



Day 1 Training

DAY 1	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
Run	10 minute run	10 min	<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"/>
OTA 20	Side Sole Roll	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"/>
OTA 22	Side Sole Roll Rhythm	1 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 24	180s Sole Cruyff Alternating	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 25	180s Cruyff Alternating	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 26	Step-Over Simple Technique	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 27	180s Step-Over / Double w/ Inside-Inside	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 29	180s Step-Over 2 Minute Round	1 min	<input type="checkbox"/> <input type="checkbox"/>

DAY 1	SPEED, STRENGTH, CONDITION	TIME	REPS
AMRAP 12 minutes AFAP	10 Burpees	AFAP*	<input type="checkbox"/>
	10 Air squats		<input type="checkbox"/>
	10 Tricep dips		<input type="checkbox"/>
	Run 100 yards	Fast	<input type="checkbox"/>

AMRAP = As Many Reps As Possible (in the time given)...

- I.E.. do as many as rounds as you can in 12 minutes!

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

When doing the 180s, work on technique 1st!

Once you get used to the move, get after it with AMRAP!



Day 2 Training

DAY 2	NAME	TIME	REPS
Warmup	Jog Easy Pace	6 min	<input type="checkbox"/>
Moves - Mommertz	Any Mommertz Moves! Practice 2 minutes each move DO NOT STOP! WORK FOR 30 MINUTES! Get as many moves as possible I.E. Do a move, then do inside-inside for 3-6 touches and repeat the move. Keep working the entire time!	30 min 2 min per move	<input type="checkbox"/>
OTA 22	Side Sole Roll Rhythm	1 secs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OTA 24	180s Sole Cruyff Alternating	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 25	180s Cruyff Alternating	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 26	Step-Over Simple Technique	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 27	180s Step-Over / Double w/ Inside-Inside	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 28	180s Step-Over Full Progression	2 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 30	180s Step-Over Alternating Take with Inside	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 31	180s Step-Over Tap-Tap Technique	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 32	180s Step-Over Tap-Tap Alternating	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 33	180s Inside Spin Turn Technique	1 min	<input type="checkbox"/> <input type="checkbox"/>
OTA 35	180s Outside Spin Turn Technique	1 min	<input type="checkbox"/> <input type="checkbox"/>

DAY 2	SPEED, STRENGTH, CONDITION	ROUNDS	REPS/TIME
	Run for 3 minutes	<input type="checkbox"/>	3 minutes
AFAP	Dot Pad X	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 reps
AFAP	Dot Pad X Twist	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 reps
AFAP	Dot Pad Figure 8	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
	Run for 3 minutes	<input type="checkbox"/>	3 minutes
AFAP	Rope - Run Over Run Back Over	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 secs
AFAP	Rope - Hop Over and Back	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 secs
AFAP	Rope - Run In 1 Foot Over and Back	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 secs
	Run for 3 minutes	<input type="checkbox"/>	3 minutes

Complete Speed, Strength, and Conditioning in ORDER.

AFAP* = As Fast As Possible

Good luck and don't forget...

#getafterit



Day 3 Training - Mommertz Method

DAY 3	TIME	REPS	STATUS	NAME
Warmup	3 minutes each	1	<input type="checkbox"/>	Jog + stretch
Run	12 minute run	1	<input type="checkbox"/>	Run as far as you can in 12 minutes
Moves - Mommertz	<p>TOTAL TIME = 30 MINUTES</p> <p>1 MINUTE PER MOVE = DON'T STOP! AMRAP</p> <p>Moves are listed by time to easily locate in video</p> <p>Work to get in as many moves as possible each minute</p> <p>Keep working at them as they get easier in time!</p>	1	<input type="checkbox"/>	<p>Time - Mommertz Move</p> <p>00:01 - Inside-Inside</p> <p>00:45 - Inside-Inside Zig-Zag</p> <p>01:39 - Step On It Roll It Out Then In</p> <p>02:43 - Step On It Roll It Out Then In and Behind</p> <p>04:11 - Step On It Roll It Out Then In and Behind Outside Other</p> <p>05:22 - Pull Turn and Catch</p> <p>06:45 - Pull Turn and Let the Ball Run</p> <p>08:15 - Pull Turn then Chop Back</p> <p>09:44 - Garincha 90 Degrees</p> <p>11:45 - Garincha 360 Degrees</p> <p>14:05 - Sole Cruyff 180 Degrees</p> <p>18:21 - Cruyff 180 Degrees</p> <p>23:16 - Forward Cruyff 45 Degrees</p> <p>24:57 - Cruyff 180 Degrees Push with Outside of Other Foot</p> <p>28:39 - Cruyff with Lift</p> <p>30:18 - Fake Shot Cruyff</p> <p>31:55 - Step-on-it Cruyff</p> <p>33:20 - Heel Cruyff</p> <p>35:24 - Step-on-it Heel Cruyff</p> <p>36:53 - Step-on-it Roll It Forward Heel Cruyff</p> <p>38:30 - Fake Pass</p> <p>40:43 - Fake Pass Touch Heel on Ground</p> <p>43:11 - Fake Pass Touch Heel Back and Behind</p> <p>45:12 - Fake Pass then Behind</p> <p>47:33 - Fake Pass Touch Heel (The Move)</p> <p>50:09 - Pull-Cruyff 90 Degrees</p> <p>52:37 - Pull-Cruyff Move Forward</p> <p>54:12 - Pull-Cruyff One Right-One Left</p> <p>56:33 - Pull-Cruyff Alternating</p> <p>58:42 - Pull-Pivot-Push</p>
Juggling	15 minutes	1	<input type="checkbox"/>	Juggling: juggle bounce or juggle open... Get creative! :)



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 + Zoom Workouts

Zoom Workouts!

- Each of your coaches or directors will be in touch regarding **Zoom Workouts** each week with the players!
- Be on the lookout for these emails!

~~**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 - Building on what you have been working on... we will venture into more advanced techniques and improved conditioning.