



## Common Plan

59 Minute Sessions

Time Estimates Include Breaks

### Warm-Up

Dynamic Warm-Up  
(10 Minutes)

### Activation

Fun, Competitive, Explosive  
(5 Minutes)

### First Three Steps

Fast Footwork  
(8 Minutes)

### Short Distance

10-30 Yards  
(8 Minutes)

### Cognitive Training

Train Your Brain  
(10 Minutes)

### Medium Distance

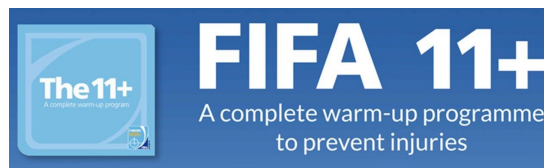
80 - 140 Yards, Shuttles  
(8 Minutes)

### Long Distance

200-600 Meters  
(5 Minutes)

### Cool Down / Stretch

Light Job / Walk / Stretch  
(5 Minutes)



## Warm-Ups

**Complete Either FIFA 11+ or DMJ Warm-Up Each Day**

### FIFA 11+

#### Everyday

- Straight Ahead, Open the Gate, Close the Gate, Circle Partner, Shoulder Contact, 2 Forward / 1 Back

#### One of These Each Day

- Plank, Alternate Leg Plank, One Leg Lift and Hold Plank, Side Plank, Side Plank with Hip Lower and Raise, Previous With Leg Lift
- Partner Hamstring Stretch
- Balance (Hold Ball), Balance (Throw Ball with Partner), Balance Partner Battle
- Squat (with Toe Raise), Walking Lunge, One Leg Squats
- Vertical Jumps, Lateral Jumps, Box Jumps

#### Everyday

- Run (Across the Pitch), Bounding, Plant and Cut

## DMJ Warm-Up (DMJ Performance / Recovery Instagram)

- Light Jog, Jog with Arm Swings
- Shuffle, Shuffle Backward
- Carioca Left / Carioca Right
- High Knees, Butt Kickers
- Open the Gate, Close the Gate
- Leg Swings



## Activations

### One of These Each Day

#### Disc Dodge

#### Partner Mobile Ball Toss Progression

#### Simon Says (Up, Down, Forward, Backward, Right!)

#### Disc Stacking / Sorting

#### Obstacle Cours

#### Change of Pace / Directions Races

#### Stability Ball Relays

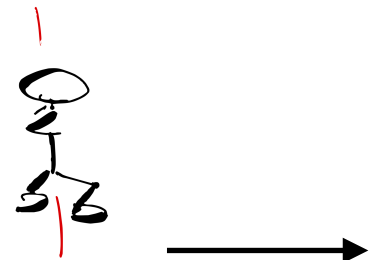
#### Stability Ball Dodge

## First Three Steps (F3S)

### One of These Each Day

#### DMJ F3S I

- Sprint in Place (10 Steps and Sprint)
- Alternating R/L Across Line (10 Steps and Sprint)
- Both Feet Forward and Back (10 Steps and Sprint)
- Sideways - (Face North) Both Feet Together (10 Steps and Sprint)
- Sideways - (Face South) Both Feet Together (10 Steps and Sprint)
- Hip Rotations (10 Steps and Sprint)

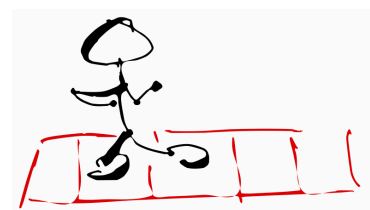


#### DMJ F3S II

- Sprint in Place (10 Steps and Sprint)
- Alternating R/L Across Line (10 Steps and Sprint)
- Sideways - (Face North) **Right Only** Back and Forth (10 Steps and Sprint)
- Sideways - (Face North) **Left Only** Back and Forth (10 Steps and Sprint)
- Sideways - (Face South) **Right Only** Back and Forth (10 Steps and Sprint)
- Sideways - (Face South) **Left Only** Back and Forth (10 Steps and Sprint)

## Ladders, Hoops and/or Hurdles

- 10 Minutes of:
  - Player Choice, . . . or, . . . Group Choice
    - Progress from simple to more complicated and faster



## Short Distance

### One of These Each Day

#### DMJ SD

- Fall to Sprint (10 Yards) x3
- Push-Up to Sprint (20 Yards) x3
- Vertical Jump to Sprint (20 Yards) x3
- Push-Up to Vertical Jump to Sprint (30 Yards) x3



#### Ajax I (5 Yards Gray to Blue, . . . 10 Yards to Red)

- Jog to Blue / Sprint to Red
- Shuffle Left to Blue / Sprint to Red
- Shuffle Right to Blue / Sprint to Red
- Hop to Blue / Sprint to Red
- Skip to Blue / Sprint to Red
- Skip Backward to Blue / Sprint to Red
- Jog Backward to Blue / Sprint to Red
- Jog to Blue / Sprint Backward to Red
- Jog Backward to Blue / Sprint Backward to Red

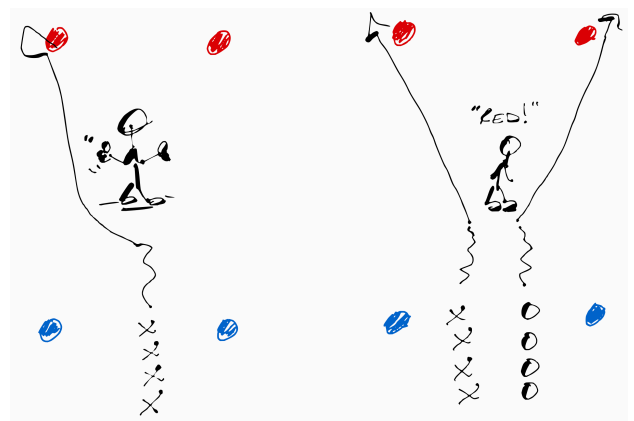


#### Ajax II (“Start at Blue and Work Toward Gray, Then Sprint to Red”)

- Jog to Gray / Sprint to Red
- Jog Backward to Gray / Sprint to Red
- Jog to Gray / Sprint Backward to Red
- Shuffle Left to Gray / Sprint to Red
- Shuffle Right to Gray / Sprint to Red
- Hop Backward to Gray / Sprint to Red
- Skip Backward to Gray / Sprint to Red
- Skip Backward to Gray / Sprint Backward to Red

#### Azzurri

- Jog Toward Coach
  - Coach has each thumb up and turns one either her left or right to signify a change of pace to the left or right.
- (One From Each Line) Jog Toward Coach
  - As players jog in, coach says: “Red!” or “Blue!”  
Players now race past the Red of Blue on their side of the rectangle.
- (One From Each Line) Jog Toward Coach
  - Same as previous, expect players race to the Red or Blue on the opposite side. \* Players must cross over behind the coach. Be aware of teammate!



## **Cognitive Training**

### **One of These Each Day**

Human Memory Board

Paradiddle

Synchro Day

Tic-Tac-Toe with Bs and Ps

Spell Your Name Backward, Other Words Backward, Unfamiliar Words

Ball Toss Exercises With One Eye Closed

Left Handed Writing

PINK BLUE GREEN YELLOW RED

Patterns

Photo Reveal

## **Medium Distance**

### **One of These Each Day**

Shuttle (10, 20 30 Yards)

40 Yard Sprints (Flying Start)

Ball Toss Into End Zone and Recover

- 4 Minutes, Teams of 3-4, Distance 20-25 Yards

Suicides

- 5 Yards, 10 Yards, 15 Yards, 20 Yards = 100 yards
- 60 Seconds Rest
- 4 Repetitions

## **Long Distance Training**

### **One of These Each Day**

200M Race (Twice)

400M Race (Once, Twice?)

600M Race (Once, Twice?)

## **Cool Down / Stretch**

Walk, Jog, . . .

### **Sunday, January 22nd**

DMJ Warm-Up  
Disc Dodge  
DMJ F3S (1st Three Steps to 8 Yard Sprint)  
DMJ SD  
Human Memory Board  
Shuttle (10,20,30 Yards)  
400 Meter Race  
Stretch

### **Sunday, January 29th**

DMJ Warm-Up, Synchronized  
Partner Mobile Ball Toss Progression  
Ladders, Synchronized  
Paradiddles  
Ball Toss Into End Zone and Recover  
400 Meter Race  
Stretch

### **Sunday, February 6th**

FIFA 11+, With:

- Plank, Alternate Leg Plank, One Leg Lift and Hold Plank, Side Plank, Side Plank with Hip Lower and Raise, Previous With Leg Lift

Disc Sort

- Short Distance, Pick Up Disc and Place on Coaching Stick, Relay

Ajax I

Tic-Tac-Toe with Bs and Ps

Suicides (Tennis Court 4 lines, Starting Line and 3 to run to) x4, 60 Second Rest Between

600 Meter Race (3 Laps)

Walk / Stretch