

You can take all the JuniCoach digital exercises in one training session or do one at a time in different sessions during the week. We recommend that you always do the exercises at the end of the warm-up.

Remember that your players can also use JuniStat for individual training assignments.

## WEEK 1



Sprint 10m



Coordination ladder  
back and forth



Coordination ladder  
left-right

## WEEK 2



Power kick. RF

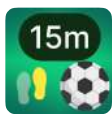


Power kick. LF

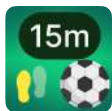


High jump

## WEEK 3



Dribbling 15m  
with run up. RF



Dribbling 15m  
with run up. LF



Possible training assignment  
Push ups

## WEEK 4



Arrow



Serpent

## WEEK 5



15m sprint



15m sprint with run up



Deceleration

## WEEK 6



Arrow with the ball. RF



Arrow with the ball. LF

