

Thunder

Home Training - Session 3



OUR GREATEST WEAKNESS LIES IN
GIVING UP. THE MOST CERTAIN WAY
TO SUCCEED IS ALWAYS TO TRY JUST
ONE MORE TIME.



3 Minutes

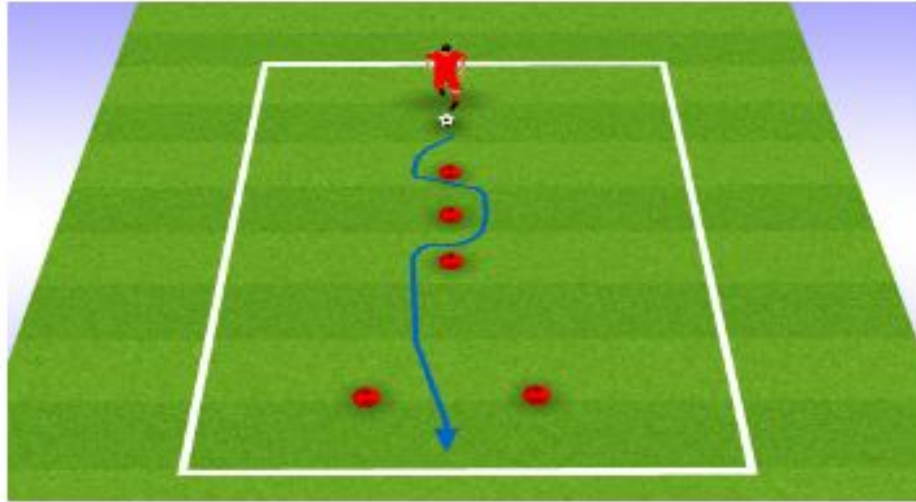
Juggling



Player Juggles the ball only with their feet – Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact

3 Sets of
45
seconds

Weave Dribble



Player Dribbles and weaves through the cones, once past the cones the player will change speed through the gate – Use Right Foot and Then Left foot

3 Sets

45 Seconds

Ladder Dribble



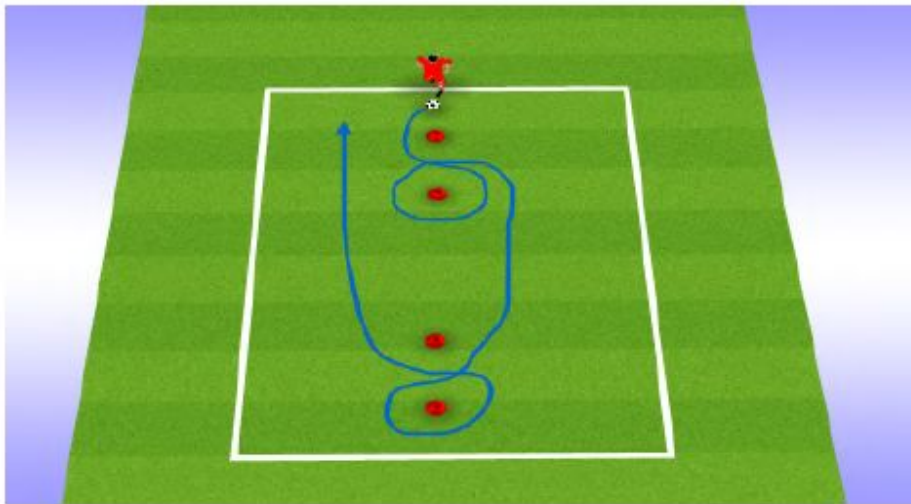
4 Cones are set up – 5 yards apart between the cones – Once a player dribbles to a cone they change direction and return back to the 1st Cone – After each time they return back to the 1st Cone, the player dribbles to the next cone (1-2, 1-3, 1-4).

Figure 8

1 min

How many figure 8s
can you complete
in 1 min.

Remember your
number and beat it
next round!



Player dribbles in Figure 8 Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot

3 Minutes

Juggling



Take a few touches and then try to take a higher touch. Control the ball as it drops, move into a sprinting dribble or change of direction.

Core work!!!!!!!

CORE



PLANK



UP-UP
DOWN-DOWN



POINTER
R + L



SIDE PLANK
RIGHT



SIDE PLANK
LEFT



SKY-CENTRE
SIDE-CENTRE

PROGRESSION:

Level 1: 10 seconds each task, with pause between each.

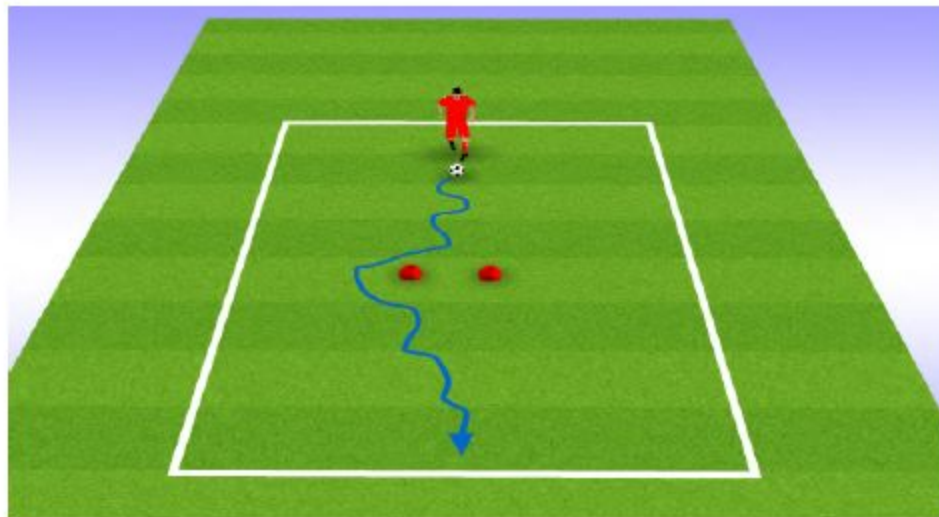
Level 2: 15 seconds each task, work toward no pause.

Level 3: 20 seconds each task no pause.

These exercises should be completed 3-4 times per week. Always start the program at level 1 and progress over time.

3 Minutes

1v1 Moves



Add in your spare “cones” to give you targets dribble to and around.

Player Dribbles towards the two cones – As he player gets 2 yards from the cones, the player performs a skill (ex. Scissors, Fakes, Feints) plus changes direction – Work with both feet/both directions

Speed and control

Spread your cones around your grid.

Dribble around as many cones as you can in 45 seconds. Use any control touch you want to.

Rest 15 seconds.

1 minute dribble around as many as you can.

Rest 30 seconds

1:30 dribble around as many as you can.



End of Session 3

If you had fun, we'll work harder to correct that on the next session.

