



HCYA HURRICANES PRE-SEASON TRAINING WEEK 4 - REVIEW



Eight sessions completed!

Great job by everyone who is staying committed to pre-season training. This is what we're hearing about the sessions: *"Improving my fitness."* *"Improving my speed and agility."* *"Helping me get to know others better."* *"Improving my technique."* So...Plenty of positive things going on. Let's finish strong over the next 2 weeks!

Tuesday's Devo Challenge – Be Alert!

- The devil knows our weaknesses and will prey on them
- We are especially vulnerable when tired, hungry, defeated, victorious, or over-confident
- Memorizing Scripture provides a strong defense against the devil's attacks
- "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." (1 Peter 5:8)



Thursday's Challenge – Be Bold

- You're never too young to take a stand against anything that dishonors God or His Word
- Youthful passion is infectious. Impact the lives of others by being "on fire" for the Lord!
- "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity." (1 Timothy 4:12)



See you on Tuesday, and be sure to do your soccer homework (below)

Regards,

Jim Spence

Head Coach - HCYA Hurricanes

Founder - Sports Quest Inc.





Homeschool Preseason Homework



Mobility

Exercise	Sets	Reps	Description	Picture
90/90 Stretch	3	6 each side	Working on thoracic mobility. Start with both hands together. Rotate thoracic region while bringing top hand over to the other side. Rotate as far as your thoracic region lets you without extending your shoulder.	
Elevated Pigeon Stretch	3	1 minute each side	Working on glute mobility. Place leg on table as shown. Slowly lean forward until you feel stretch in glute. Keep straight posture through whole stretch (do not slouch forward)	

Conditioning

Exercise	Sets	Reps	Rest	Description
10 yard Variation work	3	3	1 minute Juggle between sets	1st Rep: sprint 10 yards, back pedal backwards to start. Do this Xs 5 2 nd Rep: Sprint 10 yards, side shuffle back to start. Do this Xs 5 3 rd Rep: Sprint 10 yards, turn and sprint to start. Do this Xs 5. THIS IS 1 SET. DO THIS (1 ST , 2 ND , 3 RD REP) TWICE!