



Week 3 - April 27th - May 3rd

This week we will be following the Freddie Academy Individual training schedule. Link to the entire plan can be found on the link below:

[FA Program 2020](#)

Week	Date	Activity
Week 3	Challenge 3 - Video Link	
	April 27th	Ball Mastery #1 Video Link
	April 28th	Full Body Cardio Video Link Or BU Workout Video Video Link
	April 29th	Ball Mastery #2 Video Link
	April 30th	Juggling Video Link
	May 1st	Ball Mastery #3 Video Link
	May 2nd	Challenge 1, 2, 3 C1 Video C2 Video C3 Video
	May 3rd	Be sure to record your juggles for the week.

Be sure to check out our "Juggling Challenge". A week by week challenge to encourage players to track and develop their juggling while at home.

More Details here...

<http://www.billingsunited.net/player-development/>

