



# KNSC Homework Activities

Week 3

U13+

By Julio Kramer



# MONDAY

1

DYNAMIC WARM UP 10/15MIN (on your own)



2

## MONDAY

EXERCISE	SET	REPS	TIPS
CALF RAISES	2	10	MOVE UP AND DOWN WORKING A FULL RANGE OF MOTION
SINGLE LEG BRIDGE	2	10 PER LEG	ENGAGE THE GLUTES AND HAMSTRINGS
PUSH UP PLANK	2	1MIN	
DINAMIC L	2	8	KEEEP YOUR BACK ON THE GROUND
MINI BANDS SIDE STEPS	2	8 EACH WAY	DON'T LET THE KNEES FALL INWARDS (if you don't have mini bands do without it)
AIRPLANE POSE	2	1 MIN	EACH LEG
KNEE SQUEEZES	2	10	SQUEEZE FOR 3 SECONDS, RELAX FOR 3 SECONDS
FOOT-UP PLANK	2	20 SECS EACH LEG	KEEP THE LEG STRAIGHT AND BUM DOWN
T PLANK	2	30 SECS	KEEP 3 POINTS OF CONTACT ON THE GRAUND

\*3

**If and only If you have a treadmill at home (Stay at home):**

2004B: 3 Miles run under 7 min/mile

2006B: 2 miles run under 7 min/mile

4

**DON'T FORGET TO COOL DOWN!!!!**



# TUESDAY

1

DYNAMIC WARM UP 10/15MIN (on your own)

2

## TUESDAY #1

EXERCISE	SET	REPS	TIPS
SUPERMAN PLANK	2	1MIN EACH SIDE	KEEP YOUR BACK STRAIGHT INLINE WITH YOUR LEG
TRADITIONAL LOWER BACK SUPERMAN	2	1 MIN	
PUSH UP PLANK SHOULDER TAP	2	10 EACH SIDE	
WIDE GRIP PLANK	2	1MIN	OPEN BOTH ARMS AND HOLD IT
SIDE PLANK - ELBOW TO KNEE	2	10 EACH SIDE	KEEP A GOOD POSTURE AND SLOWLY BRING YOR ELBOW TOWARDS YOUR KNEE
FRONTAL V HOLD	2	1 MIN	
PLANK CRAWL	2	4	
HEEL TOUCHES	2	8 EACH SIDE	BACK ON THE GROUND

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## PLYOMETRICS DRILL #2

AGES	SET	REPS	DRILL
2006B	3	6	SINGLE LEG HEADER LEAPS +KNEE TUCK JUMPS + COUNTER MOVEMENTS JUMPS
2004B	5	6	SINGLE LEG HEADER LEAPS +KNEE TUCK JUMPS + COUNTER MOVEMENTS JUMPS

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# TUESDAY



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## SPRINTS #3

### FRIDAY

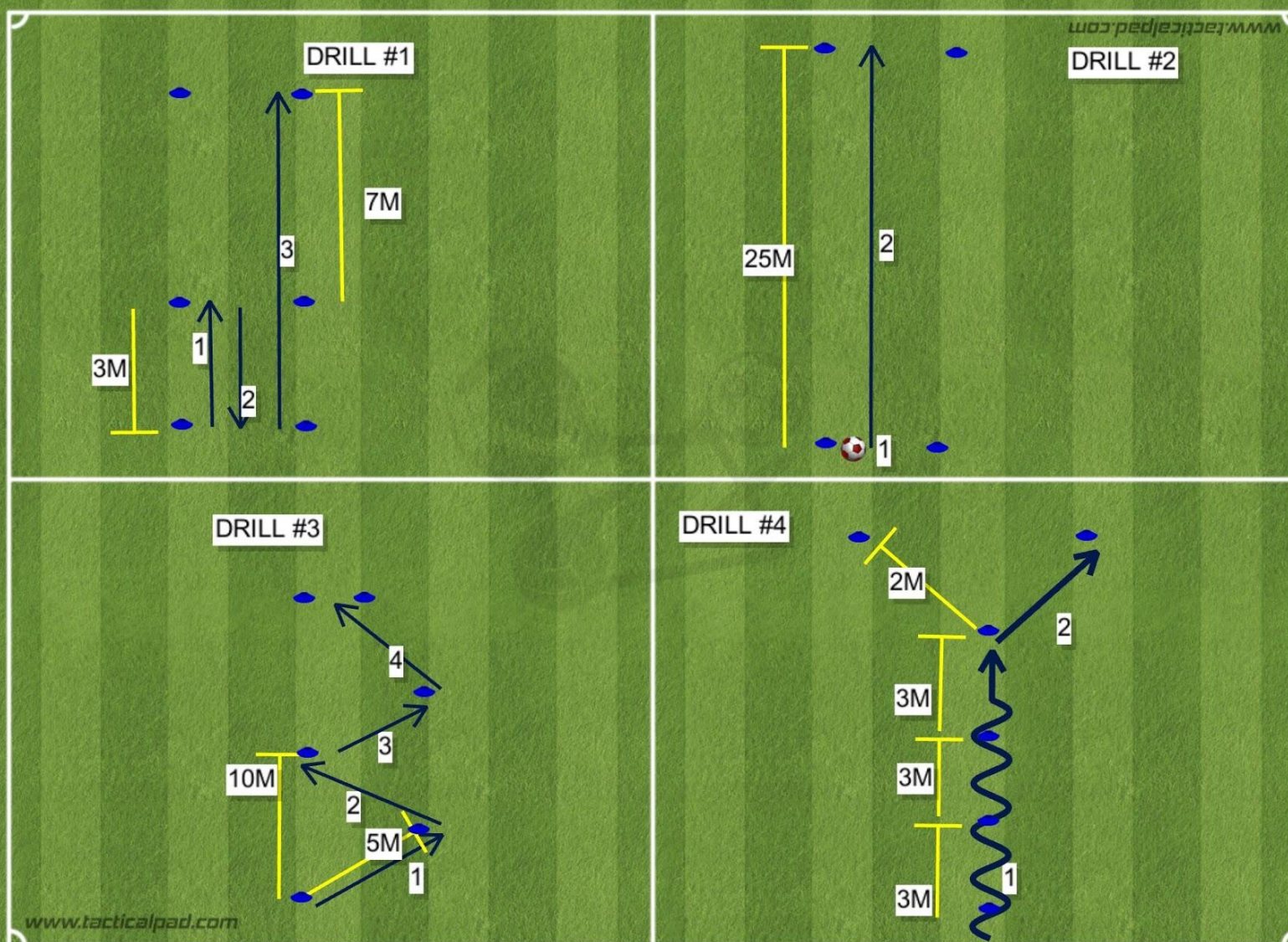
AGES	SET	REPS	
U13-14	1	5	FULL RECOVERY
U15-16	1	8	FULL RECOVERY
U17	1	8	FULL RECOVERY
U19	1	8	FULL RECOVERY

DRILL1- 1- SPRINT FORWARD, BACKPEDAL (soccer) AND SPRINT ALL THE WAY. WALK BACK.

2-START FACING THE OPPOSITE DIRECTION OF CONE. TOST THE BALL TO THE AIR AS SON THE BALL BOUNCE TURN AND DO A FULL SPRINT. WALK BACK.

3-SPRINT FORWARD, JUMP AT EVERY CONE PRETENDING YOURE HEADING THE BALL (FIRST 4 CONES) AND SPRINT ALL THE WAY THROUGH THE CONES

4- SPRINT THROUGH HURDLES AND SPRINT TO CONES. ALTERNATE SIDES



DON'T FORGET TO COOL DOWN!!!!

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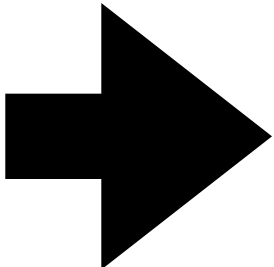
# WEDNESDAY

1 DYNAMIC WARM UP 10/15MIN (on your own)

2 **WEDNESDAY #1**

EXERCISE	SET	REPS	TIPS
MIN BAND HIP ACTIVATION	2	3 PER LEG	FORWAR - SIDE - BACKWARD
CHAIR	2	2MIN	
REVERSE LUNGE + KNEE UP	2	8 PER SIDE	CONTROL YOUR MOVEMENTS AND BE EXPLOXIVE
TWO POINT CLASSIC PLANK	2	20s EACH SIDE	FULLY EXTENDED ARM AND LEG
3 PONIT LUNGE PATTERN	2	3 PER LEG	ENSURE THE KNEE DOES NOT FALL INWARDS
PLANK ARM REACH	2	10 SEC PER ARM	KEEP THE HIPS LEVEL
SIDE PLANK ARM RAISED	2	30 SECS	KEEP THE LOWER HIP RAISED

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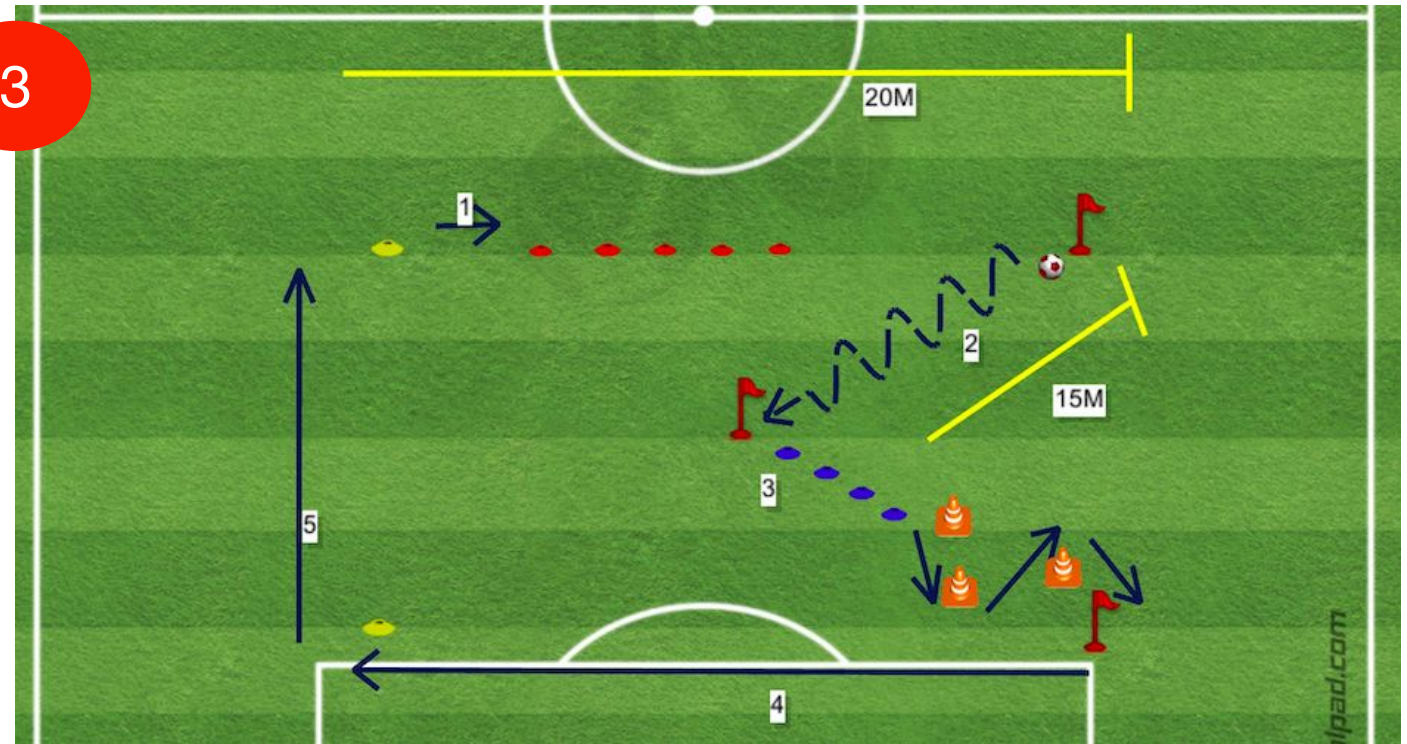


# WEDNESDAY

SPEED #2			
WEDNESDAY			
WARM UP		<a href="#">WARM UP VIDEO</a>	
AGE	SETS	REPS	REST BETWEEN SETS
2006B	3	4	1'30'
2004B	4	4	1'30''

FOLLOW INSTRUCTIONS BELOW  
 1- HIGH KNEES TO FIRST FLAG, PICK UP BALL  
 2-DRIBBLE THE BALL TO SECOND FLAG, LEAVE BALL  
 3-SIDE SHUFFLE THROUGH SMALL CONES +  
 SPRINT THROUGH BIG CONES  
 4- FULL SPRINT  
 5- WALK BACK

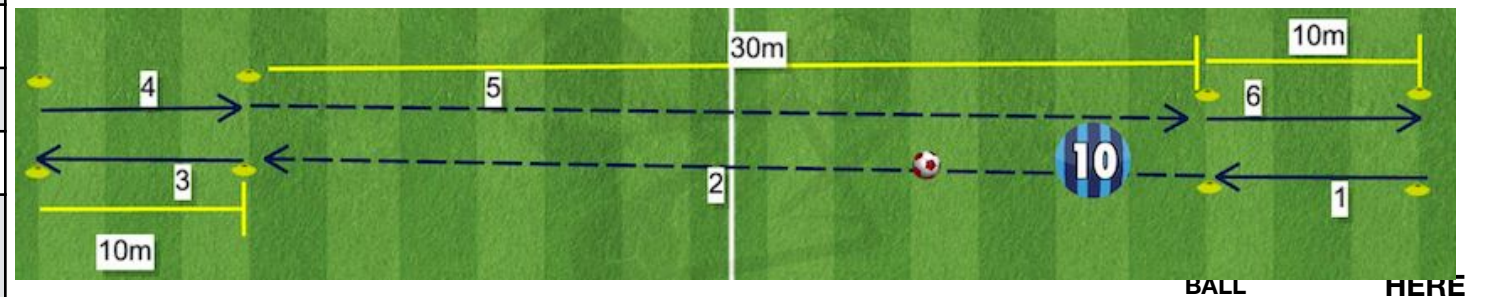
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ENDURANCE #3			
WEDNESDAY			
AGE	SETS	REPS	REST BETWEEN SETS
2006B	4	6	1m
2004B	5	6	1m

BEGIN BETWEEN CENTER CONES (HERE)  
 1- JOG FORWARD TO CONE ( NO BALL)  
 2- PICK UP BALL BETWEEN CONES AND GO FULL SPEED FORWARD (BIG TOUCHES)  
 3- LEAVE THE BALL BETWEEN CONES AND JOG TO THE END  
 4-JOG BACK  
 5- PICK UP BALL BETWEEN CONES AND GO FULL SPEED FORWARD (BIG TOUCHES)  
 6-LEAVE THE BALL BETWEEN CONES AND JOG TO THE END  
 2 LAPS = 1 REP

4



DON'T FORGET TO COOL DOWN!!!!

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6

## (If you have) FOAM ROLLER ROUTIN

EXERCISE	SET	REPS	TIPS
CALFS	1	30 SECS OR MORE	FIND THE TIGHT AREAS AND GENTLY ROLL
SINGLE LEG CALF	1	30 SECS OR MORE	
HAMSTRINGS	1	30 SECS OR MORE	
SINGLE LEG HAMSTRING	1	30 SECS OR MORE	
GLUTES (LEG CROSS OVER)	1	30 SECS OR MORE	
QUADS	1	30 SECS OR MORE	
SINGLE LEG QUADS	1	30 SECS OR MORE	
ADDUCTORS (INSIDE LEG)	1	30 SECS OR MORE	



# THURSDAY

## 1 DYNAMIC WARM UP 10/15MIN (on your own)

2

### THURSDAY

EXERCISE	SET	REPS	TIPS
LATERAL SHORT KICKS	2	1MIN	
LYING HIP ABDUCTIONS	2	10 PER SIDE	
SWINGING TABLE	2	8	
SINGLE LEG CONE REACH	2	TOUCH EACH CONE ONCE PER LEG	
SNGLE LEG SQUAD + pulsing	2	5 PER LEG	
REVERSE BALANCE LUNGES	2	45 SECS	
V CRUCHES	2	10	KEEP A STRONG CORE, TRY NOT TO ARCH THE LOWER BACK



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### THURSDAY

EXERCISE	SET	REPS	REST BETWEEN REPS
IN IN - OUT OUT ACCELERATE 10 YARDS	2	45 SECS	45 SECS
RIGHT FOOT IN - OUT ACCELERATE 10 YARDS	2	45 SECS	45 SECS
LEFT FOOT IN-OUT ACCELERATE 10 YARDS	2	45 SECS	45 SECS
FORWARD IN BACKWARD OUT ACCELERATE 10 YARDS	2	45 SECS	45 SECS
SIDE SHUFFLE IN-OUT ACCELERATE 10 YARDS	2	45 SECS	45 SECS

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### FOAM ROLLER ROUTINE

EXERCISE	SET	REPS	TIPS
CALFS	1	30 SECS OR MORE	<b>FIND THE TIGHT AREAS AND GENTLY ROLL</b>
SINGLE LEG CALF	1	30 SECS OR MORE	
HAMSTRINGS	1	30 SECS OR MORE	
SINGLE LEG HAMSTRING	1	30 SECS OR MORE	
GLUTES (LEG CROSS OVER)	1	30 SECS OR MORE	
QUADS	1	30 SECS OR MORE	
SINGLE LEG QUADS	1	30 SECS OR MORE	
ADDUCTORS (INSIDE LEG)	1	30 SECS OR MORE	

\*4

If and only If you have a treadmill at home (Stay at home):  
2 MILES RUN, 10MIN/MILE

6

DON'T FORGET TO COOL DOWN!!!!



# FRIDAY

1

DYNAMIC WARM UP 10/15MIN (on your own)



FRIDAY			
EXERCISE	SET	REPS	TIPS
DEEP SIT	2	20 SECS	HELLS ON THE GRAUND, FACE FEET FORWARDS, HEADS UP AND STRAIGHT BACK
FRONTAL SHORT KIKCS	2	10	KEEP YOUR THIGH AT 90 DREE ANLGE
EXTENDED SWINGING TABLE TOP	2	10 PER SIDE	OPEN YOUR ARMS AND KEEP YOUR BACK ON THE FLOOR
RDL'S	2	5 PER LEG	
MIN BAND STEP AND SQUAD	2	5 EACH WAY	
TWO POINT PLANK ALTERNATING	2	10 REPS EACH SIDE	TRY TO KEEP HIPS LEVEL
STRETCHING FOR WARD LUNGE	2	4 PER LEG	ALWAYS KEEP A GOOD POSTURE
SUPERMAN CRUNCHES	2	10 PER SIDE	KEEP A STRONG LINE FROM HEAD TO HEEL
ARM REACH RAISES	2	15	

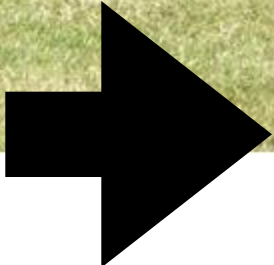
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PLYOMETRICS DRILL #2			
AGES	SET	REPS	DRILL
2006B	3	6	BROAD JUMPS + BOUNDING + RUNNING STYLE JUMPS
2004B	5	6	BROAD JUMPS + BOUNDING + RUNNING STYLE JUMPS



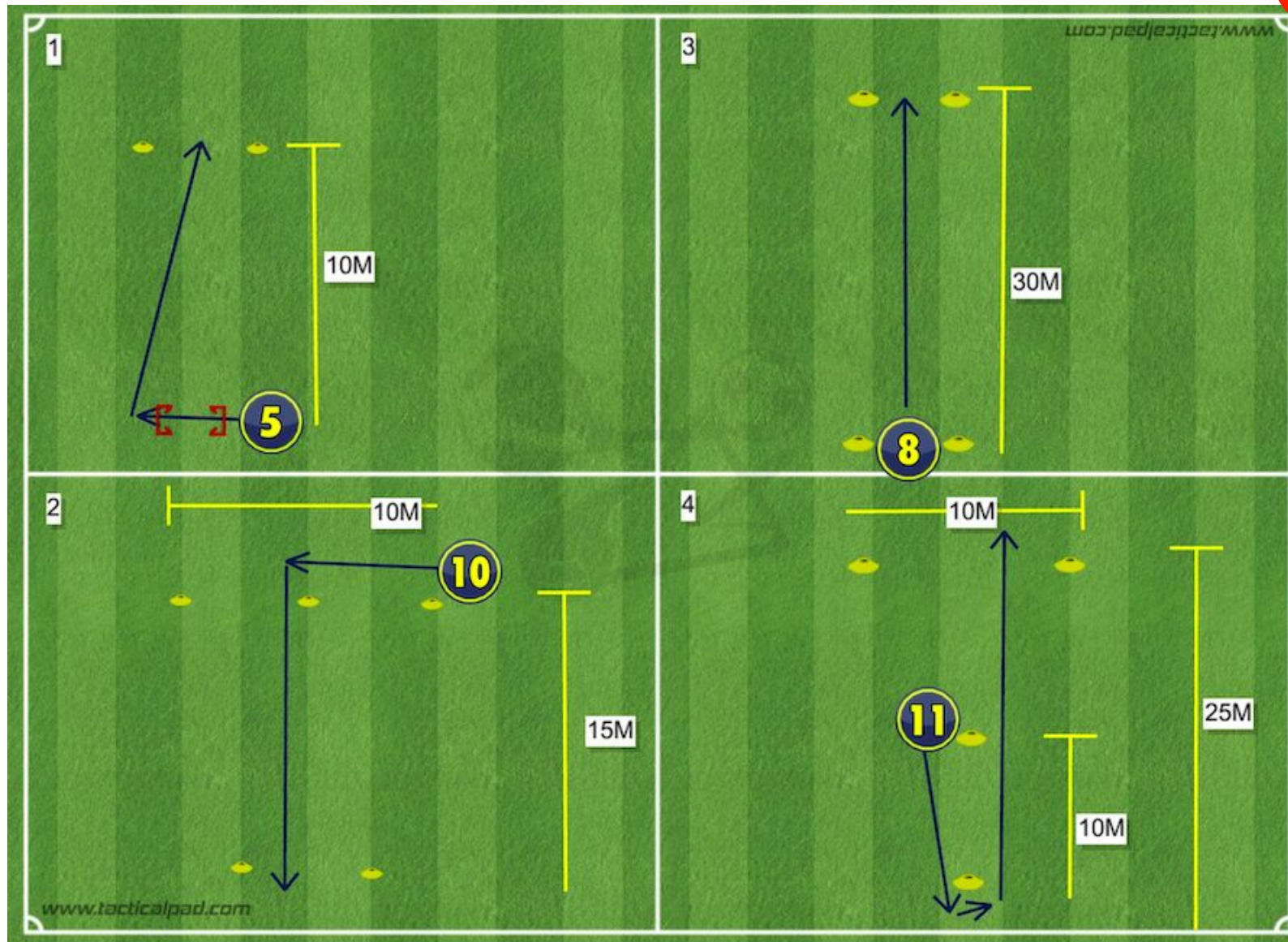
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# FRIDAY

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SPRINTS #1			
FRIDAY			
AGES	SET	REPS	
2006B	1	5	FULL RECOVERY
2004B	1	8	FULL RECOVERY
DRILL1- SIDE SHUFFLE THROUGH HURDLES AND SPRINT THROUGH CONES. ALTERNATE STARTING SIDE			
2- START FACING THE OPPOSITE DIRECTION OF CONE. SIDE SHUFFLE TO THE FIRST CONE TURN AND SPRINT. ALTERNATE STARTING SIDE.			
3- FULL SPRINT. WALK BACK.			
4- BACKPEDAL, GO AROND THE CONE AND SPRINT ALL THE WAY. WALK BACK.			

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DON'T FORGET TO COOL DOWN!!!!!!



# COOL DOWN

- About COOL DOWN



**ANY QUESTIONS PLEASE CONTACT ME:  
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**Do only what is possible, stay safe, stay home.**

**We will all be together again doing what we love the most!**