



Week 2 • 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	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 11. Sole Cruyff 180 Degrees 12. Sole Cruyff 90 Degrees 13. Cruyff 180 Degrees 16. Cruyff 180 Degrees Push with Outside of Other Foot	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"/>
Exercise 3	OTA 04A	On-Top Alternating	1 minute	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 4	OTA 04B	On-Top Singles	1 minute	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 5	OTA 04C	On-Top Alternating with Bounce	1 minute	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 6	OTA 04	On-Top Progression Full (Play video during workout = 2 minutes)	1 minute	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 7	OTA 05A	1-1 2-2 3-3 In Place Do 1-1 for 1 minute, then rest... Then 2-2 for 1 minute, rest... 3-3, etc.	1 minute	6	<input type="checkbox"/> <input type="checkbox"/> 1-1 <input type="checkbox"/> <input type="checkbox"/> 2-2 <input type="checkbox"/> <input type="checkbox"/> 3-3
Exercise 8	OTA 05B	1-1 2-2 3-3 On Move (same as in place for rounds)	1 minute	6	<input type="checkbox"/> <input type="checkbox"/> 1-1 <input type="checkbox"/> <input type="checkbox"/> 2-2 <input type="checkbox"/> <input type="checkbox"/> 3-3
Exercise 9	OTA 08	100 Touches Open	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 10	OTA 09	100 Touches Right	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 11	OTA 10	100 Touches Left	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 12	OTA 08	100 Touches Open	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 13	Conditioning	Run for 8 minutes - medium pace	8 minutes	1	<input type="checkbox"/>



Week 2 • 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	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 11. Sole Cruyff 180 Degrees 12. Sole Cruyff 90 Degrees 13. Cruyff 180 Degrees 16. Cruyff 180 Degrees Push with Outside of Other Foot	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"/>
Exercise 3	OTA 04B	On-Top Singles	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 4	OTA 04C	On-Top Alternating with Bounce	1 minute	2	<input type="checkbox"/> <input type="checkbox"/>
Exercise 5	OTA 04	On-Top Progression Full (Play video during workout = 2 minutes)	1 minute	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 6	OTA 05A	1-1 2-2 3-3 In Place Do 1-1 for 1 minute, then rest... Then 2-2 for 1 minute, rest... 3-3, etc.	1 minute	6	<input type="checkbox"/> <input type="checkbox"/> 1-1 <input type="checkbox"/> <input type="checkbox"/> 2-2 <input type="checkbox"/> <input type="checkbox"/> 3-3
Exercise 7	OTA 05B	1-1 2-2 3-3 On Move (same as in place for rounds)	1 minute	6	<input type="checkbox"/> <input type="checkbox"/> 1-1 <input type="checkbox"/> <input type="checkbox"/> 2-2 <input type="checkbox"/> <input type="checkbox"/> 3-3
Exercise 8	OTA 08	100 Touches Open	1 minute	3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exercise 9	OTA 09	100 Touches Right	1 minute	1	<input type="checkbox"/>
Exercise 10	OTA 10	100 Touches Left	1 minute	1	<input type="checkbox"/>
Exercise 11	Juggling	Juggle + bounce	8 minutes	1	<input type="checkbox"/>
Exercise 12	Juggling	3 Juggles + bounce progressing to as many juggles as possible + bounce	8 minutes	1	<input type="checkbox"/>
Exercise 13	Conditioning	Run for 6 minutes - fast pace	6 minutes	1	<input type="checkbox"/>



Week 2 • 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 11. Sole Cruyff 180 Degrees 12. Sole Cruyff 90 Degrees 13. Cruyff 180 Degrees 17. Cruyff 180 Degrees Push with Outside of Other Foot 18. Cruyff Push with Outside of Other Foot 90 Degrees 19. Fake Shot Cruyff 20. Step-on-it Cruyff	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"/> <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	Juggling	Juggling: juggle bounce or juggle open... Get creative! :)	15 minutes	1	<input type="checkbox"/>



Notes

Players can now add their name to each sheet to easily enter to take a photo and send to your Coach!

Players should use the form and take a snapshot and send to their coach each week.

Players will also take a video of their favorite exercise and text to their coach!

Week 2 sessions are a little longer than Week 1 and focus heavily on ball skills and control. 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, step-ups, and more.