



Day 1 Training

DAY 1	NAME	TIME	REPS
Warmup	Jog Easy Pace	6 min	<input type="checkbox"/>
Moves - Mommertz	09:44 - Garincha 90 Degrees 11:45 - Garincha 360 Degrees 14:05 - Sole Cruyff 180 Degrees 24:57 - Cruyff 180 Degrees Push with Outside of Other Foot 30:18 - Fake Shot Cruyff 31:55 - Step-on-it Cruyff 33:20 - Heel Cruyff 35:24 - Step-on-it Heel Cruyff 38:30 - Fake Pass 40:43 - Fake Pass Touch Heel on Ground 43:11 - Fake Pass Touch Heel Back and Behind 45:12 - Fake Pass then Behind	30 min 2 min per move	<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"/>
OTA 05A	1-1 2-2 3-3 In Place	2 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 05B	1-1 On Move - 2X 1 minute rounds 2-2 On Move - 2X 1 minute rounds 3-3 On Move - 2X 1 minute rounds	6 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 06	Inside-Outside On the Move	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 07	Inside-Outside 123 Progression	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 11	90s Inside Chop Square with I-I	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 12	90s Inside Chop Square (on dribble)	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 13	90s Outside Chop Square with I-I	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 14	90s Inside Chop Square (on dribble)	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 18	Cut Catch (in place)	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 21	Sole Roll Catch (in place)	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

DAY 1	SPEED, STRENGTH, CONDITION	TIME	REPS
OTA-P	Burpees - 3 Rounds of 10	AFAP*	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	5 Yard Sprint - Jog + Sprint	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	5 Yard Sprint - Lean + Sprint	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	5 Yard Sprint - Shuffle (Face Right)	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	5 Yard Sprint - Shuffle (Face Left)	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	5 Yard Sprint - Stomach Start	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	Burpees - 3 Rounds of 10	AFAP*	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

AFAP = As Fast As Possible*

Please note all sprintwork should be done fully rested or almost rested to get the most out of your sprint and speed training.

It is very important for players to work through the moves and material.

Goal for all players is to become soccer artists and masters of the soccer ball. The only way to accomplish this is through hard work, discipline, and developing a love for the ball.

Workouts will now be published on Mondays :D

Good luck and don't forget...

#getafterit



Day 2 Training

DAY 2	NAME	TIME	REPS
Warmup	Jog Easy Pace	6 min	<input type="checkbox"/>
Moves - Mommertz	11:45 - Garincha 360 Degrees 14:05 - Sole Cruyff 180 Degrees 24:57 - Cruyff 180 Degrees Push with Outside of Other Foot 30:18 - Fake Shot Cruyff 31:55 - Step-on-it Cruyff 33:20 - Heel Cruyff 35:24 - Step-on-it Heel Cruyff 38:30 - Fake Pass 40:43 - Fake Pass Touch Heel on Ground 43:11 - Fake Pass Touch Heel Back and Behind 45:12 - Fake Pass then Behind	25 min 2 min per move	<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"/>
OTA 06	Inside-Outside On the Move	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 07	Inside-Outside 123 Progression	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 11	90s Inside Chop Square with I-I	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 12	90s Inside Chop Square (on dribble)	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 13	90s Outside Chop Square with I-I	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 14	90s Inside Chop Square (on dribble)	1 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 18	Cut Catch (in place)	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 21	Sole Roll Catch (in place)	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 20	Side Sole Roll	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 22	Side Sole Roll Rhythm	30 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

DAY 2	SPEED, STRENGTH, CONDITION	TIME	REPS
OTA-P	Burpees - 1 Round of 7	AFAP*	<input type="checkbox"/>
OTA-P	5 Yard Sprint - Jog + Sprint	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	Burpees - 1 Round of 7	AFAP*	<input type="checkbox"/>
OTA-P	5 Yard Sprint - Lean + Sprint	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	Burpees - 1 Round of 7	AFAP*	<input type="checkbox"/>
OTA-P	5 Yard Sprint - Shuffle (Face Right)	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	Burpees - 1 Round of 7	AFAP*	<input type="checkbox"/>
OTA-P	5 Yard Sprint - Shuffle (Face Left)	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA-P	Burpees - 1 Round of 7	AFAP*	<input type="checkbox"/>
OTA-P	5 Yard Sprint - Stomach Start	Sprint	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Complete Speed, Strength, and Conditioning in ORDER.

AFAP = As Fast As Possible*

On Day 2, all sprintwork should be done 1 minute after completing your round of burpees. Players can rest in between the 5 yard sprints as needed.

Good luck and don't forget...

#getafterit



Notes and What to Turn in to Coach...

LOGIN: Please email jason@vestaviasoccer.com if you have any issues logging into the webpages.

What to do each week and turn in to Coach?!

1. Players are required to use the form and take a snapshot and send to their coach each week.
2. Players will also take a video of their favorite exercise and text to their coach!
3. All players should turn in their JUGGLING record for each week to their respective coaches!

Work through the workouts at your own pace.

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'! We will introduce physical movements and focuses this week including 5 yard sprints, burpees and more.

Week 4 - Much more to come! Building on what you have been working on... we will venture into more advanced techniques and improved conditioning.