OFF PRACTICE TRAINING SCHEDULE

DAY	RUNNING	DUR.	SKILLS	DUR.
1	2 Miles (Long Distance)	18 min.	SKILLS Set up two cones 25 yrds. apart Do each skill below between cones going from one cone to the next forwards and backwards. Do 3 sets for each skill. - Dribble w/right only - Dribble w/left only - Dribble w/ both (at line try different ways of turning) - Boxers - Toe Touches - Inside-Outside w/ right only - Inside-Outside w/ left only - Inside-Outside w/ both	30 min.
2	Sprints Set up 6 cones in a line 5 yrds. apart each (should total 25 yrds) - Start at 1st cone and sprint to each cone and back = one set. **Do 10 sets!** -You have 1:40 min to complete each set - You must finish the set in 50 seconds. Then you get the rest of time (30 sec) as a break. Once 1:40 is over you start again.	16 min.	JUGGLING - Work on trying to get an many as you can in a row - If you are struggling, start out by bouncing the ball on the ground and then hitting ball with right foot once back up to hands. Repeat until you get the hang of it. Then progress to hitting ball twice and back to hands.	30 min.
3	Sprints - At a track run 2 (8 laps) miles. - Jog when you are at the curve of the track and sprint when you are on the straight part	22.5 min	DRIBBLING - Set up 9 cones. 1st 8 are 3 feet apart in a line. 9th cone is 10 yards away from 8th cone. x x x x x x x x x - Dribble weaving between 8 first cones. Once through cones sprint w/ ball to 9th cone and back to 1st cone. - Do each one three times: - Inside right foot only - Inside left foot only - Outside right - Outside left - Both feet - Next work on moves while dribbling at a cone. * try all the moves that we worked - cutting with inside - step over w/ right (inside out) then take w/ left in opposite direction - step over w/ right (inside out) take w/ left in same direction	30 min.