



CLIENT INFORMATION:

Name : Mansour
 Age : 9
 Goal : Football skills & Conditioning
 Work intensity : moderate
 Work routine : (Football Skills - General Fun Fitness)

DAY 1 Football Skills

WARMUP+DYNAMIC 10-15min

EXERCISE	SET	RIPS/TIME	NOTES
Non-fatigued/Below 5sec Sprints	3	5	70-80% Effort
Jumping Squats	3	12	
3 directions headers drill	3	10R-10L-10M	
S-S In&Out Jumps R-L Passes	3	4	
Run-Receive-Long Pass-Run back	3	10	
Sit-ups Headers	3	12	
Penalty Shooting	2	10	
Juggling	2	2-3min	

DAY 2 General Fun Fitness (1)

WARMUP+DYNAMIC 10-15min

EXERCISE	SET	RIPS/TIME	NOTES
Rope Jumps Challenge	2	2-3min	
One leg balance Receive-Throw ball	2	2-3MIN	
Bear Crawl	3	2	
React ball catch	2	10	
One leg run	2	2	
Side H.Knees - First time shooting	2	10	
One Goal match	1-2	5min	

DAY 3**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 4**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES