

ISC Gunners Training - Week 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1. Dynamic Warm up (Each movement 2x & stretch)	1. Dynamic Warm up (Each movement 2x & stretch)	1. Dynamic Warm up (Each movement 2x & stretch)	1. Dynamic Warm up (Each movement 2x & stretch)	1. Dynamic Warm up (Each movement 2x & stretch)
2. Ladders Warm up (2x each technique-cones 10 yards from the ladder)	2. Ladders and Agility Warm Up (2x each technique-cones and ladder 20 yards apart)	2. Ladders Warm up (2x each technique-cones 10 yards from ladder)	2. Ladders and Agility Warm Up (2x each technique-cones and ladder 20 yards apart)	2. Ladders with the Ball (If you don't have multiple balls you can still do parts of it (do the parts you can still do)
3. Fitness without the ball Acceleration Deceleration (2x sets-up and back is one set)	3. Fitness without Ball Shuttles (3x sets; 6 gates total distance 20 yards)	3. Fitness without Ball Lateral Square (2x sets-up and back is one set)	3. Fitness with Ball Diagonal Square (2x sets-up and back is one set)	3. Fitness without ball Crosshairs (2x sets-up and back is one set)
4. Fitness with a Ball Dribbling (2x sets-up and back twice is one set)	4. Fitness with a ball Dribbling and Agility (2x sets up and back twice is one set)	4. Fitness with a ball Dribbling and Passing (2x sets-up and back twice is one set)	4. Fitness with the Ball Passing (Group of 3, or you can do with a partner sprinting from a cone (20 yards away) to the ball and back and repeat)	4. Fitness with Ball Full Work Out (Following the same set up as before and the same amount of sets)
5. Foundations Tic Toc's Stationary (4x sets-two practice two tests)	5. Foundations Toe Taps Stationary (4x sets-two practice two tests)	5. Foundations Touch Step with Movement (2x sets-up and back is one set; do both right and left foot)	5. Foundations Push N Pull "V" Stationary (4x sets-two practice two test)	5. Foundational Skills Full Work Out (Follow the same set up as before and same amount of sets)
6. Foundations Tic Toc's with Movement (2x sets-up and back twice is one set)	6. Foundations Toe Taps with Movement (2x sets-up and back twice is one set)	6. Foundations Touch Touch Roll Stationary (4x sets-two practice two test)	6. Foundations Push N Pull First Touch with Movement (If you have a sibling do this activity with them, if you're on your own, do without the pass and start in a stationary position and work on the explosive movement out of the gate.	

		7. Foundations Touch Touch Roll First Touch with Movement (If you have a sibling do this activity with them, if you're on your own, do without the pass and start in a stationary position and work on the explosive movement out of the gate.		
<u>Coaching Points</u>	<u>Coaching Points</u>	<u>Coaching Points</u>	<u>Coaching Points</u>	<u>Coaching Points</u>
•Fitness should be a sprint not a jog	•Fitness should be a sprint not a jog	•Fitness should be a sprint not a jog	•Fitness should be a sprint not a jog	•Fitness should be a sprint not a jog
•Good technique on the ladders and foundations	•Good technique on the ladders and foundations	•Good technique on the ladders and foundations	•Good technique on the ladders and foundations	•Good technique on the ladders and foundations
•On the foundation testing test for 30 seconds counting one foot. Log your score.	•If you don't have a ladder use cones	• If you don't have a ladder use cones	•If you don't have a ladder use cones	•If you don't have a ladder use cones
•If you don't have ladder use cones	•Any activities that require two players us a wall or do the parts that you can do on your own.	•Any activities that require two players us a wall or do the parts that you can do on your own.	•Any activities that require 2-3 players us a wall or do the parts that you can do with 2 people or on your own.	•Any activities that require 2-3 players us a wall or do the parts that you can do with 2 people or on your own.
•Any activities that require two players use a wall or do the parts that you can do on your own				