



I am very pleased to announce that adidas Canada has chosen ANB Futbol as their first testing ground for their new marketing initiative called “adidas tango squad”. Tonight, Wednesday may 25, 2016 ... adidas will be delivering their first test with a soccer group and they have chosen ANB U-15 program to do so. Find below an idea of what is going to be like for our U-15 players this evening.

“adidas tango squad”

Build-Up: Low to High Intensity

1. Slow Tempo for technique
2. High Tempo with Perfect Execution
3. Progression For added difficulty/added element
4. Progression with Ball

Warm-up & Movement Training (15 minutes)

Mobility:

Hurdle Hip Openers- <https://www.youtube.com/watch?v=43bDq5NA4B4>

Side Lunges with ball  
Crab sways to sprint

Stability & Technique:

Lateral Jumps (progress with ball)  
Lateral Sprints (progress with ball)

Single Leg lateral jump (progress with ball) –

<https://www.youtube.com/watch?v=t6lCRKMPndQ>

Transition/Break (5 minutes)

Speed Work (30 minutes)

Speed Drill 1 + Three Progressions –

<https://www.youtube.com/watch?v=RD0X69d3TMc>

3-Point Drill (4 groups)

Variations - two drills will be set up across from each other with arcs on each end - one side attacking one side defending

Speed Drill 2 + Two Progressions –

<https://www.youtube.com/watch?v=RD0X69d3TMc>

Tight Space Speed Work (3 groups)

Speed Drill 3 + Two Progressions

Agility Drills (2 groups)

Description - Agility poles set up in zig-zag formation  
- Finishing Component added

Transition/Break (5 minutes)

Cool Down/Game (10 minutes)

Sport Specific Drill (Game/Fun focused)

Regards,

*Bassam Naim*

Academy Director

ANB Futbol

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