**Fitness Packet**

**Week 5**

**News!!!**

**Every week I will select two players for FC614 player of the week. A sign will be placed in your yard to display for the week. We will continue with the players that participated the most in the workouts and a player that participates in the weekly ZOOM meeting will also have the chance to win a custom FC614 Nike jersey.**

**Week Two Winners:**

**2008 Delaney (Zoom) and 2008 Sophia(participation)**

**Players of the week:**

**2008 Emery and 2010 JJ**

**Winners, don’t forget to send me a picture so we can post it on Facebook.**

***Players should perform their dynamic warmup before beginning any of the workouts listed below.***

**Tuesday**

**Cinco De Mayo**

* **Run 50 yards**
* **5 Jumping Jacks**
* **5 Push-ups**
* **5 Crunches**
* **5 Air Squats**
* **5 Burpees**
* **5 Frog Jumps**
* **5 lunges (right + left = one)**

**Repeat 5 times**

**Perform the following moves for 30 seconds each:**

**Toe taps**

**Brazilian toe flicks**

**Triangle**

**Fancy Dancy**

**Rolly Polly One**

**Rolly Polly Two**

**Step over (in place)**

**Scissors (in place)**

**Dribble (tic tock) Step over**

**Dribble (tic tock) Scissors**

**Dribble (tic tock) Kroft/pull back**

**Dribble (tic tock) Rolly polly Two**

**Item to submit to google docs for challenge:**

**Number of Brazilian toe flicks completed in 30 seconds. Remember that you use the sole of your foot to tap the ball back and forth. We have been doing these on the weekly Zoom meetings.**

**Wednesday**

**Speed Ladder Drills:**

<https://www.youtube.com/watch?v=tMY5Cj39xN8&t=21s>

If you have a ladder that is awesome, if not use chalk outside, tape inside or cones to create your own ladder. Ideally have 9 squares or lines for your ladder.

**Also,**

Complete this outdoor youtube with Coach Kelly on this site:

<https://www.youtube.com/watch?v=pZOXHn1PkFA&t=5s>

**Item to submit to google docs for challenge:**

Number of 2 foot in each square you can get in 30 seconds

Note: Start at one end of the ladder. When you get to the end, turn around and go back. Repeat.

**Thursday**

**Players should perform this workout during a Zoom Meeting at 6:00pm. Players only need a soccer ball, something to log into Zoom meeting with and about 5x5 of space**

Topic: FC614 Fitness Meeting
Time: Thursdays 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/92149151565?pwd=UXpld2V4V0FRWG5tYi9ubm1laDdDQT09>

Meeting ID: 921 4915 1565
Password: fc614

I apologize for the difficulty in logging into last week’s meeting. This should help. If you need to just type in the Meeting ID and then the password.

**Item to submit to google docs for challenge: Participation in meeting**

**Players only need a soccer ball, something to log into Zoom meeting with and about 5x5 of space**

**Saturday**

**Players are to perform the following fitness moves and soccer skills**

**Sprint, Jog, walk for 30 minutes**

**Perform the following moves for 30 seconds each:**

**Toe taps**

**Triangle**

**Fancy Dancy**

**Rolly Polly One**

**Rolly Polly Two**

**Step over (in place)**

**Scissors (in place)**

**Dribble (tic tock) Step over**

**Dribble (tic tock) Scissors**

**Dribble (tic tock) Kroft/pull back**

**Dribble (tic tock) Rolly polly Two**

**Dribble (tic tock) Maradona**

**Repeat 2 times**

**Item to submit to google docs for challenge: Juggling both feet (feet only)**

**Sunday**

**Academy to U9 run 1 mile (or ride bike for 3 miles)**

**U10 to U11 run 1.5 miles**

**U12 to U14 run 2 miles**

**Record time in Google Doc: You should be seeing a decrease in your times.**