



SLEEP



NUTRITION



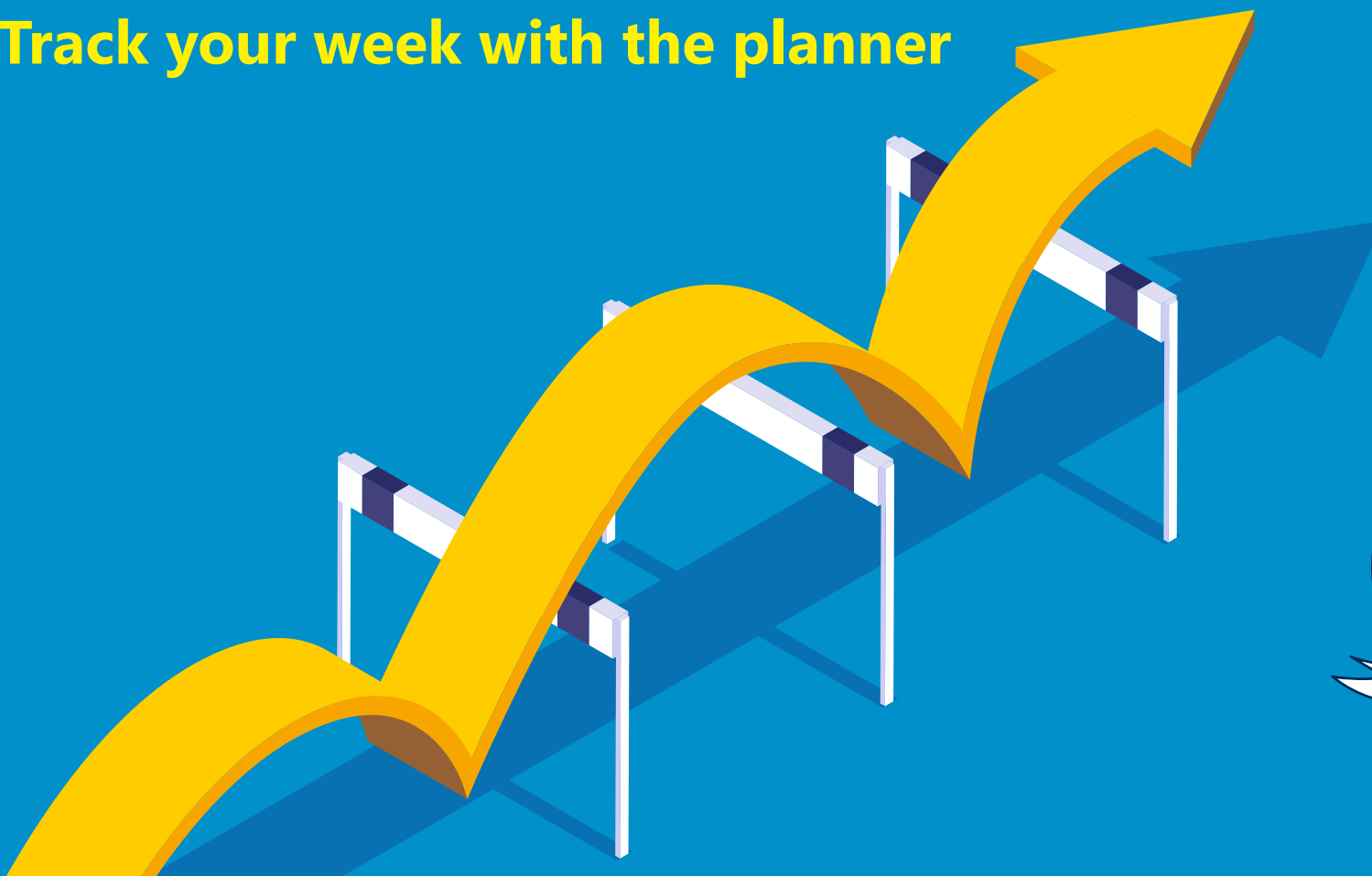
TRAINING



PHYSICAL

5-DAY CHALLENGE

Track your week with the planner



The **5-DAY CHALLENGE** is a fun and informative exercise that will allow you to track a week of practice and other key areas of your life that affect your level and quality of performance. In this program, you will track your physical and technical training during the week: Monday–Friday. You will also bring attention to the importance of sleep, nutrition and your physical condition.

This challenge is designed to support your player development, individual accountability, and draw attention to areas of your week that you can improve to support your health and well-being. Your actual training assignment and planning will consist of Technical Training and/or Physical Training (always with a Warm-Up).

5-DAY CHALLENGE

Track your week with the planner

Technical Training

This can be anything that you do with a ball at your feet. Work on different parts of the game that you will face during a normal practice or game.

Physical Training

This can be a focus on any of the following components, in an effort to improve:

- _ Flexibility
- _ Coordination
- _ Endurance
- _ Power
- _ Speed
- _ Agility

Warm-Up

It is important that you warm your body up before going into 100% activity. Make sure you use dynamic movements and stretching to prepare your body and prevent injury.

This is a challenge that players of all ages can use and enjoy. Please email us your results to: info@lagunaunited.org





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5-DAY CHALLENGE

Track your week with the planner

Sleep

Sleep is extremely important for muscle and injury recovery. Sleep supports your body in growth and in recovery. Track the hours you sleep and record them in the designated box.

Nutrition

Nutrition is also key to muscle recovery, development and growth. Nutrition also provides you the fuel to complete your day and physical activity. Track your meals, what you specifically eat, and record them in the designated box.

Training Assignment

This is the practice and training part where you will input the details of your days training and record them in the designated box. Mix-up the training that you complete, focus on both technical and physical areas of your game.

Physical Condition

It is important that you track your physical condition before and after your practices. This will allow you to treat injuries and better recover without further risk of injury. Ice and rest is key to any recovery. Record how you feel from 1-5 (one being good and five being tired or injured).

EXAMPLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SLEEP
(Total Hours)

7 hours

9 hours

9 hours

8 hours

7 hours



NUTRITION
– Breakfast –
– Lunch –
– Dinner –

Cereal
Salami sandwich
Pasta

Toast
Chicken salad
Pizza

Oatmeal
Chicken sandwich
Burgers

Eggs
Salad
Beef tacos

Cereal
Chicken burrito
Steak & Fries



TRAINING
ASSIGNMENT

I completed three topics on TopTekkers. The three techniques were: Control, Ball Mastery and Passing.

I went for a one-mile run and completed it in 8 minutes.

I followed the LUFC Technical Mondays YouTube training session.

I practiced for 30 minutes on juggling, passing and shooting with my sister.

I spent 20 minutes passing against a wall, working on my first touch and passing.



PHYSICAL
CONDITION
(1 to 5)
1 = Good
5 = Tired

1
I feel fresh and ready for tomorrow.

2
I am tired from a bad night of sleep.

3
My legs are feeling heavy from yesterday's run.

4
I pushed myself very hard in yesterday's practice.

5
My legs are sore from repetitive shooting and the week.

Name

LUFC Player

Email to: info@lagunaunited.org



LAGUNA UNITED FC

PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SLEEP
(Total Hours)



NUTRITION
– Breakfast –
– Lunch –
– Dinner –



TRAINING
ASSIGNMENT



PHYSICAL
CONDITION
(1 to 5)
1 = Good
5 = Tired

Name

Email to: info@lagunaunited.org



LAGUNA UNITED FC