



Day 1 Training

| DAY 1 | TOPIC | NAME | TIME | REPS | STATUS |
|-------------|------------------|---|----------------|------|--|
| Exercise 1 | Warmup | Jog + stretch | 3 minutes each | 1 | <input type="checkbox"/> |
| Exercise 2 | Moves - Mommertz | 1. Inside-Inside 2. Inside-Inside Zig-Zag 3. Step On It Roll It Out Then In 4. Step On It Roll It Out Then In and Behind 5. Step On It Roll It Out Then In and Behind Outside Other | 1 minute each | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 3 | OTA | Inside-Inside | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 4 | OTA | Inside-Inside Zig Zag | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 5 | OTA | Inside-Inside Directional | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 6 | OTA | On-Top | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 7 | OTA | 100 Touches Open | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 8 | Juggling | Juggle Bounce | 6 minutes | 1 | <input type="checkbox"/> |
| Exercise 9 | Juggling | Juggle Bounce - no spin | 6 minutes | 1 | <input type="checkbox"/> |
| Exercise 10 | Conditioning | Run for 12 minutes - easy pace | 12 minutes | 1 | <input type="checkbox"/> |

Notes

Please print this and use for your records
 Each week sessions and new exercises will be posted.

Links

[Online Training Academy - Click Here](#)
[All Exercises - Click Here](#)
[Mommertz Method - Click Here](#)
 Password - **getafterit**

A Look Ahead

Week 1 - Introduction and getting started
 Week 2 - *Let's set some good habits*
 Week 3 - *Now you are truckin'! Keep it up!*
 Much more to come...



Day 2 Training

| DAY 2 | TOPIC | NAME | TIME | REPS | STATUS |
|-------------|------------------|---|----------------|------|--|
| Exercise 1 | Warmup | Jog + stretch | 3 minutes each | 1 | <input type="checkbox"/> |
| Exercise 2 | Moves - Mommertz | 1. Step On It Roll It Out Then In 2. Step On It Roll It Out Then In and Behind 3. Step On It Roll It Out Then In and Behind Outside Other 4. Pull Turn and Catch 5. Pull Turn and Let the Ball Run 6. Pull Turn then Chop Back | 1 minute each | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 3 | OTA | Inside-Inside Zig Zag | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 4 | OTA | Inside-Inside Directional | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 5 | OTA | On-Top | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 6 | OTA | 100 Touches Open | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 7 | OTA | 100 Touches Open Right Foot Only | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 8 | OTA | 100 Touches Open Left Foot Only | 1 minute | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 9 | Juggling | Juggle Bounce | 6 minutes | 1 | <input type="checkbox"/> |
| Exercise 10 | Juggling | Juggle Bounce - no spin | 6 minutes | 1 | <input type="checkbox"/> |
| Exercise 11 | Conditioning | Run for 6 minutes - good pace | 6 minutes | 1 | <input type="checkbox"/> |

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Day 3 Training

| DAY 2 | TOPIC | NAME | TIME | REPS | STATUS |
|------------|------------------|---|----------------|------|--|
| Exercise 1 | Warmup | Jog + stretch | 3 minutes each | 2 | <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 2 | Moves - Mommertz | 1. Inside-Inside 2. Inside-Inside Zig-Zag 3. Step On It Roll It Out Then In 4. Step On It Roll It Out Then In and Behind 5. Step On It Roll It Out Then In and Behind Outside Other 6. Pull Turn and Catch 7. Pull Turn and Let the Ball Run 8. Pull Turn then Chop Back 9. Garincha 90 Degrees 10. Garincha 360 Degrees | 1 minute each | 3 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Exercise 3 | Open | Anything you want! | 10 minutes | 1 | <input type="checkbox"/> |

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