

Billings United Timbers & Thorns Player Workout

With COVID-19 putting an abrupt halt to our regular season for the time being it is paramount that all players maintain their technical and physical levels so that we are ready to go at any given point.

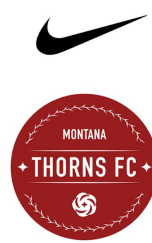
This program aims at beginning practices the second week of May and games the first weekend of June. It's important to use this time to get a jump on the game. Fitness will certainly be a deciding factor in our games this summer. Many will use this time as a period of rest while the world goes by. It is your choice whether to make something of your abundance of time or to coast by.

While participating in this activity each exercise should be done to the maximal effort and time allotted. Goals are adjusted for age groups. It is helpful to make a record of your times for future reference to show your progress through the weeks.

Schedule

Light	Week 1	April 13th - April 19th
Moderate	Week 2	April 20th - April 26th
Moderate	Week 3	April 27th - May 3rd
Hard	Week 4	May 4th - May 10th
Hard	Week 5	May 11th - May 17th
Moderate	Week 6	May 18th - May 24th
Light	Week 7	May 25th - May 31st





Instructions

Please observe social distancing and work independently. If you do not have access to a soccer field you can set up a large square or use a park close by and mark out an area. This is certainly at your parent's discretion so please check with them before traveling anywhere. We do not want to put anyone at risk during this time.

The following pages line out a 7-week workout. Each day has an activity whether it be skills work, physical work or zoom meetings or rest. It is encouraged that players get on the ball every day regardless of the activity assigned to them.

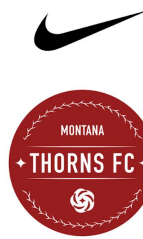
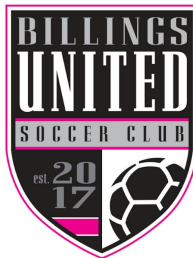
JUGGLING CHALLENGE

We will also be keeping track of a "Juggling Challenge" for the duration of our isolation. Each day players should record their maximum juggles. You can find the instructions on a page of this document. Juggling leaders will be posted each Sunday for respective age groups. Juggles must be recorded as a record of the juggle number!

RUNNING

There is also a sheet to record your runs. You should record your total time or mins/mile and total distance run. In addition, you should mark your comfort out of 10 for the activity. 1 means you really struggled, 10 means it was super comfortable. You may start low but by the end, you should see an increased ability to reach the goals.





Week 1 - April 13th - April 19th

Light

Day 1 - April 13th:

These are general targets for each age group. What is important is not to stop and complete the run. Try not to walk and keep on the jog through the whole exercise.

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:30 min/miles	17 mins
2005	2-mile run	9 min/miles	18 mins
2006	2-mile run	9:30/miles	19 mins
2007	1.5-mile run	10 min/miles	15 mins

Day 2 - April 14th:

Workout

Follow the below instructions.

Bodyweight strength work -

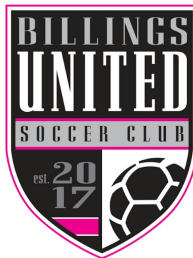
Try to complete the first two sets at a minimum. On the 3rd set give your all and do not be disappointed if you cannot finish the entire set.

45 seconds rest between each set. 1 min rest between each activity.



- Push-ups (3 sets x 20 reps)
- Front Plank (3 sets x 30 seconds)
- Side plank (2 sets x 30 seconds on each side)
- Toe touches (3 sets x 25 reps)
** see image right
- Tricep Dips (3 sets x 25 reps)
**use bench, chair or sofa
- Bicycles (3 sets x 30 seconds)
- Hop Lunges (3 sets x 30 seconds)
** from a lunge position hop into the opposite lunge
- Squat Jumps (3 sets x 30 seconds)
** assume a squat, jump as high as possible while reaching as tall as possible, land and sink into a squat again.





Day 3 - April 15th
Rest

Day 4 - April 16th
Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)
- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - April 17th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:30 min/miles	17 mins
2005	2-mile run	9 min/miles	18 mins
2006	2-mile run	9:30/miles	19 mins
2007	1.5-mile run	10 min/miles	15 mins

Day 6 - April 18th

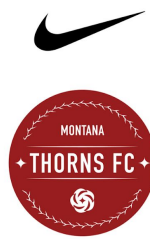
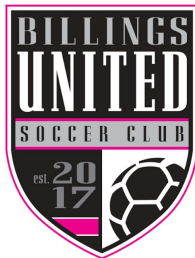
Rest

Day 7 - April 19th

Juggling & juggling challenges from Jonny's Tricks & Flicks Video

<https://www.youtube.com/watch?v=6x5Ri4xaPMA>





Week 2: April 20th - April 26th

Moderate

Day 1 - April 20th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:20 min/miles	16.40 mins
2005	2-mile run	8:50 min/miles	17.40 mins
2006	2-mile run	9:20/miles	18.40 mins
2007	1.5-mile run	9:50 min/miles	14.40 mins

Day 2 - April 21st

Isolation Stations Video

<https://www.youtube.com/watch?v=NS8QYwzLR1I&t=2s>

Repeat all progressions 4 times. 1st attempt can be slow but the final 3 must be increasingly fast. Do not worry if you make mistakes. On all exercises try to keep your head up. Check whats ahead of you then check the ball and repeat.

Day 3 - April 22nd

Rest

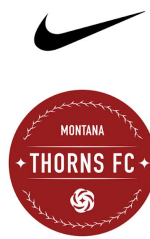
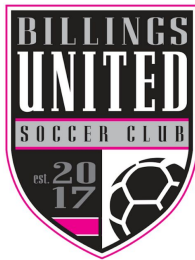
Day 4 - April 23rd

Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)





- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - April 24th
Rest

Day 6 - April 25th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	1 mile run x 3	8:15 min/miles with 3 mins rest
2005	1 mile run x 3	8:45 min/miles with 3 mins rest
2006	1 mile run x 8	9:10/miles
2007	1.5 mile run	9:45 min/miles

Day 7
Rest





Week 3: April 27th - May 3rd

Moderate

Day 1 - April 27th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:15 min/miles	16:30 mins
2005	2-mile run	8:45 min/miles	17:30 mins
2006	2-mile run	9:15/miles	18:30 mins
2007	1.5-mile run	9:30 min/miles	14:15 mins

Day 2 - April 28th

Isolation Stations Video

<https://www.youtube.com/watch?v=NS8QYwzLR1l&t=2s>

Repeat all progressions 4 times. The 1st attempt can be slow but the final 3 must be increasingly fast. Do not worry if you make mistakes. On all exercises try to keep your head up. Check what's ahead of you then check the ball and repeat.

Day 3 - April 29th

Rest

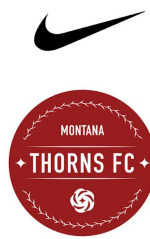
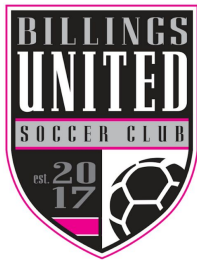
Day 4 - April 30th

Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)





- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - May 1st
Rest

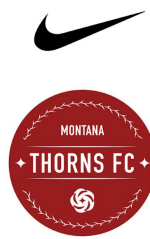
Day 6 - May 2nd

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	1 mile run x 3	8:15 min/miles with 3 mins rest
2005	1 mile run x 3	8:45 min/miles with 3 mins rest
2006	1 mile run x 3	9:10/miles
2007	1.5-mile run	9:45 min/miles

Day 7 - May 3rd
Rest





Week 4: May 4th - May 10th

Hard

Day 1 - May 4th

EXPLOSIVENESS WORKOUT
(SCREENSHOT THIS)

JUMPING LUNGE x12	BROAD JUMP x6	SKATER JUMP x12	TUCK JUMP x12	BROAD + SKATER x4	X2 SETS 2 min rest between <hr/> 3 min rest
SPURTER LUNGE JUMP x12 <small>x6 each</small>	SINGLE LEG BROAD JUMP x12 <small>x6 each</small>	LATERAL LUNGE JUMP x12 <small>x6 each</small>	SINGLE LEG TUCK JUMP x12 <small>x6 each</small>	KNEE + VERTICAL JUMP x12 <small>x6 each</small>	

Watch video for instruction

<https://www.youtube.com/watch?v=dH1XKQ4ERIM>

Day 2 - May 5th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

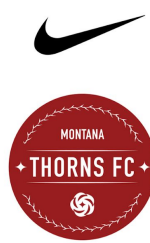
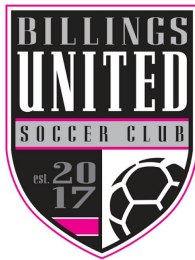
2001 - 2004	3-mile run	8:30 min/miles	25:30 mins
2005	3-mile run	9 min/miles	27 mins
2006	2.5-mile run	9:30/miles	23:45 mins
2007	2-mile run	10 min/miles	20 mins

Day 3 - May 6th

Yoga - Use video

https://www.youtube.com/watch?v=P2BO0d_lhIA&t=49s





Day 4 - May 7th

Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)
- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - May 8th

Rest Day

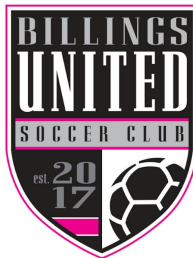
Day 6 - May 9th

Isolation Stations Video

<https://www.youtube.com/watch?v=NS8QYwzLR1l&t=2s>

Repeat all progressions 4 times. the 1st attempt can be slow but the final 3 must be increasingly fast. Do not worry if you make mistakes. On all exercises try to keep your head up. Check what's ahead of you then check the ball and repeat.





Week 5: May 11th - May 17th

Hard

Day 1 - May 11th

EXPLOSIVENESS WORKOUT
(SCREENSHOT THIS)

JUMPING LUNGE x12	BROAD JUMP x6	SKATER JUMP x12	TUCK JUMP x12	BROAD + SKATER x4	X2 SETS 2 min rest between <hr/> 3 min rest
SPURTER LUNGE JUMP x12 <small>x6 each</small>	SINGLE LEG BROAD JUMP x12 <small>x6 each</small>	LATERAL LUNGE JUMP x12 <small>x6 each</small>	SINGLE LEG TUCK JUMP x12 <small>x6 each</small>	KNEE + VERTICAL JUMP x12 <small>x6 each</small>	

Watch video for instruction

<https://www.youtube.com/watch?v=dH1XKQ4ERIM>

Day 2 - May 12th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	3-mile run	8:15 min/miles	24:45 mins
2005	3-mile run	8:45 min/miles	26.15 mins
2006	2.5-mile run	9:15/miles	22:50 mins
2007	2-mile run	9:45 min/miles	19.50 mins

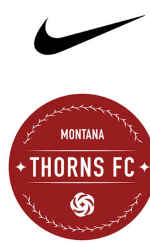
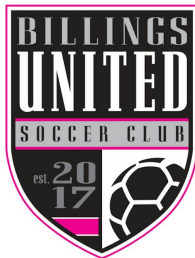
Day 3 - May 13th

Yoga - Use video

https://www.youtube.com/watch?v=P2BO0d_lhIA&t=49s

Day 4 - May 14th





Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)
- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

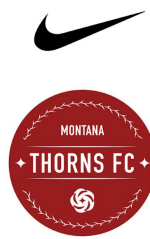
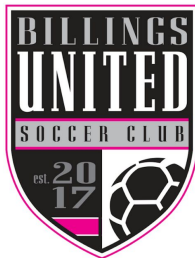
Day 5 - May 15th
Rest Day

Day 6 - May 16th
Isolation Stations Video

<https://www.youtube.com/watch?v=NS8QYwzLR1I&t=2s>

Repeat all progressions 4 times. the 1st attempt can be slow but the final 3 must be increasingly fast. Do not worry if you make mistakes. On all exercises try to keep your head up. Check what's ahead of you then check the ball and repeat.





Week 6: May 18th - May 24th

Moderate

Day 1 - May 18th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	3-mile run	8:15 min/miles	24:45 mins
2005	3-mile run	8:45 min/miles	26:15 mins
2006	2.5-mile run	9:15/miles	22:50 mins
2007	2-mile run	9:45 min/miles	19:50 mins

Day 2 - May 19th

Isolation Stations Video

<https://www.youtube.com/watch?v=NS8QYwzLR1I&t=2s>

Repeat all progressions 4 times. 1st attempt can be slow but the final 3 must be increasingly fast. Do not worry if you make mistakes. On all exercises try to keep your head up. Check whats ahead of you then check the ball and repeat.

Day 3 - May 20th

Rest

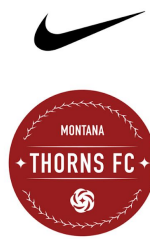
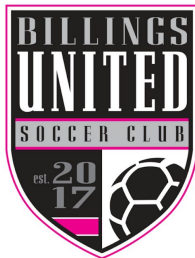
Day 4 - May 21st

Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
 - Alternate foot below the waist (5 Attempts Minimum)
 - Knees only (5 Attempts Minimum)
 - Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)





- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - May 22nd
Rest

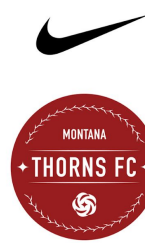
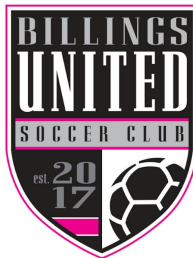
Day 6 - May 23rd

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	1 mile run x 3	8:15 min/miles with 3 mins rest
2005	1 mile run x 3	8:45 min/miles with 3 mins rest
2006	1 mile run x 8	9:10/miles
2007	1.5-mile run	9:45 min/miles

Day 7 - May 24th
Rest





Week 7: May 25th - May 31st

Light

Day 1 - May 25th:

These are general targets for each age group. What is important is not to stop and complete the run. Try not to walk and keep on the jog through the whole exercise.

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:30 min/miles	17 mins
2005	2-mile run	9 min/miles	18 mins
2006	2-mile run	9:30/miles	19 mins
2007	1.5-mile run	10 min/miles	15 mins

Day 2 - May 26th:

Bodyweight strength work -

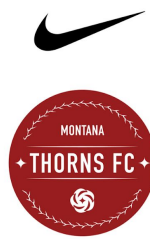
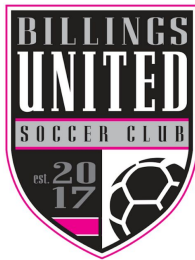
Try to complete the first two sets at a minimum. On the 3rd set give your all and do not be disappointed if you cannot finish the entire set.

45 seconds rest between each set. 1 min rest between each activity.



- Push-ups (3 sets x 20 reps)
- Front Plank (3 sets x 30 seconds)
- Side plank (2 sets x 30 seconds on each side)
- Toe touches (3 sets x 25 reps)
** see image right
- Tricep Dips (3 sets x 25 reps)
**use bench, chair or sofa
- Bicycles (3 sets x 30 seconds)
- Hop Lunges (3 sets x 30 seconds)
** from a lunge position hop into the opposite lunge
- Squat Jumps (3 sets x 30 seconds)
** assume a squat, jump as high as possible while reaching as tall as possible, land and sink into a squat again.





Day 3 - May 27th
Rest

Day 4 - May 28th
Juggling Practice:

See video for examples - <https://www.youtube.com/watch?v=PrkZuDQ97kc>

- Right foot only (5 Attempts Minimum)
- Left foot only (5 Attempts Minimum)
- Alternate foot (5 Attempts Minimum)
- Below the waist
 - Right foot only (3 Attempts)
 - Left foot only (3 Attempts)
 - Alternate foot (3 Attempts)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Walking Juggles (5 -10 meters)
 - Alternate foot (5 Attempts Minimum)
- Alternate foot below the waist (5 Attempts Minimum)
- Knees only (5 Attempts Minimum)
- Head only (5 Attempts Minimum)
- Ronaldo 7 - Foot, Foot, Knee, Knee, Shoulder, Shoulder, Head (5 Attempts Minimum)
- Pele 7 - Foot, Knee, Shoulder, Head, Shoulder, Knee, Foot (5 Attempts Minimum)
- Open Juggle Challenge - As many juggles as you can (3 Attempts ONLY)

Day 5 - May 29th

Complete a 10 min warm-up before beginning your long run and be sure to spend 10 mins stretching afterward.

2001 - 2004	2-mile run	8:30 min/miles	17 mins
2005	2-mile run	9 min/miles	18 mins
2006	2-mile run	9:30/miles	19 mins
2007	1.5-mile run	10 min/miles	15 mins

Day 6 - May 30th

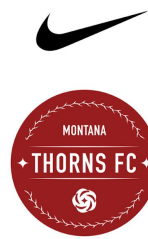
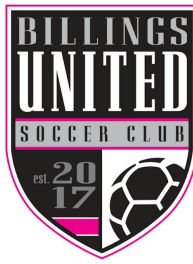
Rest

Day 7 - May 31st

Juggling & juggling challenges from Jonny's Tricks & Flicks Video

<https://www.youtube.com/watch?v=6x5Ri4xaPMA>





Billings United Timbers and Thorns Juggling Challenge

The challenge is to see how many alternating juggles you can get using only your feet.
You must alternate feet after each juggle.

Each player will keep track of his/her progress. At the end of each week will send the top number of juggles achieved to the billings United Facebook or Instagram
We will post the top players for each age/gender and the end of each week (Sunday).

5 Ways juggling can make you a better soccer player.

FIRST TOUCH - The most important skill in soccer today. Without a quality First Touch, the rest of the game falls apart at the higher levels

RECEIVING THE BALL IN THE AIR OR ON A BOUNCE - in soccer we always talk about control and speed of play. This point includes both as the faster you can gain control the faster you can do something with it

PASS A BOUNCING BALL - this is the combination of the two above points in that it is the ability to 'one-touch' a bouncing ball (or poor pass) and be able to redirect it to a teammate in a usable fashion.

VOLLEY SHOTS - players who juggle have trained their leg muscles to adjust the touch to control different angles and speeds so that the foot-to-ball contact has good timing

CONFIDENCE - when you can juggle to consistent numbers you have feelings of pride and confidence from the accomplishments.

Set juggling goals each week - motivate yourself to get out and practice!
Below are a few videos for beginners to help get you started:

Part 1. <https://youtu.be/QuUL5pgkP3I>

Part 2. <https://youtu.be/skXhhHv9vWo>

Part 3. https://youtu.be/_Zy4boalj0I

Juggling Record Sheet

<http://www.billingsunited.net/wp-content/uploads/2020/04/Billings-United-Timbers-Thorns-Juggling-Challenge.pdf>





Running Record Sheet

Date	Distance	Time	Comfort (?/10)

