	3			D: 6. 10 Cones: Zig Zag	3			J: 3. Alt Feet	3			J: 12. High: Alt Feet	3		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							100s	3							100s	3						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

	JUN 29 MONDAY				JUN 30 TUESDAY				JUL 1 WEDNESDAY				JUL 2 THURSDAY				JUL 3 FRIDAY				JUL 4 SATURDAY			
	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt
WEEKLY SESSION	WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1			DRIBBLING	1			JUGGLING	1		
TIME TRIAL 1	WW: 1. One-Touch Right Insides	3			J: 10. High: Right Foot	3			D: 7. Figure 8s: Free	3			WW: 3. One-Touch Alt Insides	3			D: 4. 10 Cones: Insides	3			J: 4. Thighs	3		
TIME TRIAL 2	WW: 2. One-Touch Left Insides	3			J: 11. High: Left Foot	3			D: 8. Figure 8s: Right	3			WW: 4. One-Touch Right Laces	3			D: 5. 10 Cones: Outsides	3			J: 5. Right Foot Thigh	3		
TIME TRIAL 3	WW: 3. One-Touch Alt Insides	3			J: 12. High: Alt Feet	3			D: 9. Figure 8s: Left	3			WW: 5. One-Touch Left Laces	3			D: 6. 10 Cones: Zig Zag	3			J: 6. Left Foot Thigh	3		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							200s	3							200s	3						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

	JUL 6 MONDAY				JUL 7 TUESDAY				JUL 8 WEDNESDAY				JUL 9 THURSDAY				JUL 10 FRIDAY				JUL 11 SATURDAY			
	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt
WEEKLY SESSION	JUGGLING	1			DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1		
TIME TRIAL 1	J: 10. High: Right Foot	4			D: 10. Figure 8s: Insides	4			WW: 1. One-Touch Right Insides	4			J: 1. Right Foot	4			D: 7. Figure 8s: Free	4			WW: 4. One-Touch Right Laces	4		
TIME TRIAL 2	J: 11. High: Left Foot	4			D: 11. Figure 8s: Outsides	4			WW: 2. One-Touch Left Insides	4			J: 2. Left Foot	4			D: 8. Figure 8s: Right	4			WW: 5. One-Touch Left Laces	4		
TIME TRIAL 3	J: 12. High: Alt Feet	4			D: 7. Figure 8s: Free	4			WW: 3. One-Touch Alt Insides	4			J: 3. Alt Feet	4			D: 9. Figure 8s: Left	4			J: 3. Alt Feet	4		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							200s	3							200s	3						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

	JUL 13 MONDAY				JUL 14 TUESDAY				JUL 15 WEDNESDAY				JUL 16 THURSDAY				JUL 17 FRIDAY				JUL 18 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	DRIBBLING	1			WALL WORK	1			JUGGLING	1			DRIBBLING	1			JUGGLING	1			DRIBBLING	1		
TIME TRIAL 1	D: 1. 10 Cones: Free	4			WW: 14. Two-Touch: Outside, Inside	4			J: 1. Right Foot	4			D: 4. 10 Cones: Insides	4			J: 3. Alt Feet	4			D: 7. Figure 8s: Free	4		
TIME TRIAL 2	D: 2. 10 Cones: Right	4			WW: 15. Two-Touch: Outside, Laces	4			J: 2. Left Foot	4			D: 5. 10 Cones: Outsides	4			J: 4. Thighs	4			D: 8. Figure 8s: Right	4		
TIME TRIAL 3	D: 3. 10 Cones: Left	4			WW: 16. Volleys: Alt Insides	4			J: 3. Alt Feet	4			D: 6. 10 Cones: Zig Zag	4			J: 8. Headers	4			D: 9. Figure 8s: Left	4		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							200s	4							200s	4						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

	JUL 20 MONDAY				JUL 21 TUESDAY				JUL 22 WEDNESDAY				JUL 23 THURSDAY				JUL 24 FRIDAY				JUL 25 SATURDAY			
	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt	Exercise	Rep	%	Trgt
WEEKLY SESSION	WALL WORK	1			JUGGLING	1			DRIBBLING	1			WALL WORK	1			DRIBBLING	1			WALL WORK	1		
TIME TRIAL 1	WW: 1. One-Touch Right Insides	4			J: 4. Thighs	4			D: 7. Figure 8s: Free	4			WW: 1. One-Touch Right Insides	4			D: 1. 10 Cones: Free	4			WW: 6. Two-Touch: Inside Right	4		
TIME TRIAL 2	WW: 2. One-Touch Left Insides	4			J: 5. Right Foot Thigh	4			D: 8. Figure 8s: Right	4			WW: 2. One-Touch Left Insides	4			D: 2. 10 Cones: Right	4			WW: 7. Two-Touch: Inside Left	4		
TIME TRIAL 3	WW: 3. One-Touch Alt Insides	4			J: 6. Left Foot Thigh	4			D: 9. Figure 8s: Left	4			WW: 3. One-Touch Alt Insides	4			D: 3. 10 Cones: Left	4			J: 3. Alt Feet	4		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							200s	4							200s	4						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

	JUL 27 MONDAY				JUL 28 TUESDAY				JUL 29 WEDNESDAY				JUL 30 THURSDAY				JUL 31 FRIDAY				AUG 1 SATURDAY			
	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt	Exercise	Rep	%	Tgt
WEEKLY SESSION	JUGGLING	1			DRIBBLING	1			WALL WORK	1			JUGGLING	1			WALL WORK	1			WALL WORK	1		
TIME TRIAL 1	J: 1. Right Foot	5			D: 10. Figure 8s: Insides	5			WW: 1. One-Touch Right Insides	5			J: 10. High: Right Foot	5			WW: 4. One-Touch Right Laces	5			WW: 14. Two-Touch: Outside, Inside	5		
TIME TRIAL 2	J: 2. Left Foot	5			D: 11. Figure 8s: Outsides	5			WW: 2. One-Touch Left Insides	5			J: 11. High: Left Foot	5			WW: 5. One-Touch Left Laces	5			WW: 15. Two-Touch: Outside, Laces	5		
TIME TRIAL 3	J: 3. Alt Feet	5			D: 7. Figure 8s: Free	5			WW: 3. One-Touch Alt Insides	5			J: 12. High: Alt Feet	5			J: 3. Alt Feet	5			J: 3. Alt Feet	5		
GOALKEEPING																								
SPEED / FITNESS 1	Push to Sprint	3							200s	4							200s	4						
SPEED / FITNESS 2																								
STRENGTH 1																								
STRENGTH 2																								
FLEXIBILITY																								
MENTAL																								
NOTE																								

Section C

TECHNE BASICS SET UP



Wall Work

Wall Passing Gate Setup

Use 2 discs to make a gate that is 3 yards (2.74 meters) from the wall and 2 yards (1.83 meters) wide.

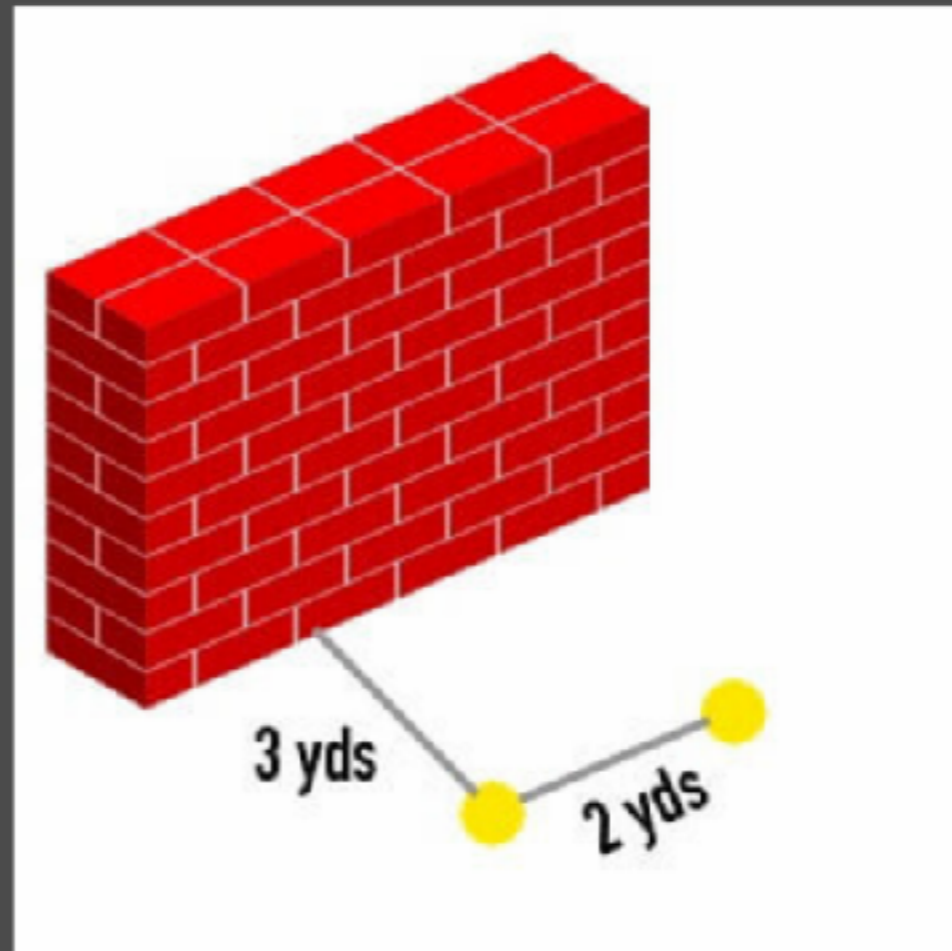
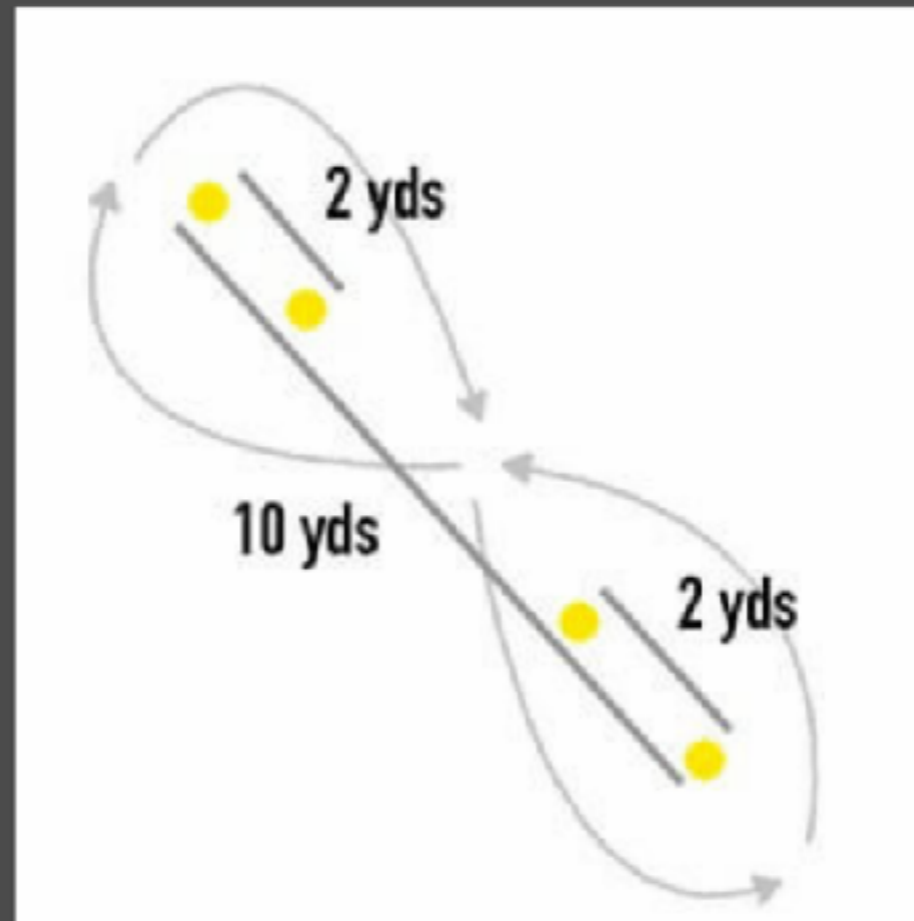


Figure 8 Dribbling

Figure 8s Time Trial Setup

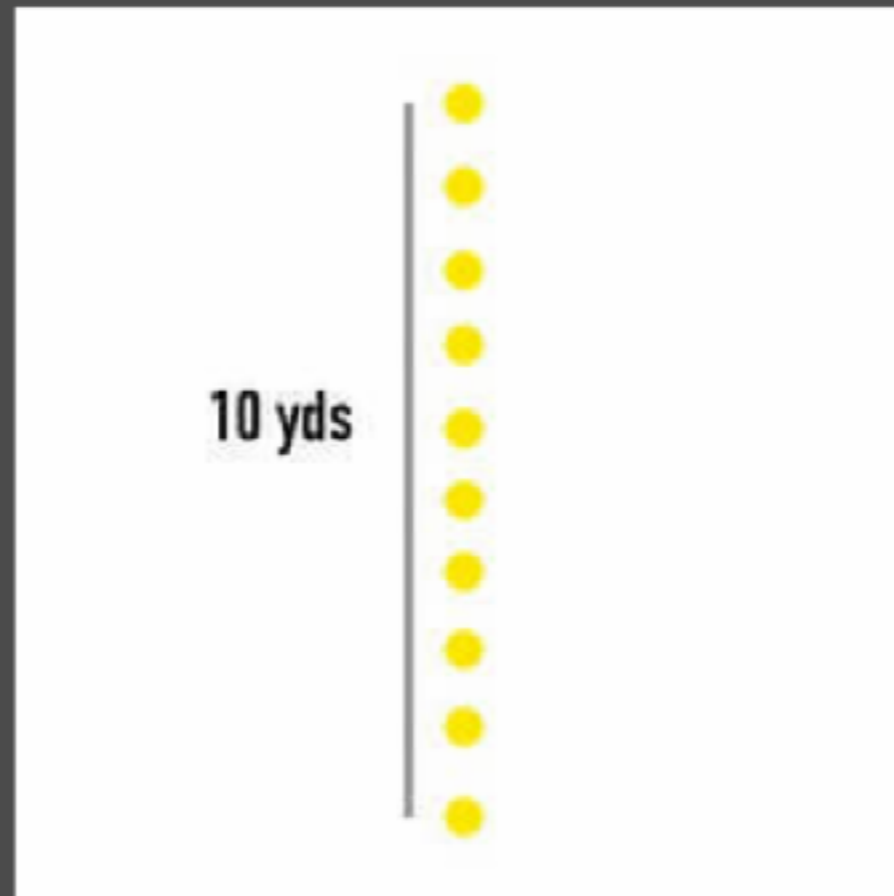
Place 2 discs 10 yards (9.14 meters) apart, with a disc 2 yards (1.83 meters) in from each end disc. All 4 discs should be in a straight line.



10 Cones Dribbling

10 Cones Time Trial Setup

Place 2 discs 10 yards (9.14 meters) apart, with 8 others spaced evenly between them in a line. The discs should be roughly 1 yard (0.9 meters) apart.



Section D

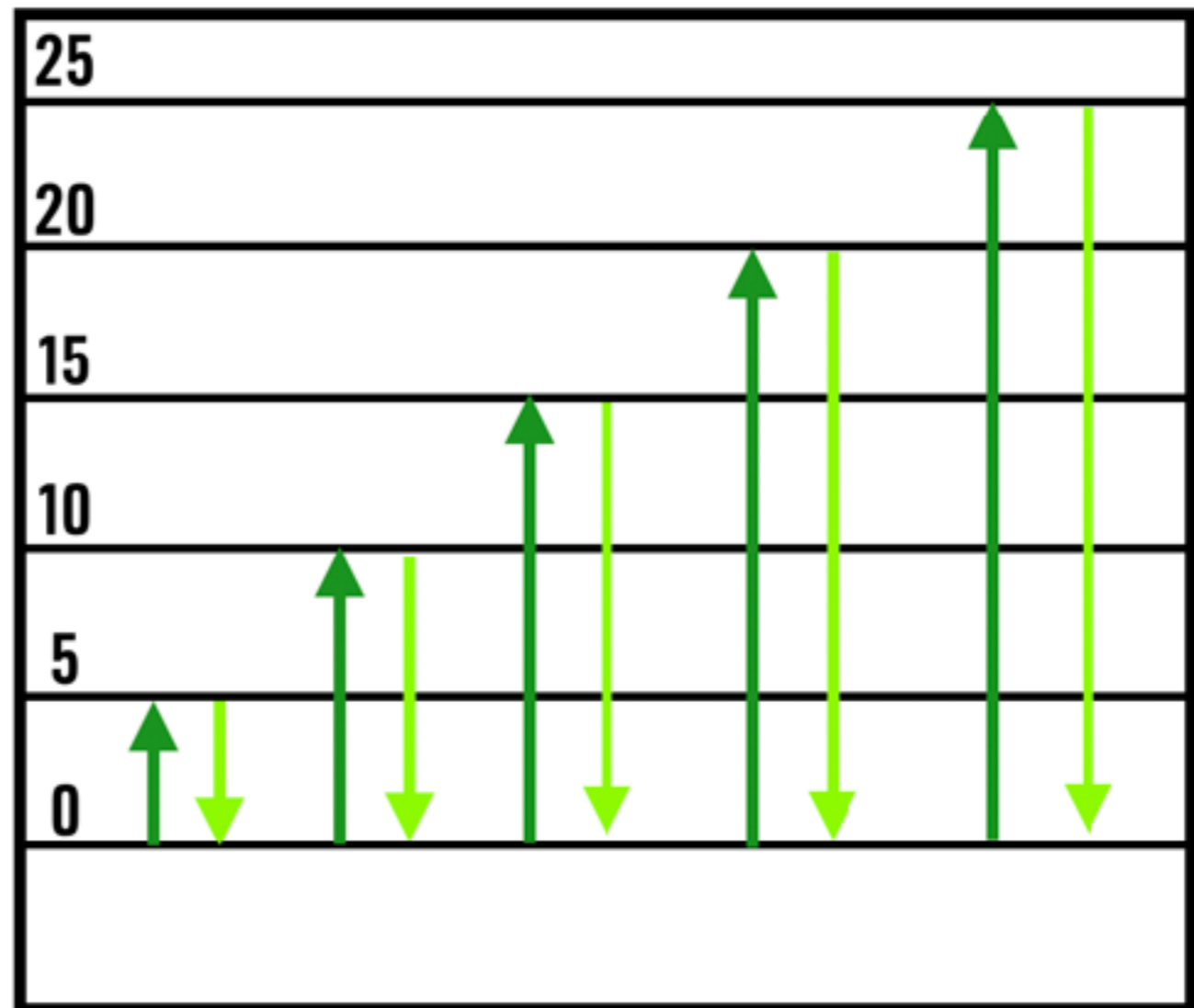
SPEED/FITNESS INFO



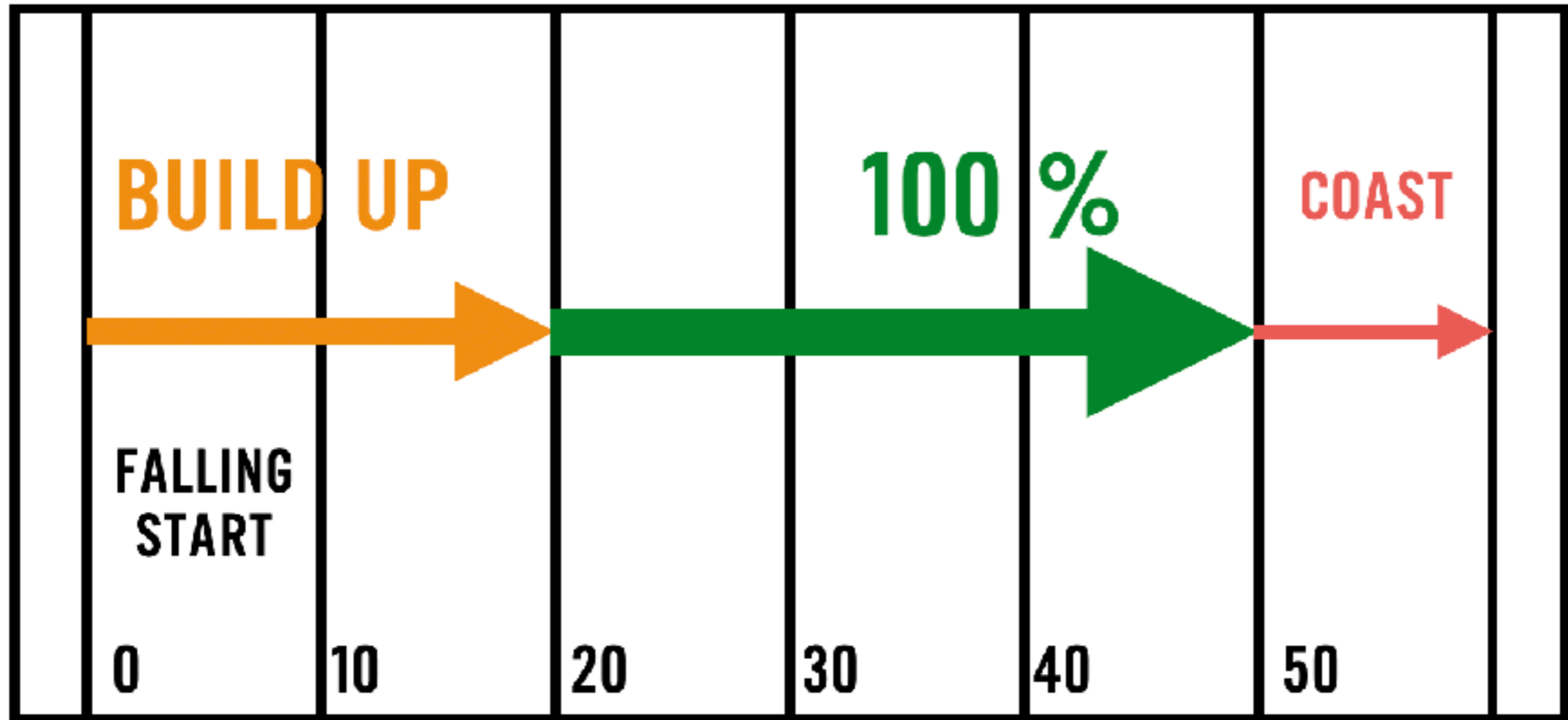
Cones Test

5 Yard Shuttles - 5 Down & Backs

ROUND	REST
1	35 SECONDS
2	35 SECONDS
3	35 SECONDS
4	65 SECONDS
5	35 SECONDS
6	35 SECONDS
7	65 SECONDS
8	35 SECONDS
9	35 SECONDS

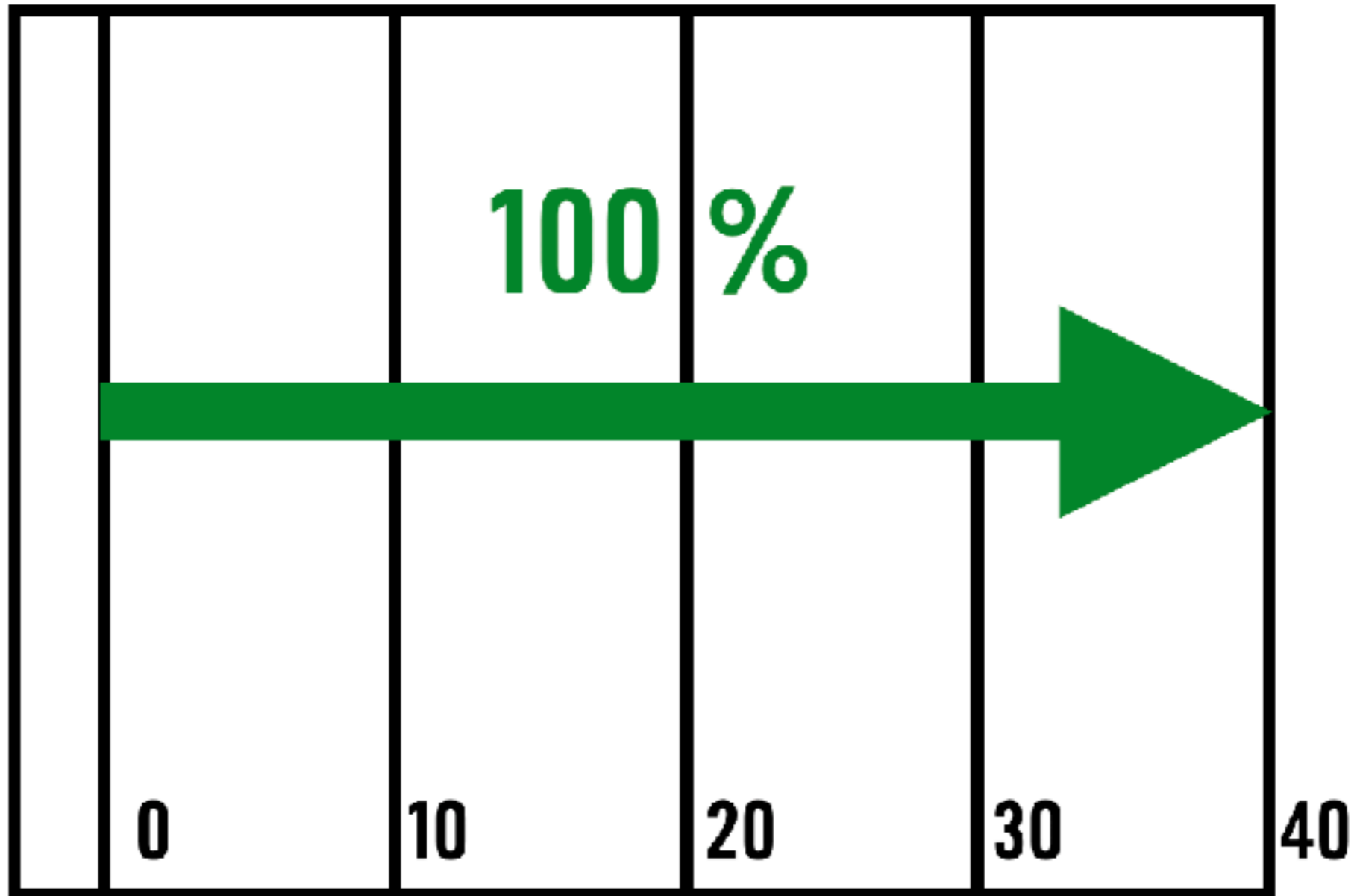


Flying 30s



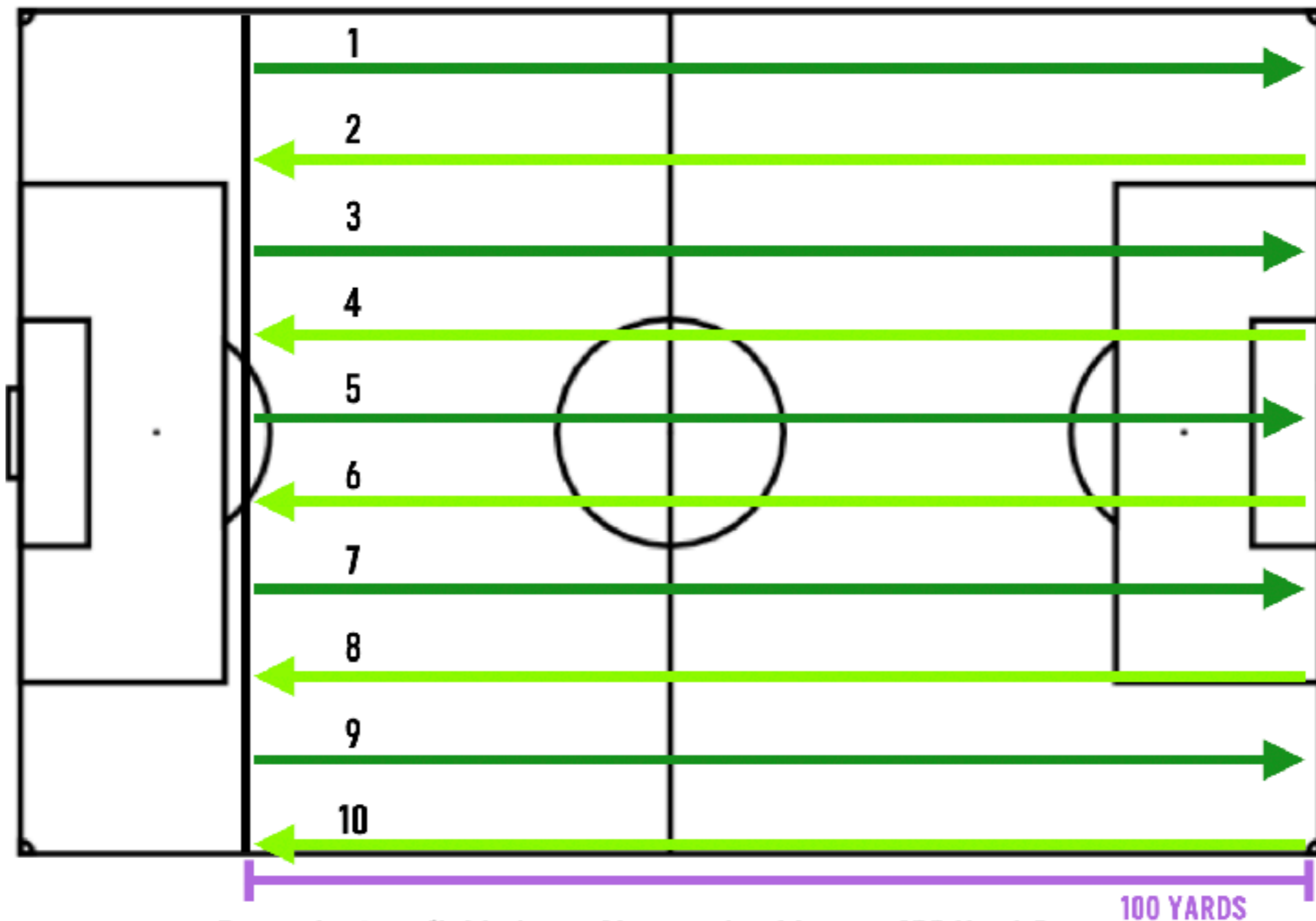
30 YARDS AT FULL SPEED

40 Yard Sprints



10x100

Continuous Shuttle



Dependent on field size - Always should run a 100 Yard Course

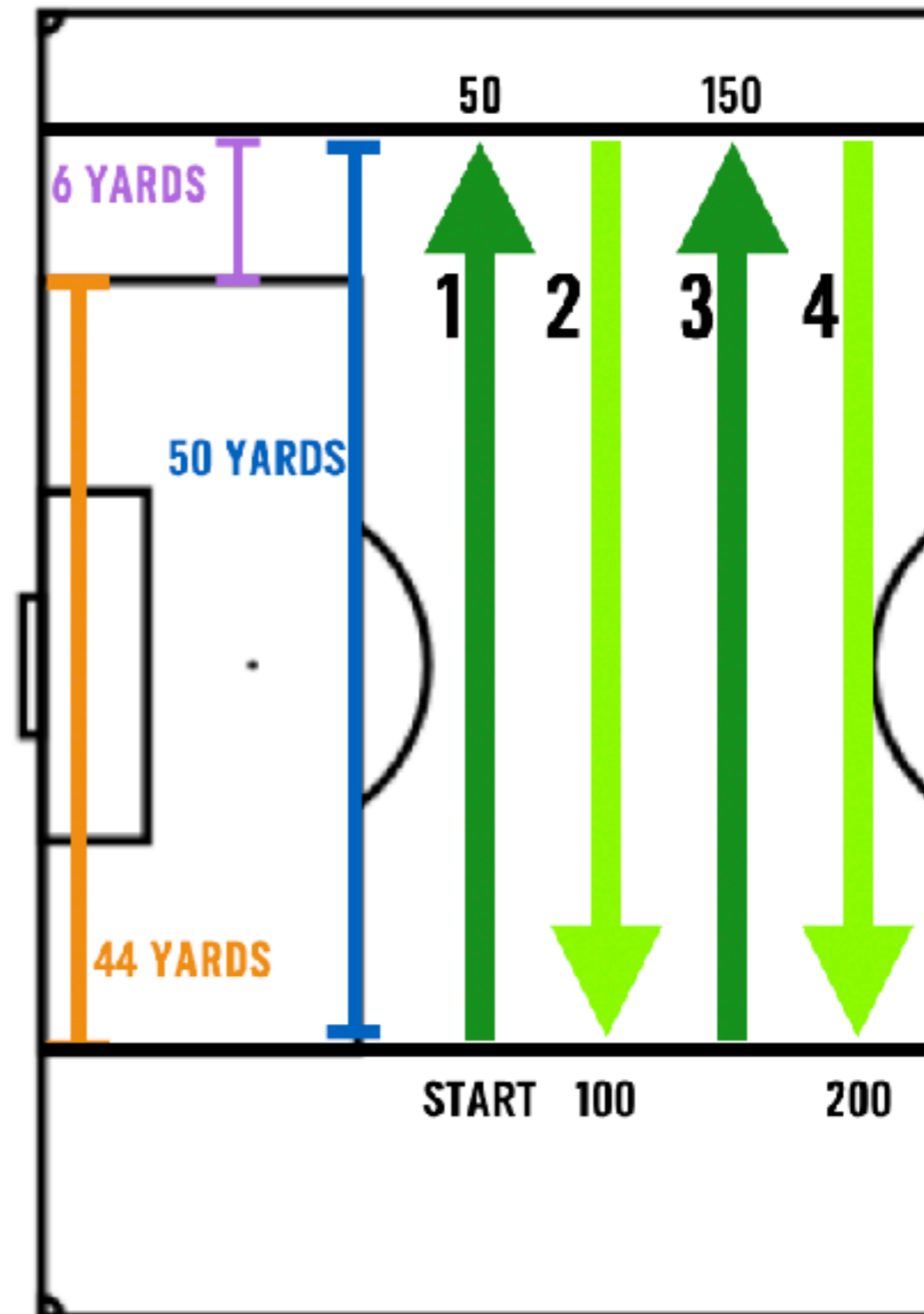
100s

Track Workout or Shuttle



200s

Track Workout or Shuttle



300s

Track Workout or Shuttle

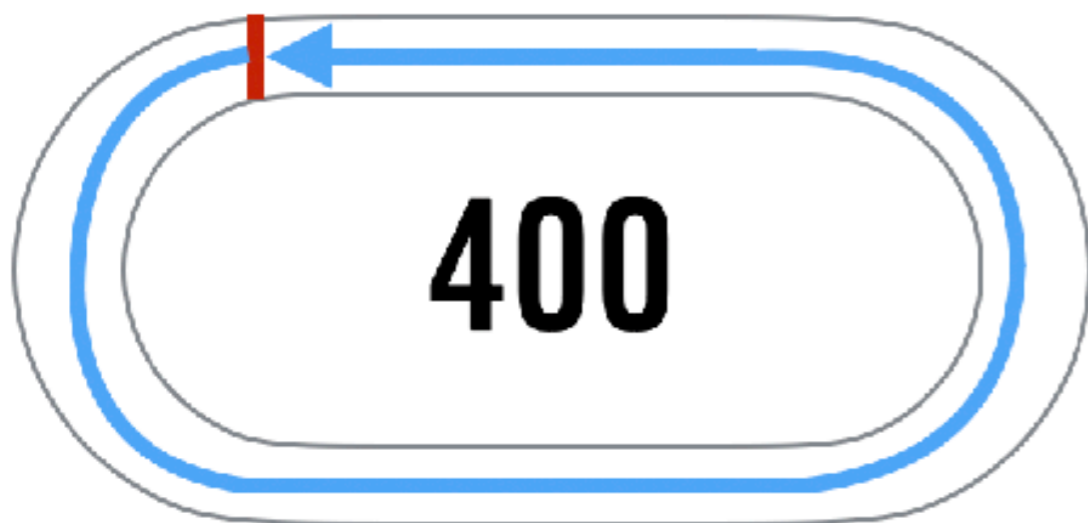


400s

Track Workout or Shuttle

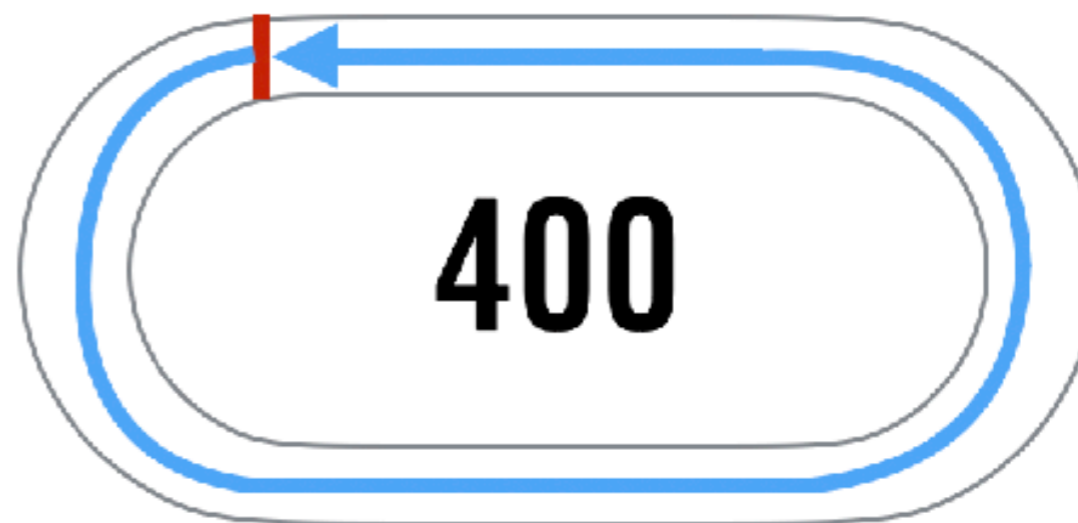


1 Mile



x 4

2 Miles

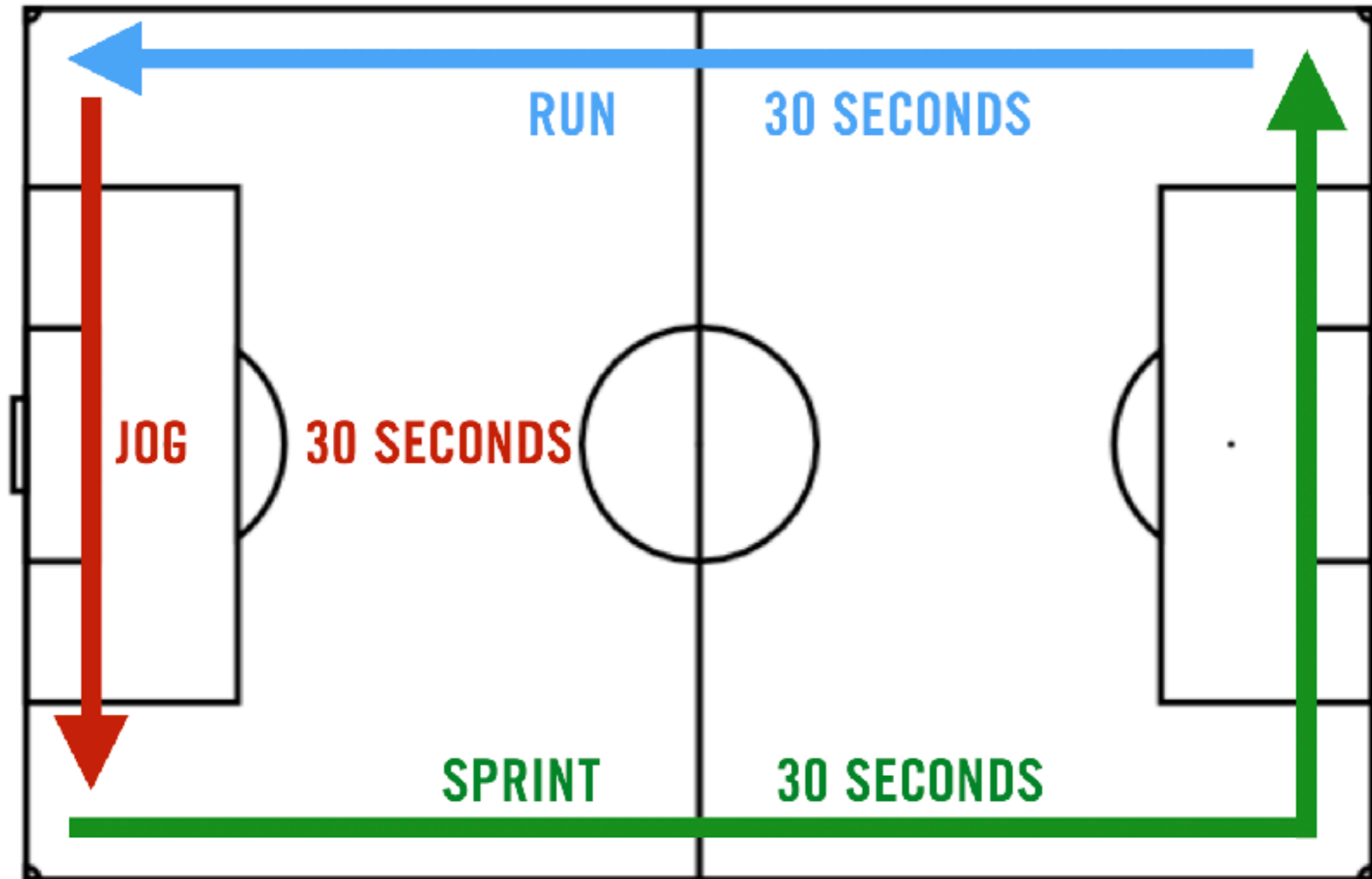


x 8

Push to Sprint



Fartlek Run



Section E

FLEXIBILITY STRETCHING



Standing Hamstring

Neck, Back, Glutes, Hamstrings, Calves

- Stand tall with your feet hip-width apart, knees slightly bent, arms by your sides.
- Exhale as you bend forward at the hips, lowering your head toward floor, while keeping your head, neck and shoulders relaxed.
- Wrap your arms around backs of your legs and hold anywhere from 45 seconds to two minutes.
- Bend your knees and roll up when you're done.



Piriformis Stretch

Hips, Back, Glutes

- Sit on the floor with both legs extended in front of you.
- Cross your right leg over your left, and place your right foot flat on the floor.
- Place your right hand on the floor behind your body.
- Place your left hand on your right quad or your left elbow on your right knee (as shown) and press your right leg to the left as you twist your torso to the right.
- If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left.



Lunge with Spinal Twist

Hip Flexors, Quads, Back

- Start standing with your feet together.
- Take a big step forward with your left foot, so that you are in a staggered stance.
- Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.
- Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other side.



Triceps Stretch

Neck, Shoulders, Back, Triceps

- Kneel, sit, or stand tall with feet hip-width apart, arms extended overhead.
- Bend your right elbow and reach your right hand to touch the top middle of your back.
- Reach your left hand overhead and grasp just below your right elbow.
- Gently pull your right elbow down and toward your head.
- Switch arms and repeat.



Figure Four

Hips, Glutes, Low Back, Hamstrings

- Lie on your back with your feet flat on the floor.
- Cross your left foot over your right quad.
- Lift your right leg off the floor. Grab onto the back of your right leg and gently pull it toward your chest.
- When you feel a comfortable stretch, hold there.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.



90/90

Hips

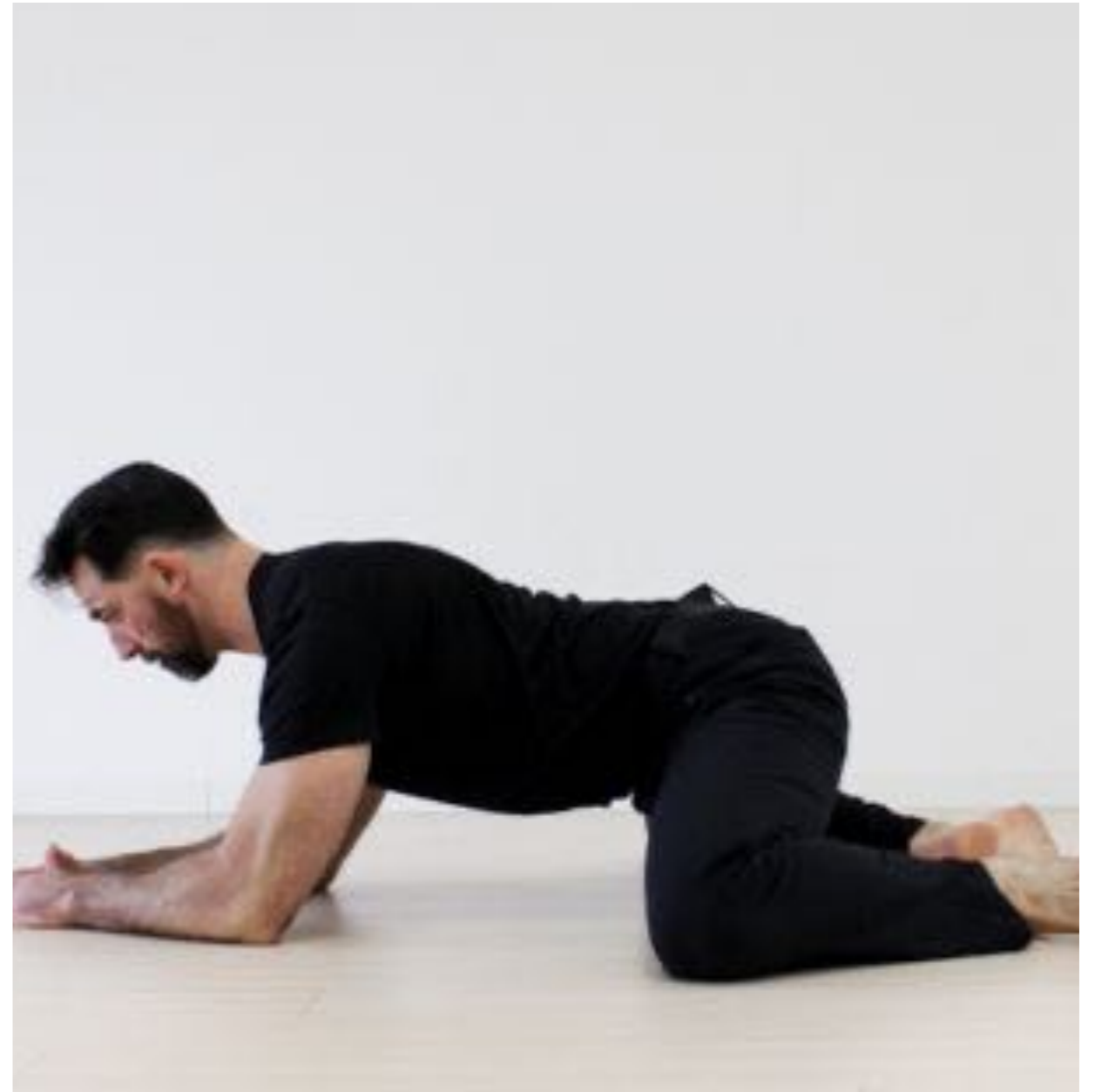
- Sit with your right knee bent at 90-degrees in front of you, calf perpendicular to your body and the sole of your foot facing to the left. Keep your right foot flexed.
- Let your leg rest flat on the floor.
- Place your left knee to the left of your body, and bend the knee so that your foot faces behind you. Keep your left foot flexed.
- Keep your right butt cheek on the floor. Try to move the left cheek as close to the floor as possible. It may not be possible if you're super tight.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other side.



Frog

Hips, Low Back

- Start on all fours.
- Slide your knees wider than shoulder-width apart.
- Turn your toes out and rest the inner edges of your feet flat on the floor.
- Shift your hips back toward your heels.
- Move from your hands to your forearms to get a deeper stretch, if possible.
- Hold for for 30 seconds to 2 minutes.



Butterfly

Hips, Glutes, Back, Thighs

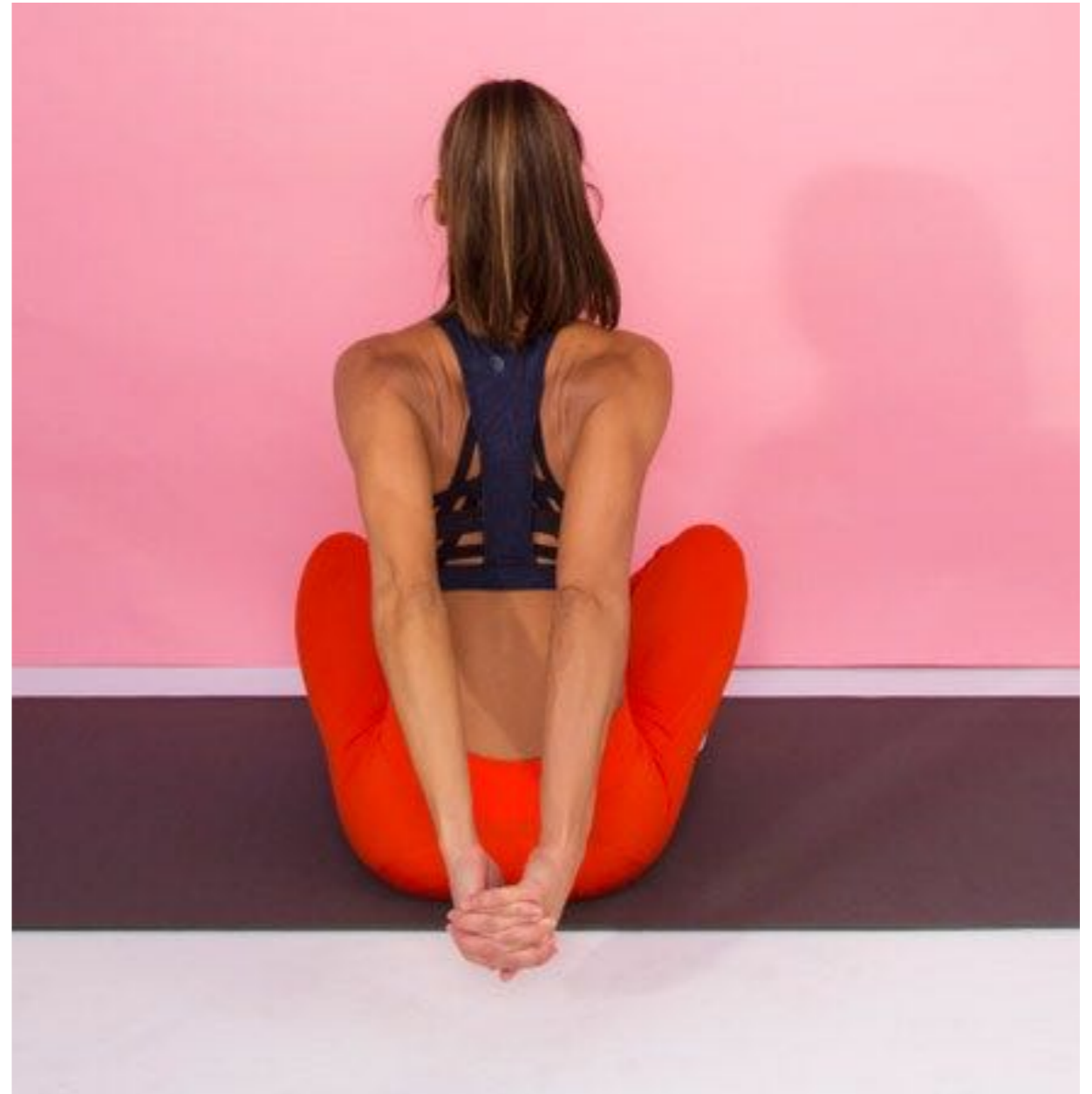
- Sit tall on the floor with the soles of your feet together, knees bent out to sides.
- Hold onto your ankles or feet, engage your abs, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor.
- If you're too tight to bend over, simply press your knees down.
- Hold this stretch for 30 seconds to 2 minutes.



Seated Shoulder Squeeze

Shoulders, Upper Back

- Sit on the floor with your knees bent and feet flat on the floor.
- Clasp your hands behind your lower back.
- Straighten and extend your arms and squeeze your shoulder blades together.
- Do this for 3 seconds, and then release. Repeat 5 to 10 times.



Side Bend Stretch

Groin, Hips, Thighs, Obliques

- Kneel on the floor with your legs together, back straight, and core tight.
- Extend your left leg out to the side. Keep it perpendicular to your body (not in front or behind you).
- Extend your right arm overhead, rest your left arm on your left leg, and gently bend your torso and right arm to the left side.
- Keep your hips facing forward.
- Hold this stretch for 30 seconds to 2 minutes.
- Repeat on the other side.



Lunging Hip Flexor

Hips

- Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent.
- Lean forward, stretching your left hip toward the floor.
- Squeeze your butt; this will allow you to stretch your hip flexor even more.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.



Lying Pectoral

Chest, Shoulders

- Lie on your stomach with both arms extended to the sides so your body is in a T shape.
- Push off the ground with your left hand and bend your left knee for balance as you start to roll to your right side. You should feel this in your right-side pectoral muscles.
- As your mobility increases, you'll be able to stretch further and roll your body further.
- Repeat on the other side.



Knee to Chest

Low Back, Hips, Hamstrings

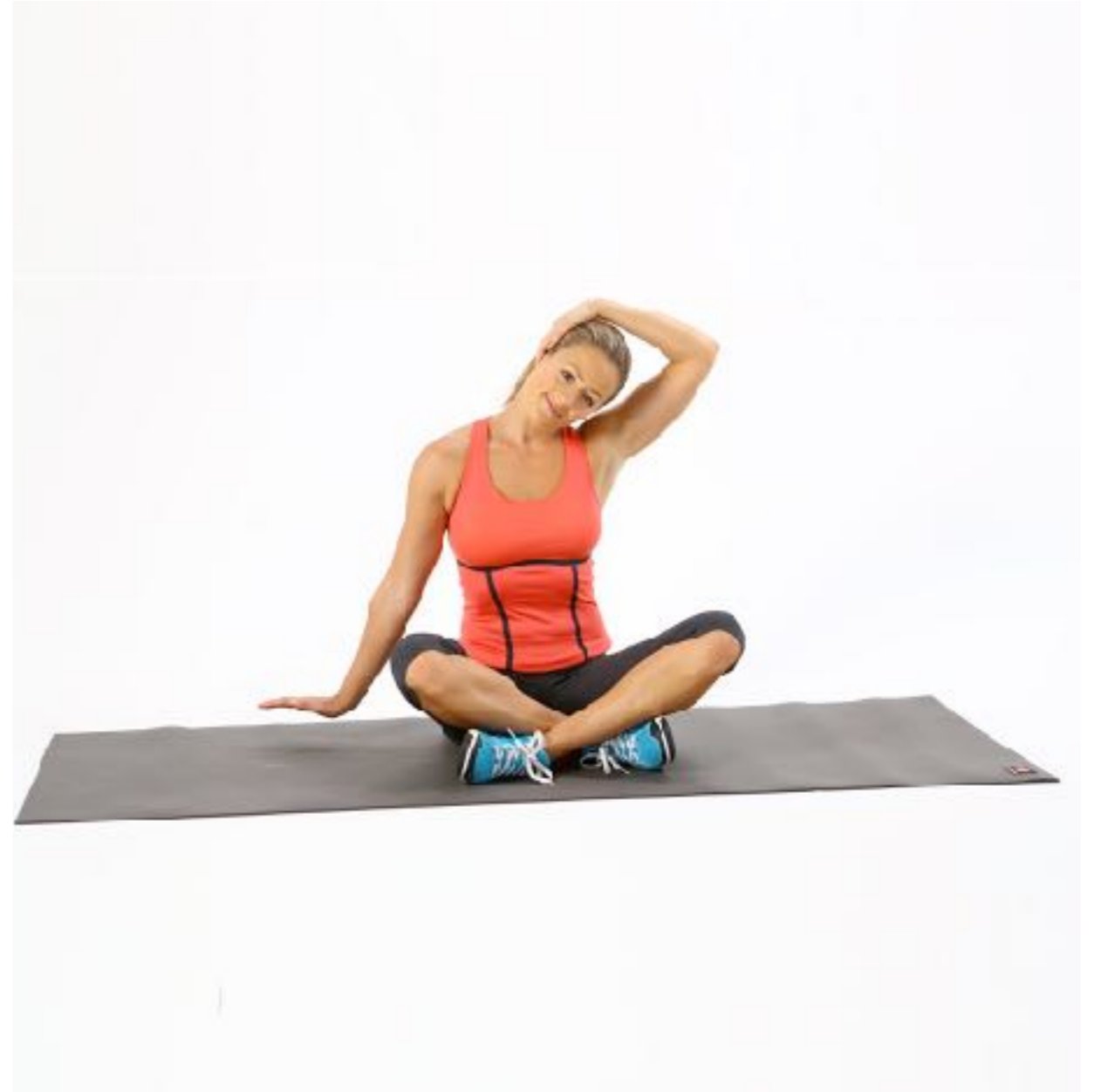
- Lie on your back with both legs extended.
- Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other leg.



Seated Neck Release

Neck

- Stand with feet shoulder-width apart, or sit down with your back straight and chest lifted.
- Drop your left ear to your left shoulder.
- To deepen the stretch, gently press down on your head with your left hand.
- Hold for 30 seconds to 2 minutes.



Lying Quad Stretch

Quads

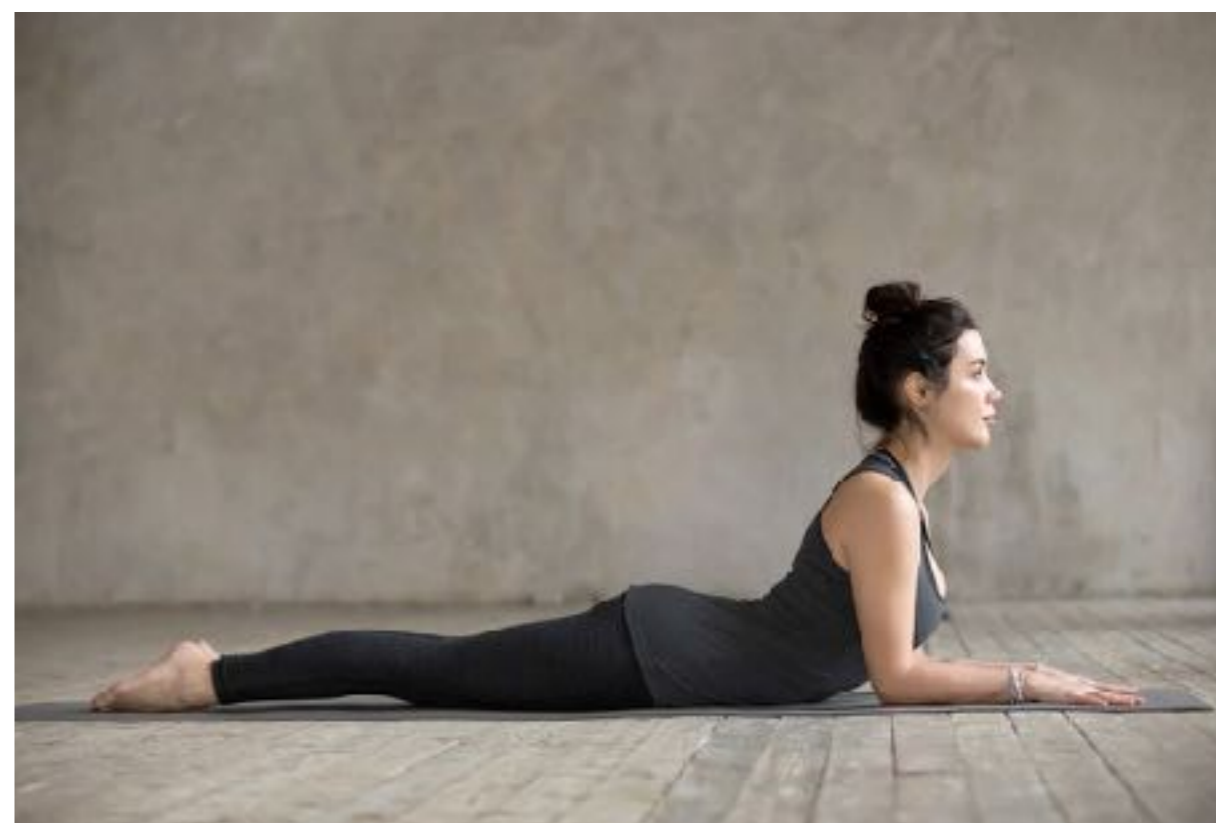
- Lie on one side.
- Keep your bottom leg straight and bend your top knee so your foot is by your butt.
- Hold your top foot with your hand, pulling it toward your butt.
- Keep your hips stable so you're not rocking back as you pull.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.



Sphinx Pose

Low Back, Chest, Shoulders

- Lie on your stomach with your legs straight out behind you.
- Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
- Press your hips and thighs into the floor, and think about lengthening your spine while keeping your shoulders relaxed.
- Sit up just enough to feel a nice stretch in your lower back. Don't hyperextend, and stop immediately if you start to feel any discomfort or pain.



Extended Puppy Pose

Back, Shoulders, Glutes

- Start on all fours.
- Walk your arms forward a few inches and curl your toes under.
- Push your hips up and back halfway toward your heels.
- Push through the palms of your hands to keep your arms straight and engaged.
- Hold for 30 seconds to 2 minutes.



Pretzel Stretch

Quads, Glutes, Obliques, Hips, Back

- Lie on your left side with your head resting on your arm.
- Bend your right knee and hip up toward your chest as far as you can, and let it drop to the floor.
- Bend your left knee and grab your left foot (use a strap if you can't reach it) with your right hand.
- Make sure your leg and torso remain in a straight line as you gently bring your top shoulder blade toward the floor.
- For more of a spinal twist, turn your head to look over your right shoulder.



Reclining Bound Angle Pose

Inner Thighs, Hips, Groin

- Lie on your back.
- Bring the soles of your feet together and allow your knees to open up and move closer to the floor.
- Hold for 30 seconds to 2 minutes.



Standing Quad Stretch

Quads

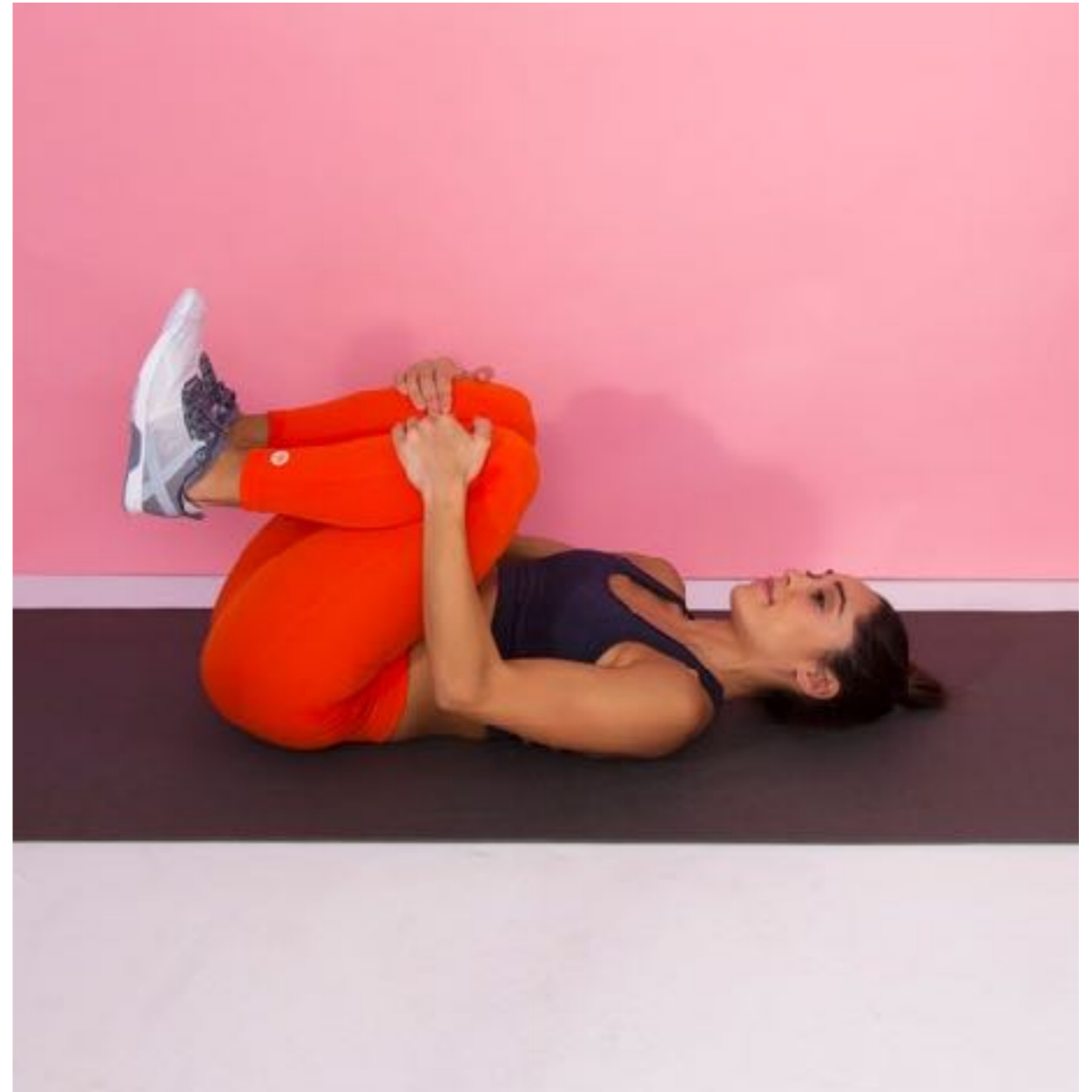
- Stand with your feet together.
- Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together.
- If you need to, put one hand on a wall for balance.
- Squeeze your glutes to increase the stretch in the front of your legs.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other leg.



Knees to Chest

Low Back, Glutes

- Lie on your back and pull your knees into your chest with both hands.
- Keep your lower back on the floor.
- Hold for 30 seconds to 2 minutes.





WWW.COLUMBUSEXPRESS.COM

www.technefutbol.com